

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



"Freedom Press" eZine

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IPA News

Thanks so much to those that donated during the IPA fundraising drive. While we fell short of our \$85,000 goal, we did raise about \$77,000 - which will allow us to continue to operate pretty much like we have been. There will be a few staff adjustments, as well as keeping close tabs on our expenses this year.

We plan to continue our work in getting oral fluid drug testing formally recognized by the federal government as a legitimate alternative to urine testing. Moreover, we expect to do a national outreach to urologists across the country to educate them about paruresis, and help them become more responsive to our needs.

We now have an new organization in India! The **Paruresis Association of India**. The website is <http://www.paruresisassociationofindia.org/> Information about the upcoming workshop in Mumbai (March 10-11) is on the website, and special rates apply to it.

News Flash: Space still available for Dallas workshop. Register now!

Workshops

Workshop Schedule for 2018

Some dates have changed, please take note.

February 9-11 ~ Dallas, TX - This workshop is a go!
March 10-11 ~ Mumbai, India
April 27-29 ~ Detroit, MI
May 4-6 ~ Winston-Salem, NC
June 8-10 ~ Denver, CO
June 8-10 ~ Baltimore, MD
August 31 - September 2 ~ Speyer, Germany
September 7-9 ~ Los Angeles, CA
October 19-21 ~ Philadelphia, PA
November 2-4 ~ Vancouver, BC Canada

Workshops in the USA and Canada

Canadian workshop can pay on par with the US Dollar
First timers Fee: \$695.00 (or 1% of your income/whichever is smaller)
Returnees Fee: \$395.00
Full-time Students: \$100

If you register at least one month before a scheduled workshop:
Early bird first timers: \$645.00
Early bird returnees: \$300.00

Workshops in Germany

First timers Fee: €665 (or 1% of your income/whichever is smaller)

Returnees Fee: €380

Full-time students: €100

Workshops in India

Early bird Fee: Register by February 15th - □5000

Workshop Fee: After February 15th - □6000

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.

Registration Info

Use the button above to find out how to register.

What Happens?

Use the button above to find out what happens at a workshop.

Schedule Info

Use the button above to view the workshop schedule details.

Paruresis in the News

An online article from Good Housekeeping:

[Peeing in a Public Restroom Is Pretty Much My Worst Nightmare](#)

Paruresis is very real — and very inconvenient.

"One plus one is one is two, one plus three is four," I muttered to myself while standing at a urinal.

As a guy with a bad case of paruresis, or shy bladder syndrome, this was not something I usually attempt, but this was a tiny bathroom in an East Village gay bar and waiting for a private stall made me look like I was, well, up to something.

Yet, I appeared more awkward as I stood at the urinal and I added odd numbers to myself. I had heard it helped others overcome performance anxiety. A line formed behind me and, convinced this tactic would work for me, I added numbers more furiously. But my bladder remained bashful...[Read the rest here!](#)

You're Not Alone

Here is another story from our talk forum. Thank you Ralphman!

Ralphman's Paruresis Diary

"For me it first started in grade school. The teacher would take us, the whole class, to use the bathrooms several times a day at designated bathroom break times. We had a bunch of bad behaved boys in my class who would act rowdy in the bathroom. They would crawl under the stalls, they would splash water from the sinks on the floor, they would push other boys using the urinals, be loud, yell, etc. Ironically that stuff didn't exactly bother me too much. Sure I didn't really like it, but it didn't keep me from using the urinals. I had no problems using the urinals at that point. Sometimes we would have peeing distance contests, lol. But, our female teacher would always shout into the bathroom, from the hallway, telling us to knock it off." [READ MORE HERE!](#)

[To join the IPA Talk Forum go here to register. It's free!](#)

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