

IPA “Freedom Press” eZine

DEAR MEMBERS & FRIENDS:

Welcome to our Winter 2009 edition of the IPA "Freedom Press" eZine. We hope to publish it on a regular basis each quarter this year. As usual, if you do not want to continue to get this electronic newsletter, just let us know and we'll promptly take you off this list!

In order to join or renew, please go to <http://www.paruresis.org/acart/ccdonate.htm>

2009 REMAINING WINTER WORKSHOP SCHEDULE

Miami – Dec. 18-20

To sign up, go to <http://www.shybladder.org/workshops.php>

The workshop has a limit, and we are almost there. So sign up now!

The 2010 workshop schedule is very unclear at this point, so I would suggest signing up now for one in 2009 to avoid disappointment.

URINE DRUG TESTING IN THE WORKPLACE

Senator Harkin (D-IA), now chair of the Health, Education, Labor, and Pensions (HELP) committee, will be writing a letter to SAMHSA asking them to implement alternative testing for people with paruresis! Stay tuned . . .

2010 FUNDRAISING DRIVE HAS BEGUN – HELP!!!

We have begun our 2010 fundraising effort. Our challenge is to finally raise \$100,000 for the organization in 2010. Things have been slow. We have raised only \$17,000 to date - - we should have much more. While we will be doing a mass mailing in a week or so, it is expensive and time consuming. Won't you go to <http://www.paruresis.org/acart/ccdonate.htm> now and rejoin or join? Only you can make a difference. Member benefits include discounts on workshops and web store products, a subscription to my new monthly “blog,” and an invitation to Linked in with me.

SBC INTENSIVES

Many continue to call or write to ask when our one-day intensives are in Baltimore.

We are NOT doing the one-day intensives, but rather ONE-ON-ONE work out of the Baltimore office, done with Dr. Soifer, co-founder and CEO of IPA.

What we have found to work best for those from out of town is to work two 4-hour blocks of time: Friday afternoon and Saturday morning (times can be flexible). This is the equivalent of EIGHT individual sessions. A lot of progress can be made in this format. We can schedule only one or at most two a month, and are usually booked a month or two in advance. For those closer to Baltimore, we can do less intensive (meaning more like regular “therapy”) kinds of sessions.

Email: info@paruresis.org or call the office at 800-247-3864 for more info.