

## IPA "Freedom Press" eZine

*April 2021*

**National Press - Chicago Sun-Times | Gotta Laugh  
Fight, Flight - FREEZE! | Workshop Update**

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### **National Press for the IPA - Chicago Sun-Times**

In December of last year, Chicago Sun-Times columnist, Neil Steinberg, joined in for the "story sharing" segment of our Virtual Workshop. This experience was an eye opening one for him. The result was a story titled, "Silently facing 'an ungodly, unmanly thing'" that appeared in his publication on April 15. Workshop leader and co-director of the IPA's Shy Bladder Center, Dan Rocker, was quoted as well as IPA executive director, Tim Pyle. Also highlighted was the very respected anxiety disorder specialist, David Carbonell, who is in Chicago. The IPA is very appreciative of this chance to give people who are unfamiliar with paruresis a window into our world. Thank you, Neil! [Click here to read \(3 min.\)](#)



### **Gotta Laugh**

One of the best features of the IPA is that although we face a potentially life-limiting affliction (see article above!), the members of the Paruresis community still find ways to laugh. Laughter is great therapy! Here's a recent chuckle from the **Tonight Show with Jimmy Fallon** (click the photo - starts at 2:03). Thanks Patrick W. Need another? Here's a classic from **SNL** - Bladdivan! (If only it were so . . .) Enjoy!





### New in the Amazon app

Sign up to generate donations while you shop, at no extra cost

amazon smile

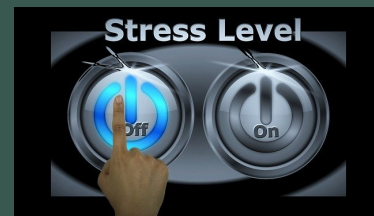


Want to help make a difference while you shop in the Amazon app, at no extra cost to you? Simply follow the instructions below to select "International Paruresis Association, Inc" as your charity and activate AmazonSmile in the app. They'll donate a portion of your eligible mobile app purchases to us.

1. Open the Amazon app on your phone
2. Select the main menu (=) & tap on "AmazonSmile" within Programs & Features
3. Select "International Paruresis Association, Inc." as your charity
4. Follow the on-screen instructions to activate AmazonSmile in the mobile app

### Fight, Flight or . . . yes, FREEZE!

If you recall middle school science, you might remember the teacher saying that your response to stress at its most basic level fell into the alternatives of **fight** or **flight**. But wait . . . anyone who has even come close to hitting a deer while driving knows that **FREEZE** is absolutely a reaction. This idea has become detailed as of late with several scientific studies into the mechanism of "freeze." Seems to make sense when we think about what happens when we are suffering from paruresis. For those of you looking for the deep dive - click [here](#) for an easy-to-watch, but fairly scientific discussion of "[The Polyvagal Theory: The New Science of Safety and Trauma](#)" (28 min.). For the quick scan, check out, "[Fight, Flight, Freeze: What This Response Means](#)" from [healthline.com](#).



### Why Donate and Become a Member of IPA?

With a new Federal Government administration, there is **an unprecedented opportunity** for the IPA and its sibling organization, the [American Restroom Association](#), to advocate for changes to drug testing regulations and the quality of public restrooms - both of which can have huge impacts on our lives. The *subscribers of this eZine are ten times that of IPA Members* Wouldn't it be impressive to those in Washington, D.C. if we could say our membership numbers in the thousands rather than just hundreds? If we have convinced

DONATE NOW THROUGH

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you, becoming a member is easy: just make a donation of \$50 or more to the IPA by clicking the "Network for Good" graphic above. Now is the time to make your voice heard! If you'd like more information on the benefits of membership, email executive director Tim Pyle at [tim@paruresis.org](mailto:tim@paruresis.org).

## For Your Reference: Upcoming Meetings and Reminders



### Workshop Updates

The calendar is updated regularly. Visit the [Workshop Schedule](#) page for the latest dates and links to registration through the Eventbrite portal when available.

The next **virtual workshop** will be scheduled soon and will most likely be in late **June**.

**Live workshop** logistics are being finalized now. Which of these cities are nearest to you?

**Baltimore: September 10-12**

**Detroit: October 1-3**

**Winston-Salem, NC: Oct/Nov TBA**

**So. Cal: Nov. TBA**



### Virtual Support Meeting: Sunday, May 16 - 9 PM ET

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! Fill out the [Contact the IPA](#) form for the link or check the [members site support page](#).

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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