

Our Vision: To Champion Paruresis Awareness.

IPA "Freedom Press" eZine

December 2020

Doing the Math
2020 Virtual Workshop Round-Up: Nailed It!
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Deal with Quarantine-Induced Social Anxiety

For Non-Member Readers Only: "Doing the Math"

Let's do a little math. Each month, we have about 1,000 readers of this one-of-a-kind publication who are not "members" of IPA. (Defining terms: actual readers are people who open the email - not just those sent to.

Members are those who contribute at least \$50 per year.)

If each non-member reader became a member of IPA, there would be a significant impact on this organization. Yes, \$50,000!

1,000 
x \$50 

\$50,000 

Now, 2020 has been a tough year for many - we get that. But here's our pitch: **we are passionate about doing so much more for our community.** Every day, we hear from men - and women - who are just plain being "done wrong" with the state of drug testing. Also, people continue to reach out who have just plain "had enough" of their condition and are ready to do the hard work of recovery. The IPA plainly needs to be there for everyone - and your gift would bring that closer to reality.

The only way we are going to be able to be there for as many people as need us (7% of the population?) is to grow. **How do we grow?** One of two ways: by having our faithful members stretch to give more, (they have and they are - see challenge grant below) and by **having those on the never-gave list . . . give: That's you! Help the IPA celebrate its 25th year in 2021 with your first gift.**

If you've already given, thank you for your support! If you've yet to click the button or write that check - please do so right away. **Our \$50,000 challenge grant is still on the table** - provided we match or exceed it. Each gift you give

is matched \$1 for \$1. Want to chat about it? You can reach out to IPA Executive Director, Tim Pyle, at calendly.com/tpyle and mark out a time. Or, email: tim@paruresis.org. **Your financial support of the IPA means no one is alone on their walk with Paruresis.** Thank you in advance!



2020 Virtual Workshop Round-Up: Nailed It!



December 5th was our last virtual workshop of 2020. Overall, **50 unique individuals** participated in the 8-hour events held over Zoom this year. Veterans of live and virtual events alike couldn't help but keep coming back for more! (**Charles B.** earned the perfect attendance medal, with **Mike R.** a close second at 3x.)

Special thanks to our Shy Bladder Center therapists who helped out - especially center co-director extraordinaire, Dan Rocker, who was the principal leader for each one. Interested in the next event? Click [here](#) to let us know. And, yes, ladies, a women's only event is in the planning. Fingers crossed on the return of live events in Fall 2021!

Speaking of Graduated Exposure:

The government of the state of Victoria in Australia recently updated their "Better Health Channel" site with an entry on Paruresis. What makes it worth clicking the graphic below is the entry's excellent summary of graduated exposure. A sample:

"Make a ranked list of urination locations from easiest to most difficult. For example, most people with paruresis find it easiest to urinate at home alone. The hardest location is usually a crowded and noisy public toilet. The idea is to start with the easiest locations and work your way up in degrees to the most difficult."

(Click below to read more . . .)



First Item for 2021 - Your Resolution!

New Year's is a great time to make new resolutions about what will be different in 2021. Getting together with other sufferers is a perfect way to kick it off. This meeting is a great start for someone looking to connect with others for support, advice, and potential graduated practice. Hosted by our incomparable support leader, Dave Kliss, you'll be glad you invested this time in your recovery and in supporting others! Email tim@paruresis.org for the link.

The Zoom logo, consisting of the word "zoom" in a blue, lowercase, sans-serif font.

Virtual Support Group Meeting
January 3, 2021 - 9 pm ET | 8 CT | 7 CT | 6 PT
Your Host: Dave Kliss

"How to Deal with Quarantine-Induced Social Anxiety," New York Times, November 12, 2020.

Before you "go," check out this interesting 5-minute read from Jenny Taitz, a clinical professor in psychiatry. Note that she wraps up by saying that "the people who we want in our lives will accept us if we accept ourselves." Great

encouragement to share struggles with Paruresis with others in a time when most people can relate to anxiety. Click the graphic to read (currently available without NYT subscription).



Office Hours: Monday - Friday 10:00 a.m. to 6:00 p.m. ET
800-247-3864 or 443-315-5250
getinfo@paruresis.org

See what's happening on our social sites



Our Mission: The IPA is dedicated to supporting people with Paruresis; providing information, recovery strategies and advocating in the mental health, medical and legal communities.

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