

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



IPA "Freedom Press" eZine

July 2019

IPA looking for full-time Executive Director!

IPA is finally in a position to hire a full-time executive director! Thanks to our challenge grant drive last year and future pledges, we are beginning recruitment right now!! If you're interested, please apply either at:

[Indeed.com](https://www.indeed.com) or [LinkedIn.com](https://www.linkedin.com)

Basic requirements (all info in ads); requirement Bachelor's degree, Master's degree in some human service field (e.g. Social Work) strongly preferred. *(Please mention in your cover letter that you heard about the position in the eZine!)*

IPA News

We have a brief update on drug testing in the workplace. The Drug Testing Advisory Board (DTAB) met, we listened in, and the news is . . . the oral fluid drug testing guidelines are still at the Office of Management and Budget (OMB). The good news is this is the last step of the process; the bad news is that we have been told this the last couple of meetings, and are told that the regulations are supposed to be out any day now. We are pursuing a dual approach to get more information and/or put pressure on the OMB to release the regulations. We feel OMB is literally a black hole – things go in and never come out. ☹

We continue to work on the IPA's strategic plan and future projects for the organization. Hopefully, by the time the next eZine rolls around, we will have an exciting announcement about future organizational initiatives. Also, Dr. Soifer continues the work of revitalizing the American Restroom Association (ARA)

Dr. Soifer's time has freed up a bit, and there are two implications of this change:

- 1) He will be working for IPA ¼ time from now until the end of the year, at which time we will hopefully be in the position to hire a full-time Executive Director; and
- 2) He will once again be available, probably once a month, to see clients for intensive sessions (either ½ day or two ½ days) in Oxford, MS. If interested, contact him directly at ipasteven@gmail.com.

Workshops

Recent workshops have been great, and the results are posted on the [IPA Talk forum](#). Detroit was a blast. San Francisco is a go, July 19-21. Kansas City is a go, Aug. 9-11, The fall workshop schedule is also posted below.

- * JUL 19-21, 2019~San Francisco, CA - **Closed**
- * AUG 9-11, 2019~Kansas City, KS - **It's a go!**
- * SEP 6-8, 2019~Los Angeles, CA
- * SEP 27-29, 2019~Winston-Salem, NC - **It's a go!**
- * SEP 27-29, 2019~Philadelphia, PA - **New Dates! (one week earlier now)**

[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.*](#)

Important New York Times Article About Workplace Disabilities & Discrimination

Anyone facing workplace urine drug testing should read this article. Remember: in order to have any chance of proving discrimination in the workplace under the ADAAA (Americans with Disabilities Act, As Amended), you really must tell your supervisor and/or HR about your disability (that is, shy bladder). Otherwise you can not really make a claim that any employer didn't provide reasonable accommodation, since the company didn't know about your disability. [Use this link to read the article!](#)

You're Not Alone

[Going to the bathroom frequently is better than waiting - post by vincent77](#)

I've found out something so much interesting that I wanted to share it immediately. It is about the frequency we go to the bathroom. As a paruretic, and because I know that I can't pee when I have to, I'm tempted to hold as long as possible, causing lots of suffering after some hours. And of course, after those hours, when I go to the bathroom (in a stall) most of the time I can't pee and have to shorted the party with my friends so I can pee at home or in an hidden place (forest...). We all know this kind of situation, I guess...[Read the rest here!](#)

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

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