

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



"Freedom Press" eZine

Special Holiday Edition~December 2018

2019 Campaign Help IPA to match the \$50,000 challenge grant!

An extraordinary opportunity has been presented to the organization, and truly puts the IPA at a crossroads.

To date, we have raised about \$50,000 toward our \$100,000 fundraising goal, which is very good. Now, if we can raise \$50,000 more, one of our members has agreed to match it. But, this is a challenge grant, and if we do not reach our \$100,000 goal, we will not receive the match.

Being able to basically double our usual annual operating budget would have an enormously beneficial effect on the organization. We could enhance our staffing, programming, databases and office operations. For example, a top priority is to do outreach to the medical community so they better understands our condition.

Update: as of today, December 23rd, we are 3/5 the way to the \$50,000 challenge grant!

So, we really need everyone who hasn't yet made their 2019 contribution to step up to the plate in the next two weeks and make this happen. Your past support has been crucial to the organization, and now, more than ever, we need you to give as generously as possible. And, if you have already given, and are able to give more, that would be fantastic! Please scroll down and make your contribution by credit card or PayPal, or mail in your donation.

[You can print the donor form here to mail in.](#)

*You can donate and support IPA by using one of these buttons:
Network for Good or PayPal Giving Fund*



Workshops

Over Thanksgiving, Dr. Soifer was able to go to Germany again and do a workshop there. We were supposed to have 11 people, but several folks got sick

right before it happened.

Here are the results for the workshop:

"I feel the workshop helped me _____ with my paruresis":

- 0 people - None
- 1 person - A little
- 2 people - Some
- 4 people - A lot
- 1 person - Enormously

Our 2019 Workshop Schedule is here!

- April 26-28 ~ Los Angeles/Spring with Scott Beardsley
- May 17-19 ~ Baltimore with Dan Rocker & Carl Robbins
- June 7-9 ~ Detroit with Steve Soifer
- July 19-21 ~ San Francisco with Scott Beardsley
- Aug. 9-11 ~ Kansas City with Steve Soifer
- Sept. 6-8 ~ Los Angeles/Fall with Scott Beardsley
- Oct. 4-6 ~ Philadelphia with Dan Rocker

[Use this link to get: *Registration/Fee Information.*](#)

[Use this link to read: *What happens at a workshop?*](#)

[Use this link to read: *Success Stories.*](#)

IPA News

After being fired for not being able to give a urine sample, one of our members, Michael Oakley, just got his job back from the Tennessee Valley Authority (TVA). IPA and his union was able to assist Michael in this endeavor, and due to errors on the part of TVA, the federal agency realized that the easiest course of action was to reinstate him. Michael is willing to talk with any member having troubles with urine drug testing. Just contact Dr. Soifer at ipasteven@gmail.com and he will put you in touch with him.

Paruresis News

We recently received some press in the Times of India, a first for coverage in that country! If you all remember, Dr. Soifer was in India to do the very first workshop there last March, and it was possible due to generous contributions from members like you. To read the article click on the Times of India logo.



TIMES OF INDIA

Great Nonprofits

Thank you so much to all who helped! IPA is now a top rated nonprofit for 2018! [You can read our reviews here.](#)



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