

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



IPA "Freedom Press" eZine

August 2019

IPA News

We hired our first official Executive Director, Brad Feldman, MPA, for thirty hours a week. IPA will eventually have Brad introduce himself to all of you, but suffice it to say that he was a unanimous choice of the Board, and has had 20+ years of non-profit management experience that he is bringing to us. We fully expect IPA to greatly benefit from Brad's experience, and that he will bring us to a new level of organizational performance. Our ability to hire Brad in this capacity has to do with our superb fundraising drive last year, and our ability to meet the \$50,000 challenge grant that was set forth to the organization.

Paruresis in the News

Our sister organization in the UK, the UK Paruresis Trust, was able to get some nice press recently about their efforts concerning our problem. Here is a link to the article: [SHY BLADDER SYNDROME Meet the men so terrified of peeing in public they turn down jobs and won't leave their houses](#)

2020 Campaign

We have started up our membership drive for 2020, so anyone wanting to become a member and support our work, please go to [Network for Good](#) or [PayPal Giving Fund](#) and contribute now. Thank you!

Workshops

Here is our schedule for the rest of this year:

- * SEP 6-8, 2019~Los Angeles, CA - **Cancelled**
- * SEP 27-29, 2019~Winston-Salem, NC - **It's a go!**
- * NOV 8-10, 2019~Philadelphia, PA - **Here are the New Dates!**

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

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

You're Not Alone

Share your secret ~ By Wendyolympia

I had an interesting experience yesterday at a meeting where I could not go due to the meeting room being next to the bathroom. I was with a group of women who I did not know very well and peeing became a problem. The first time I tried, the urge went away and was replaced with a cramping sensation. I gave up and sat miserably trying to decide on leaving early (something I have been doing until discovering you guys). I then tried again telling myself not to worry about those outside and just take a long time. I took a long time in utter embarrassment and still could not go- but was able to go just a tiny bit as though I had a tiny little urethra. I was still miserable when I sat down with the group and decided to share my paruresis with the group with the intention of HELPING MYSELF....[Read the rest here!](#)

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

Drug Testing in the Workplace

Regarding oral fluid drug testing in the workshop, the IPA board has undertaken the initiative to write their U.S. Congressperson and Senators to try and get the U.S. Health and Human Services agency as well as the Office of Management and Budget off their duffs and to finally promulgate the final rules that have been sitting around for years. We're asking anyone who wants to write their own Congressperson and Senators to email Dr. Soifer at ipasteven@gmail.com and he will send you a model letter you can send to them. The more people who write, the more pressure we will generate. We have already gotten some positive responses from some Congress critters, generated a couple of inquiries, and have gotten the ball rolling on this issue. Remember, these new rules were Congressional mandated to come out by Dec. 31, 2018 and never appeared.

Great Nonprofits

Please write a review for us at the Great Nonprofits website by mid-October so that we can get top-rated status again by that stellar organization. Please take 3 min to [help us get Top-Rated status at Great Nonprofits](#) by sharing your story. It's quick, easy & really helps us out. Thanks!

Sessions with Dr. Soifer

Since Dr. Soifer is no longer chair of the Social Work Department at the University of Mississippi, he now has time to take a very limited number of clients (in Oxford, MS) for treatment (no more than 1 per month). If interested in these intensive block sessions, please email him at ipasteven@gmail.com.

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