

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



"Freedom Press" eZine

June 2018

Paruresis in the News

We just had some good press come out on the website VICE.

How People Deal With Having Shy Bladder Syndrome By Mark Hay

Here's a scenario you may find familiar: You're out in public and you realize that your bladder is excruciatingly full. You can't hold it; you need to pee. So you find a public restroom. But when you sidle up to the urinal, or settle into a stall, you find that—in such close proximity to others—you just can't go...[Read the full article here!](#)

Workshops

Workshop Schedule for 2018

June 8-10 ~ Baltimore, MD - It's a go and closed.

June 22-24 ~ Denver, CO - It's a GO!

August 31 - September 2 ~ Karlsruhe, 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: €400 (or 1% of your income/whichever is smaller)

Returnees Fee: €200

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.

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.

IPA News

Our sister organization, the American Restroom Association (ARA), has been revitalized. In fact, Dr. Soifer just got back from a trip to China where he presented on the topic: "The ARA and Toilet Design Innovation in the U.S." He highlighted the new unisex restroom design under the International Plumbing Codes (2018) that is now required in public spaces that only have two toilets. This is an issue that we will be pushing over the next few years, as well as others.

This is the last month of our endowment fundraising campaign. I shared with you last month a video highlighting the ways IPA member and others can give to the organization at the following page: (<https://paruresis.org/planned-giving/>). The three basic ways to give are: 1) Bequest to the organization (including leaving tangible asset(s); 2) Beneficiary designation to IPA; or 3) A Charity Remainder Trust or a Charity Guaranteed Annuity. There are other, more complicated ways, too. For the long-term strength of the organization, we need our supporters to step up to the plate and strategically think about how to make a legacy contribution. I have stressed time and time again how other organizations, even those with less public support than ours, have been able to guarantee the future of their efforts. Now is the time to ensure the long-term survival of IPA. Surely, a century from now, future paruresis sufferers will thank us.

Finally, our annual IPA board retreat is in October, the organization will be involved in developing a 3-5 year strategic plan to carry out our short-term goals as we approach our 25th anniversary.

You're Not Alone

Lost Job Due to Paruresis By: Piss On It

Well little did I know that my return to duty drug screen was to be a directly supervised drug screen. I about died when I heard this as I knew there was no chance in hell I could accomplish this. I sometimes have trouble and get all stressed out taking a standard non supervised drug screen. So I knew I had zero chance. I communicated immediately that I would not be able to complete this but I still engorged myself with water and tried multiple times. That turned out to be a mistake as I technically needed to pee when I showed up to the facility. So drinking probably 2 liters of water still didn't help me as my lack of being able to piss in front of a stranger wasn't because I didn't have the urge or need to pee. It's because of my paruresis. So after about 2 and a half hours I was about to burst! I was in pain and almost in tears...[Read the rest here!](#)

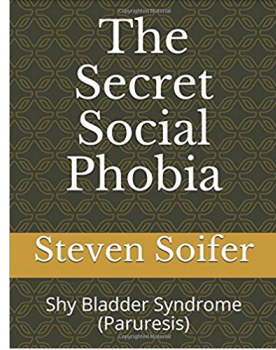
[To join the IPA Talk Forum go here to register. It's free!](#)

The Secret Social Phobia

Dr. Soifer's new book is available now in paperback and Kindle.

Click on the book cover >>>>>>
to purchase a copy or to check it out.

If you buy it and like it, please review it! Thank you.



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