

IPA “Freedom Press” eZine

DEAR MEMBERS & FRIENDS:

Welcome to our Winter 2010 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/ccdonate.htm>

2010 WORKSHOP SCHEDULE

To see this year's schedule, see <http://www.shybladder.org/workshops.php>

The first workshop this year will be Atlantic City Feb. 19-21. Space is limited. Registration ends Feb. 11th, so sign up now!

URINE DRUG TESTING IN THE WORKPLACE

Senator Harkin (D-IA), now chair of the Health, Education, Labor, and Pensions (HELP) committee, has written a letter to SAMHSA asking them to implement alternative testing for people with paruresis. The agency's response was tepid, to say the least. We are exploring our legislative and legal options.

2010 FUNDRAISING DRIVE A GREAT SUCCESS!

We were able to raise \$83,000 for the campaign – a record. We will be able to keep our current level of activity. There is still time to join for this year - go to <http://www.paruresis.org/ccdonate.htm> Member benefits include discounts on workshops and web store products, a subscription to my new monthly “blog,” and an invitation to LinkedIn 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, and Melissa H., IPA clinical supervisor and LCSW-C.

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.