

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



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## "Freedom Press" eZine

August 2017

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### IPA News

Our new eBook is available now! It's called The Secret Social Phobia: Shy Bladder Syndrome (Paruresis), it is the culmination of a revision of the original book, Shy Bladder Syndrome: Your Step-by-Step Guide to Overcoming Paruresis, first published in 2001, and includes material from Shy Bladder Syndrome: An Update (2012). Additionally, there are important updates since that time, especially in the literature on paruresis.

To buy a copy of the New eBook visit the IPA Store by using the button below.

IPA Store Button

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### Workshops

The Los Angeles workshop is a go! September 8-10, 2017  
Friday, September 8th - 7 pm to 10 pm  
Saturday, September 9th - 9 am to 5 pm  
Sunday, September 10th - 9 am to 2 pm

The workshop will be held at a hotel near the LAX airport.

First timers: \$695 (or 1% of your income/whichever is smaller)  
Returnees: \$395  
Full-time Students: \$100

Note: You are on your own for accommodations and meals. However, we would be happy to give you the names of hotels or motels in the area.

Cancellation policy: If you cancel more than one month prior to a workshop, you are entitled to full refund or a full credit to another workshop. If you cancel less than one month prior to a workshop, you are entitled to a 50% refund OR a full credit for another workshop. Workshop credits must be used within one year.

Use this link for: [The Registration Form](#)

Use this link for: [Register and Pay Online](#)

Use this link for: [What Happens at a Workshop?](#)

If you have any questions email Yvonne at: [ipastaff@gmail.com](mailto:ipastaff@gmail.com)

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## Drug Testing

We have heard from officials at the Drug Testing Advisory Board of SAMHSA that oral fluid (saliva) drug testing regulations are about ¾ of the way through final review before publication. Unfortunately, we have no expected timeline for when they might come out, and things have slowed down under the Trump Administration regarding the issuance of new regulations. We can only wait and hope that they will be issued - and soon. We will ask members to take action if we have heard nothing more by the fall.

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## Great Nonprofits

Please Help Us!

You have an opportunity to help us make even more of a difference in our community. Great Nonprofits, a review site like Trip Advisor, is honoring highly reviewed nonprofits with their 2017 Top-Rated Awards. Help us raise visibility for our work by posting a review of your experience with us. All reviews will be visible to potential donors and volunteers. It's easy and only takes 3 minutes! Thank you!

Use this link to: [Write Your Review](#)

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## You Are Not Alone ~ A Story from our [Talk Forum](#)

TROUGH URINALS - Success!!!! By Fernj with supportive comments

A few weeks ago I watched a video posted by Dave about how he has recovered and he mentioned that he made a point to use a public urinal at least once a day. That it made no sense in practicing one day and then not doing anything to recover the other 6 days of the week. So I made it a point to...[Read more here!](#)

[Join IPA's Talk Forum Here. It's Free!](#)

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