

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



"Freedom Press" eZine

September 2018

IPA News

We have progress to report regarding oral fluid drug testing in the workplace. Dr. Soifer has been working with a staff person from Congressman Cohen's (TN) staff. In his most recent conversation with her, she finally had had a phone conversation with representatives of HHS and DOT. Here is what she said. With the new administration coming in Jan. 2017, everything was "reset." Now, the new saliva drug testing regulations are with the Secretary of HHS to sign. The regulations then go back to OMB. OMB then decides whether to send them directly to the Federal Register to be promulgated, or whether to send them back to various Department (heads) for another review. There is no timeline for this. However, she said that everyone seems to be on the same page that the regulations are good and that they are a priority to issue, given the opioid crisis and the number of false negative urine tests coming back. So, all of this is mostly good news. The only thing we can't control (though maybe we can influence, depending on what happens or not, and how quickly) is the timeline (which has always been a bugaboo).

We had some great press in August. Here are two articles:

- <https://www.buzzfeednews.com/article/lezielowe/crohns-ibd-colitis-public-accessible-bathrooms> (from a forthcoming book)
- <https://www.dublininquirer.com/2018/08/28/is-it-time-for-a-potty-parity-movement-in-ireland/>

Great Nonprofits - Help Review IPA!

If you love our work then tell the world! Stories about us from people like you will help us make an even bigger impact in our community. Great Nonprofits - the #1 source of nonprofit stories and feedback - is honoring highly regarded nonprofits with their 2018 Top-Rated List. Won't you help us raise visibility for our work by posting a brief story of your experience with us? All content will be visible to potential donors and volunteers. It's easy and only takes 3 minutes!

[Use this link to get started.](#)

Workshops

Workshop Schedule for 2018

October 19-21 ~ Philadelphia, PA - **It's a go!**

November 2-4 ~ Vancouver, BC Canada - CANCELED

November 23-25 ~ Neustadt, Germany - **It's a go!** *new city*

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

Workshop in Germany ~ Discount til October 15th - Take €50 off your fee!

First timers: €400 - Discount price is €350 until October 15th

Returnees: €200 - Discount price is €150 until October 15th

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.

Legacy Gifts/Endowment Fund

We are launching what will be called "IPA legacy gifts." People who become legacy donors will be those who contribute \$25,000 - \$100,000+ to the organization's endowment campaign. These contributions can be one-time gifts, or given over a period of time (e.g. 5 years), in order to sustain the long-term survivability of the organization.

While we already have \$250,000 in endowment contributions and pledges, I want to see us reach at least \$1 million by our 25th anniversary in 2021. Imagine, just fifteen \$50,000 pledges (or some such combination) will get us there! For more information on ways of giving, please see this link and video: <https://paruresis.org/planned-giving/>

Some of you probably are already legacy donors (e.g. have us in your will, have us designated on your IRA as a beneficiary, etc), and we simply don't know it! So, *please*, if this is indeed that case, please email Dr. Soifer

at: ipasteven@gmail.com so we can add you to our growing list!!

2019 Campaign Support IPA in the coming year!

We are starting up our 2019 fundraising campaign - if you want to get a jump start on it, go to one of these links to donate. Thank you!

[Network for Good](#) ~ [PayPal Giving Fund](#) ~ [Donation Form](#)

Dr. Soifer, CEO of IPA, available for Coaching Online

Through the mediums of Zoom, Skype, or Facebook (FaceTime and Messenger), Dr. Steven Soifer is available to coach anyone across the world on how to overcome their paruresis. He has recently been doing so with people in such diverse countries as Vietnam, Brazil, Spain, the Philippines and Lebanon. He has done so with men, women, and teenagers. So, if you are interested in this possibility, please contact him at ipasteven@gmail.com. There is a fee for this service, though it is based on a sliding scale and/or is waived in certain limited cases.

You're Not Alone

I have had paruresis my entire life. Looking for support and advice

By - TimidFawn501

I have had paruresis my entire life. It began when I was 2 years old. I was never ever able to use the bathroom any of my school years:

Kindergarten through 12th grade....never used the bathroom not even once at school. Add on another 4 years for college....never ever used a bathroom there either.

When I lived with my parents, I only used the bathroom once or twice a day. Once in the morning if parents had left for work and once at the middle of night when I was certain that my parents were asleep. I could not even go if they were home or awake. I learned from a very young age that liquids make pee, so I drank very little and that's how I have been able to do this for over 3 decades. Once I moved out, I lived off campus...[Read the rest here!](#)

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

© 2018 All Rights Reserved.

See what's happening on our social sites:

