



"Freedom Press" eZine

Spring 2014

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

Workshops

2014 Workshop Schedule

Baltimore ~ June 20-22

Speyer, Germany ~ August 29-31

Chicago ~ October 3-5

Seattle ~ November 7-9

West Palm Beach ~ December 19-21

[What happens at a workshop?~Go here!](#)

[To register for a workshop~Go here!](#)

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

SPECIAL FOR BALTIMORE WORKSHOP!

For current *2014 IPA Members*: If you register for the Baltimore workshop before May 23rd and if you have been to a workshop already, you can come for one-quarter the normal price (the usual price is \$350, so you can actually attend this one for \$175), while members who haven't been to a workshop before can come for one-half the usual price (the usual price is \$695, so that means only \$350). [To register, please go here.](#)

For *non-members*: Register for the Baltimore workshop before May 23rd and take 20% off the registration fee!

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

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IPA on Social Media

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We want to ask everyone who is not already doing so to follow Dr. Steven Soifer on at least one social media source. Just click on the icons to the left.

The reason for this is that we need to build our social media presence, and this is one way to do it. The easiest and most effective method is to simply "Like" the IPA on Facebook.

Paruresis In The News

We have gotten superb media coverage so far this year with an article in [The Atlantic](#) and [Newstalk](#) a radio show in Ireland.

There are over 5,000 shares on Facebook with The Atlantic article. It has reached a potential audience of over a million people. Not bad, eh?

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

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

You Are Not Alone

While at a home improvement store, I was talking to the guy I know in electrical parts. We walked and talked... and before I realized it we were at the water fountains getting a drink. Then he goes to men's room... holds the door for me! Urinal 3 was out of order but, urinals 1 and 2 were available. He goes to #2... unzips and starts peeing... I go to #1 and unzip and start peeing in about 1 second! No counting in my head or anything else... we continued our conversation from outside the men's room and after washing our hands we still were on the same conversation. Because of your advice in your book, the graduated and increasingly graduated exposure works.

A friend of mine, a retired police officer for 29 years, is pee shy, I told him about your book - he purchased a copy... and read it in one night. He called me yesterday to tell me he went to the men's room and was able to use a urinal... he was nervous at first but midstream he said he felt calmed down!

Until your book I would walk up to a urinal and freeze up... no go. Now I feel the sensation and once the stream starts. I am fine.... the real fear is worry that I might not be able to start up! That seems to be the fear-key. And the best way to approach a fear is to face it and walk right into and through it! Dr. Soifer, you're a God-send to so many, and I thank you for your support.
~ Marc B.

Frequently Asked Questions

Question: Are there other disorders that may be present with paruresis that I need to know about?

Answer: Some with paruresis have reported other problems that seem to "go with it." But it's important to realize that paruresis does not appear to be caused by any one thing. If a particular problem seems to be preventing your ability to recover,...[Read more here.](#)



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