

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



## "FREEDOM PRESS" EZINE

November 2016

### 2017 Campaign ~ Fundraising

**Donate Now**  
Secure donations through  
Network for Good

Well, it's that time of year again. Thanks to those of you who have already contributed to the 2017 membership drive. For those who haven't, we especially want to have as many people join or renew as early as possible this year to cut down

on mailing expenses. That's right, no letter or call from IPA this year if you join early. For those of you who need no more convincing, just click on the Donate button now. As a special gift, anyone who does so by Nov. 15th will get a pre-publication copy of my new eBook "The Secret Phobia"! After Nov. 15th, you can still get a copy of it for a contribution of \$100 or more.

### Our 20th Anniversary

We just had a very successful 20th anniversary celebration in Las Vegas. People met the IPA Board, we had a one-day workshop with over 25 attendees, and then we had a morning panel discussion on the state of the art practice for working on paruresis. We hope to have part of the plenary session on our new website (check it out!) soon.

### Great Nonprofits

IPA was just awarded a Top-Rated Nonprofit designation from Great Nonprofits for the third year in a row! You can read our reviews by clicking on the badge to the right. Thank you to everyone who has written a review!



[Click Here!](#)



### Paruresis In The News

There are so many interesting stories/posts about shy bladder these days. Here's one that caught our eye recently:

[14 Thoughts That Every Pee-Shy Woman Has In The Bathroom At Work](#)

### Workshops

Dr. Soifer will be doing a workshop in Germany over the Thanksgiving holiday; we already have over 15 people signed up. It's actually turning into a European workshop. Dr. Soifer is quite excited about it since he hasn't been back for two years. We've had inquiries about doing workshops in other parts of the world, too. With 220 million people with paruresis worldwide, this is no surprise.

Speyer, Germany ~ November 25-27 - It's a Go!

[Registration Info](#)

[What Happens?](#)

[Schedule Info](#)

Click on the buttons above for more details.

## Individual Intensive Sessions with Dr. Soifer!

Dr. Steven Soifer is once again seeing individual clients on a very limited basis (no more than once a month) after the New Year in Memphis. These sessions are comprised of two 4 hour blocks, usually on a Friday afternoon and Sat. morning (thus requiring an overnight stay in Memphis). This is equivalent to about 8 individual sessions, and results are usually better than weekly sessions as more concentrated work is accomplished. These sessions are usually for people who prefer one-on-one work to weekend workshops. Please contact either [jpasteven@gmail.com](mailto:jpasteven@gmail.com) or [jpastaff@gmail.com](mailto:jpastaff@gmail.com) for more information, scheduling, and/or pricing.

## You Are Not Alone

Our members are the backbone of the organization. Without them, we wouldn't exist, much less be able to help those suffering from paruresis around the world. Recently, Dr. Soifer was able to chat with a 16 year-old in Brazil who has absolutely no resources to help him with his paruresis. Your support makes this possible. Please give generously this year to our organization.