

Our Vision: To Champion Paruresis Awareness.

IPA "Freedom Press" eZine

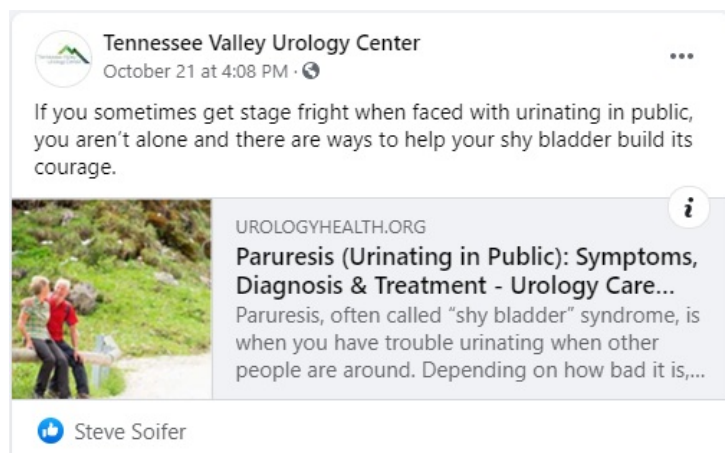
November 2020

**Paruresis Friendly? • Even Bono Knows • Our Own Rock Star
Next Virtual - Dec. 5 • Still Need Your Vote! • SBC Therapist Spotlight**

Is Your Urologist "Paruresis-Friendly?"

It's always great to see what we'd call "Paruresis-friendly" urologists. A story came through the IPA office this month about a company-provided medical professional who told an employee, "One-two-three hours - just pee!" If you have a urologist who is "Paruresis-friendly" - help out your fellow sufferers - give him or her a shout out on our reddit page: [r/ShyBladderIPA](https://www.reddit.com/r/ShyBladderIPA).

AA has "friends of Bill." Should we ask if they are "friends of Steve?" Dr. Steve Soifer, co-founder of the IPA that is. . . (See more below on Dr. Steve's latest efforts.)



Even Bono Knows

Thanks to Dan Rocker for sharing this clip from a 1988 interview with U2. You'll like them



even more after watching this 8 min. piece. Imagine if the incident he describes got repeated, and then he started getting anxious on subsequent trips, and then, . . . well, you know. Story starts at 1:00.

Our Own Rock Star - Dr. Steve

IPA Co-Founder and Senior Advisor, Dr. Steve Soifer, has been burning up the internet with his latest video efforts. From weekly [VLogs](#) to an updated [YouTube](#) channel, Dr. Steve is an invaluable resource for those suffering from Paruresis. Plus, did you know that Dr. Steve's TEDx talk, "[Do Public Restrooms Make You Nervous?](#)" is nearing 15,000 views? Subscribe, like, and follow today on [Facebook](#), [Instagram](#), and [YouTube](#). It's free!



Next Virtual Workshop - December 5

The news this week is about a potential vaccine. That means it's **time to get back to practicing** as the world will be opening up again soon.



And, that also means our plans for restarting live workshops in the second half of 2021 are on track! Stay tuned for dates and locations. In the meantime, our **next virtual workshop** will be hosted by Shy Bladder Center co-director, Dan Rocker, on Saturday, **Dec. 5**. Click the graphic to link to our online registration portal, Eventbrite. \$129 for a whole day of paruresis education and discreet practice.

Our Ballot Box is Still Open!

Won't you cast just one more vote? A vote for the future of your IPA? We need your support!

On October 11th, our Board convened to talk about our goals for 2021. What are we hoping to accomplish as we celebrate our 25th Anniversary?

- Extending our **outreach to urologists** to educate them about Paruresis, plus get them to participate in more study of the prevalence and mechanisms of our condition.
- Advocating for the availability of **alternative drug testing** methods - especially with the US Department of Transportation which is now reviewing its testing regime.
- Enhancing and updating important **educational materials**.

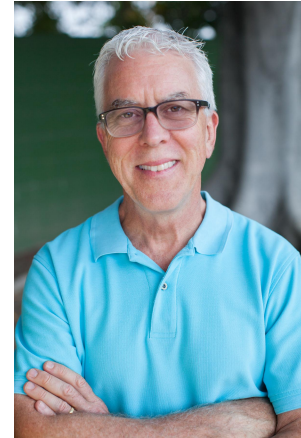


We can accomplish these goals and many more in 2021, but only if you continue your fantastic financial support of the IPA. Make a positive vote for the future of IPA by making a gift toward our **2021 Matching Gift Challenge**. We are only halfway there and there are less than 50 days left to hit our mark!!!

Your financial support of the IPA means no one is alone on their walk with Paruresis. **Click the ballot box to give today**. Help us ensure that reality for many, many years to come!

SBC Therapist Spotlight: Reid Wilson

This month, we're spotlighting [Shy Bladder Center](#) Therapist, Reid Wilson, Ph. D. He directs the Anxiety Disorders Treatment Center in Chapel Hill, North Carolina, and he is the author of ***Stopping the Noise in Your Head*** and five other books. A seasoned blogger for [Psychology Today](#), his website -[anxieties.com](#) - is chock full of bite-sized useful videos. You can contact him at 919-942-0700, or by email to drwilson@anxieties.com. Reach out to Reid today!



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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