



"Freedom Press" eZine

March 2014

Our vision is for a Paruresis free world.
Until then, people with shy bladder will live life to the fullest.

thank
you!

[IPA Workshop
Schedule~Go here!](#)

[Register for a
Workshop~Go here!](#)

[Shy Bladder Center
Therapists~Go here!](#)

IPA on Social Media

Dr. Soifer is trying to expand the organization's social media presence.

Thus, if you don't already, please follow him on LinkedIn, Twitter, and/or Facebook by clicking on the links below.

 [LinkedIn](#)

A Big Thank You!

Once again, from the bottom of our hearts, thank you for your support for the organization in 2014. We had a banner year in fundraising, and your contribution made all the difference. We raised a record sum of over \$90,000. We have built up our endowment fund to \$50,000 now, making strides in reaching our \$1 million goal within 10 years or so.

Workshops

The Los Angeles workshop is a GO! It is April 4-6, 2014.

So, save you spot and register now for the Los Angeles workshop.

The Detroit workshop is 50/50. It is also April 4-6, 2014. We need a few more people to register to call it a go. Please register now to ensure it is a go.

2014 Workshop Schedule

Los Angeles ~ April 4-6

Detroit ~ April 4-6

Phoenix ~ May 2-4

Denver ~ June 6-8

Baltimore ~ June 20-22

Speyer, Germany ~ August 29-31

Chicago ~ October 3-5

Seattle ~ November 7-9

West Palm Beach ~ December 19-21

SPECIAL FOR ALL 2014 USA WORKSHOPS

If you are a *2014 IPA Member*: Register for a workshop taking place in the USA before March 23rd and take 20% off the registration fee!

For *non-members*: Register for a workshop taking place in the USA before March 23rd and take 10% off the registration fee!

[Save more on workshops and become an IPA 2014 member today by clicking here.](#)

Paruresis In The News



[IPA Talk Forum~Go here! \(message boards\)](#)

[IPA Support Groups~Go here!](#)

IPA Office Hours

Tuesday - Friday
1:00pm -4:30pm(EST)

(800)247-3864
(443)315-5250

Donate Now
Secure donations through
Network for Good

We've already had some significant media this year. I appeared on a Swedish national science radio show. Also, I and Brad Kaltenheuser, the IPA Vice-President, were in a European documentary talking about shy bladder. The documentary may appear in the U.S. in the future; stay tuned. The Swedish podcast is titled, "Kiss". [Click here to listen to the podcast.](#) (Note: While the interview is in Swedish, my comments are in English).

We are following the drama of the SAMHSA alternative drug testing regulations, and figuring out our intervention point. If there is a role members can play in this ongoing issue, we'll let you know shortly.

As most of you know, Dr. Soifer has had to cut back significantly on both doing workshops and treating people individually. He does still see the occasional client; if you are interested, please contact Yvonne at: ipastaff@gmail.com for details and to find out the wait time.

You Are Not Alone

"This organization changed my life. I suffered from paruresis since I was a kid, and thought I was the only one who had it and was doomed to living a severely limited life because of it. Then about 15 years ago I went to an IPA workshop and started reading the IPA message boards and it changed everything. I can honestly say that now my condition no longer limits my life in any way. Steve who runs the organization has been there from the beginning and him & the organization are devoted to making people's lives better. And they really do. I couldn't recommend an organization to donate to more highly." ~ LASteve

Frequently Asked Questions

Question: I am taking an airline trip, how can I get through it?

Answer: We know of two prescription drugs that may be helpful. Desmopressin slows urine production. It's available in spray form under the names Concentraid, DDAVP, or Stimate, or generically as Desmopressin Acetate Nasal Solution. Desmopressin is a chemical that is similar to a hormone found naturally in your body. It decreases urine production and increases urine concentration. Its main use is to help treat kids with bedwetting problems.

We have also heard a report that the drug Detrol reduces urinary urgency and frequency if the person experiences frequent urges to urinate. If you are facing an airline trip...[Read more here!](#)

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