

**Our Vision: To Champion Paruresis Awareness.**

## IPA "Freedom Press" eZine

*October 2020*

**He's Baaack • "This Guy" Part II • Tell Someone - and Survive!  
You Talk - We Listen • Vote with Your \$\$ • SBC Therapist Spotlight**



### Remember This Guy? Of Course, You Do!

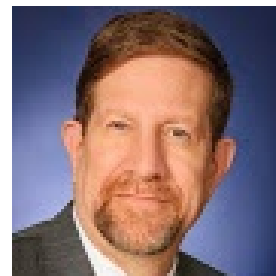
Rob Lowe has been showing up in living rooms lately as a spokesman for Atkins, and that means time to be reminded of the minor kerfuffle over the "Painfully Awkward Rob Lowe" spots from DirectTV in 2014. The backlash to Dr. Steve's comments about how it was considered "unfair" to the Paruresis community was pretty unfair as well. [Click the photo to hear Rob's comments again.] Every time someone says people with Paruresis should "lighten up" or "shy bladder is funny" burns us up. I guess we won't hear about how funny it is for someone to be obese. Rant ends . . .

**DONATE NOW THROUGH**

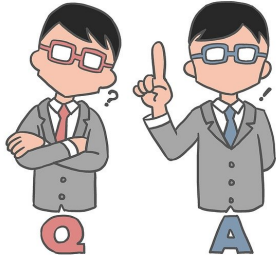
**Network for Good®**

### Remember This Guy (Part II)? Of Course, You Do!

IPA Co-Founder and Senior Advisor, Dr. Steven Soifer, has started to post **brand new videos** that cover many aspects of Paruresis. In addition to quick one-minute **Facebook and Instagram videos**, he is continually adding to our [YouTube channel](#) with vids that are in very digestible 5 to 10 minute bites. Not only are they great for those who are learning for themselves, but as you share your condition (see next item) with others, you can point them to the vids for their better understanding. Click Dr. Steve's mugshot above to get to YouTube.



**How to Tell Someone - and Survive!**



A fairly consistent theme among posts on [r/Paruresis](#) on reddit is the struggle to tell or not tell people about your paruresis. It is a tough hurdle. But, from the other side, many of our IPA members say it was one they delayed putting behind them waaay too long. In our workshops, we share a sample script on how to break the ice with someone. You'll find it at this [link](#) along with other real-world success stories. Also, visit our official subreddit [here](#).

### Speaking of talking: You talk [uh, type], we listen [that is, read]!

Nowadays, it seems like there are a lot of people talking, but few actually listening. Well, now's your chance to be heard. The wonderful IPA Board gathered virtually this past weekend for its annual planning meeting for 2021. We discussed many items and **celebrated the fantastic strength of IPA** as an organization - soon to celebrate its 25th year - yet, we know there is much more to do. Now's your chance: What should be at the forefront of our minds to better serve you in the coming year? Thoughts about workshops? Support groups? What do you want to see in your eZine? Check out the discussion thread on the [ShyBladderIPA reddit](#) board and, of course, you can always directly email Tim Pyle, IPA Executive Director, at [tim@paruresis.org](mailto:tim@paruresis.org). We look forward to adding your comments into our ongoing planning for next year!



### Vote with Your \$\$ - Here's How . . .

No, we're not talking about THAT election. We're talking about a positive vote for the future of IPA by making a gift toward our **2021 Matching Gift Challenge**. Thanks to a strong stable of recurring givers - members who make an automatic monthly or annual gift through our official donation partner Network for Good - we are solidly about 1/4 of the way to meeting that matching gift **target of \$50,000**. But that means we still have a long way to go. **Why not set up a recurring monthly or annual gift today?**



Plus, there are so many other ways to give - [askus](#) how:

- **Are your personal donations eligible for a match from your employer?** We can help with the paperwork.
- **Would you be willing to join many others who have included the IPA in their estate plans?** Let us share how they did it.

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



## SBC Therapist Spotlight: Scott Beardsley

This month, we're spotlighting Shy Bladder Center Therapist, Scott Beardsley. Scott has led multiple in-person workshops and joined us for our recent Virtual Workshop. He has an M.A. in Counseling Psychology, and he is a Licensed Marriage and Family Therapist in California, and Hawaii. He is also Certified and Trained in EMDR - a fascinating therapy you can read about by clicking the link. Reach out to Scott today!



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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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