

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



"Freedom Press" eZine

May 2018

Workshops

Workshop Schedule for 2018

June 8-10 ~ Baltimore, MD - It's a GO!
June 22-24 ~ Denver, CO
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.

Paruresis in the News

Recently, Dr. Steven Soifer did a phone interview with W Radio Columbia, Prisa Media Group, about shy bladder syndrome in Latin America and Spain. Dr. Soifer estimated that 3.5 million people in Columbia, and about the same number in Spain, suffer from this social anxiety disorder known medically as paruresis. W Radio station is part of Prisa Group, the most important media conglomerate in the Spanish speaking world. Their audiences in Colombia, Panama, Spain and the U.S. add up to more than three million people.

[LISTEN TO THE INTERVIEW HERE!](#)

IPA News

We're now focused on raising money for our Endowment Fund. To date we have raised about \$125,000 in cash and another \$125,000 in pledges toward our \$1 million goal by our 25th anniversary. That is, we are about ¼ of the way there. To contribute to the Endowment Fund you can send a check (earmarked Endowment Fund) to us or you can [donate online by clicking here](#). When you donate online make sure to choose Endowment Fund in the section *Apply My Donation To*.

This article from the [New York Times](#) caught our attention last week.

We need some people like Sylvia Bloom from the NYT article to think of IPA as their legacy. For example, only 30 gifts of \$25,000 each (even given over time) would get us to our goal (as would one gift of \$750k). This is where planned giving comes in.

We have a page I bet many of you haven't seen: <https://paruresis.org/planned-giving/>. There are plenty of ways to give that will make a significant impact, and we'll explain more next month.

You're Not Alone

Feeling good, making progress! ~ By YogaMomma

I just wanted to pop in and say that I've learned so much from these forums over the last month. It's so great knowing there are others out there that deal with this issue, although it makes me kind of sad that anyone has to deal with it at all. Two months ago, my paruresis really escalated, not sure why exactly, to where I could not even go in my own house with my family there, and even had trouble going by myself, most likely from the stress and anxiety associated with the increase of my paruresis. I ended up in the emergency room with a Foley catheter...[READ THE REST HERE!](#)

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

And this just in...Mort Goldman on Family Guy has shy bladder syndrome (at 9:20 into the episode). [Click here to see!](#)

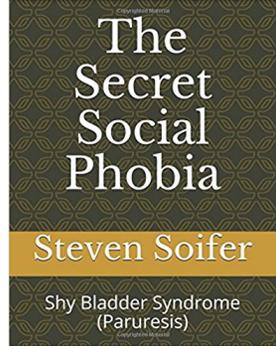
The Secret Social Phobia

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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