

1996 • Celebrating 25 Years • 2021

Our Vision: To Champion Paruresis Awareness.

IPA "Freedom Press" eZine

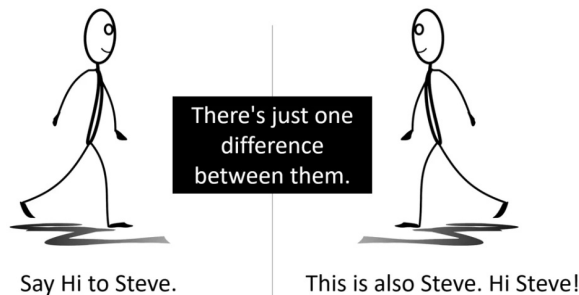
March 2021

**Drug Testing Victims | What's Your Score?
Live, In-Person Workshops on Tap! | Easy Money | Science Corner
What Are Words For?
Next Virtual Workshop | Next Virtual Support Group
Members Site Updates**



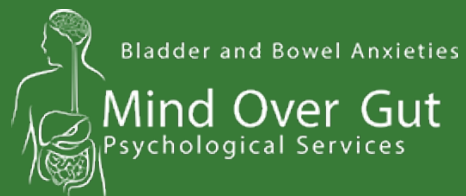
Are You a Drug Testing Victim?

No, this is not one of those lawyer ads, but if you have been subjected to unfair employment practices due to a so-called "failed" drug test because of your paruresis - especially in an environment that follows Department of Transportation rules - we need to hear your story. Fill out our [Contact the IPA](#) form and let us know your situation. We've created a new one-minute Public Service Announcement-style video to make our point. Check it out [here](#).



What's Your Score?

Friend of the IPA, Dr. Simon Knowles, has been referred to previously in these pages. Associate Professor Knowles, a researcher and Clinical Psychologist based at Swinburne University of Technology, Melbourne, Australia, is a recognized expert in the area of Psychogastroenterology. If you haven't done so, we highly recommend



visiting his [Mind Over Gut](#) site. On it, you'll find the [Bladder and Bowel Anxiety Assessment](#). Check it out.

SHY BLADDER (RANGE: 0-32 WITH HIGHER SCORES INDICATING MORE SHY BLADDER SYMPTOMS):



Live, In-Person Workshops on Tap!

We've just locked down the dates for our first Live workshops in over a year. Venues, details, and registration coming soon. Mark your calendars!

Baltimore, MD: Sept. 10-12 (Dan Rocker)

Detroit, MI: October 1-3 (Steve Soifer)

Winston-Salem, NC: October/November (Roger Merritt)

Los Angeles, CA Area: November/December TBA



Keep an eye on the [workshop schedule](#) page and stay tuned for more news and updates.

Easy Money!

A shout out to IPA member Jeremy for reminding us about the support that we receive through AmazonSmile. It's easy to mark the IPA as your preferred charity. **Did you know that we have received the equivalent of 20 basic memberships through the program?** Those few dollars from each thing you buy through Amazon really add up! It is super easy and doesn't cost a thing. For instructions, click the graphic or visit smile.amazon.com now!

ScienceDaily®

SCIENCE CORNER: Scientists identify sensor protein that underlies bladder control

Will this be an important step in understanding the mechanism of Paruresis? Check out this month's "boring, but important" selection. . .

"Scientists have found that the main sensor protein enabling our sense of touch also underlies the feeling of having a full bladder and makes normal bladder function possible. The discovery marks a key advance in basic neurobiology and may also lead to better treatments for bladder control and urination problems, which are common especially among the elderly." *Read more at [Science Daily](#).*

Scripps Research Institute. "Scientists identify sensor protein that underlies bladder control: The protein works in bladder and urinary tract cells to detect bladder fullness; understanding its mechanism may lead to needed treatments.." ScienceDaily. ScienceDaily, 14 October 2020.

[Your Leader: Dan Rocker](#)
[Tickets through Eventbrite](#)

Steven Soifer, et. al – 2001
• [The Secret Phobia – Sylvia](#)
[Typaldos, ed. – 2004](#)

Forgot your username or password to the members site? Use the "Forgot Password" function on the members.paruresis.org page. Typically, your username is first initial followed by last name. Happy reading!



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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