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

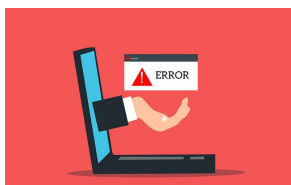
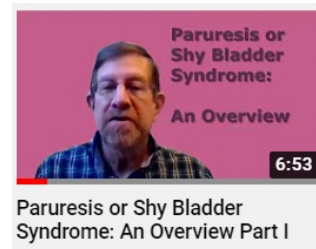
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## IPA "Freedom Press" eZine

*February 2021*

**Dr. Steve on YouTube | IPATalk Fixed | Virtual Support Night  
Next Virtual Workshop - April 17 | A Spot on Our Bench for You  
"Classic" Publications Now Available**

**Dr. Steve on YouTube!:** IPA Co-Founder and Senior Advisor, Dr. Steven Soifer, is posting new, updated YouTube videos on the basics of Paruresis. You can link to the [IPA YouTube](#) channel by clicking the graphic. So far, the collection features four bite-sized, six-minute videos that are amazing resources for learning about Paruresis. Check them out today!



**Tech Update:** The [IPATalk Forum](#) was acting a little finicky over the past month, but the issue has been resolved. We appreciate your understanding. While we are encouraging forum discussions on reddit's [r/Paruresis](#) board and our own [r/ShyBladderIPA](#), you'll find IPATalk organized by topic. And it's an amazing historical resource of conversations in a traditional forum format. Free to join at [ipatalk.org](#).

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### Next Virtual Support Meeting

Whether you are a support group leader looking for ideas or an individual looking to connect for virtual or in-person practice times, this is the meeting for you! Hosted by our incomparable group and virtual support leader, Dave Kliss, you'll be glad you invested this time in your recovery and in supporting others! **Last month saw 25 participants including many first-timers.** What are you waiting for? Email [getinfo@paruresis.org](mailto:getinfo@paruresis.org) for the meeting link info; members can find the link on the [member site](#) under "Support."



zoom

**Virtual Support Group Meeting**



## Next Virtual Workshop

The International Paruresis Association is pleased to present our sixth(!) online Virtual Workshop. In 2020, we hosted over 50 participants (both men and women) who found it very helpful on their walks with Paruresis. A few members even attended multiple times!

This event will be held Saturday, April 17, 2021. It will take place on the Zoom platform from 10 a.m. to 6 p.m. EDT. It will be hosted by IPA Executive Director, Tim Pyle, and led by Dan Rocker, LCSW, the co-director of the Shy Bladder Center. Click below to connect to the Eventbrite portal that we use to manage registration.

**IMPORTANT NOTE FOR 2021!:** The cost for IPA members is STILL \$129 per participant - but you will need the promo code **available on the [members.paruresis.org](https://members.paruresis.org) site**. On the Eventbrite ticket page, click "enter promo code." Let's face it, this is an amazing value for a day of expert support and practice. For nonmembers, the cost is \$199. As you can tell we are encouraging membership, so join today for extra savings!

**[Virtual Workshop](#)**  
**[April 17, 2021 10 a.m. to 6 p.m. ET](#)**  
**[Your Leader: Shy Bladder Center Co-Director, Dan Rocker](#)**  
**[Tickets through Eventbrite](#)**

## There's a Spot on Our Bench for You!

We're only as good as our volunteers. If you suffer from paruresis and fit any of the descriptions below, we can use your unique perspective and your help! Are you a:



- **Lawyer** with expertise in employment law, HR, and/or nonprofit operations?
- **Psychiatrist** with expertise in anxiety issues?
- **Urologist?**
- **Woman** with paruresis with a heart for helping others?

Contact IPA Executive Director, Tim Pyle at [tim@paruresis.org](mailto:tim@paruresis.org).

## But Wait - Now More Reasons to Become a Member

We've just added an exclusive member benefit. The following titles below are now available on the members' site in .pdf format for member's

own personal use. These out-of-print resources are a few of the defining works of the paruresis literature. Login to [members.paruresis.org](https://members.paruresis.org) and click on the "Resources" tab. Still not a member? [Make a donation of \\$50](#) or more and you're in!



### Free to Pee – Christopher McCullough – 2000

- *A Self-help Guide for Men with Paruresis; 100 pages*

### Shy Bladder Syndrome – Steven Soifer, et. al – 2001

- *Your Step-by-Step Guide to Overcoming Paruresis; 152 pages*
- Also read, Steve Soifer's 10-Year Update to this volume – 2012

### The Secret Phobia – Sylvia Typaldos, ed. – 2004

- *Stories from the private lives of people with paruresis, written by people with "Shy Bladder Syndrome;" 78 pages*

*Forgot your member username or password? Use the "Forgot Password" function on the [members.paruresis.org](https://members.paruresis.org) page. Typically, your username is first initial followed by last name. Happy reading!*



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