

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



IPA "Freedom Press" eZine

September/October 2019

IPA News

We started our 2020 Campaign! Please make a donation to help us continue our important work. You can give here: [Network for Good](#) or [PayPal Giving Fund](#). Thank you so much!

After the Fall IPA Board meeting, we will be moving forward with our strategic planning, and hope to involve those of you interested in whatever way we can. So, stay tuned for our initiatives for the coming year.

As we move forward toward 2020 and believe it or not, our 25th anniversary is in 2021, think about what difference IPA has made in your life!

We have one remaining workshop scheduled for this year in Philadelphia from Nov. 8-10. Register now to save your spot! A schedule for the 2020 workshops should hopefully be going up sometime in November.

Workshops

Register now, we only need 2 more to make it a go!!!

* NOV 8-10, 2019~Philadelphia, PA

[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.*](#)

Paruresis in the News

We have gotten some interesting press mentions in the last month, among them a New York Times article: [Women Poop. Sometimes At Work. Get Over It.](#), and a college newspaper [Clutch Campus Bathrooms When You Have A Shy Bladder.](#)

Sessions with Dr. Soifer

Dr. Soifer has been working with some individual clients again, and he's planning an event on the University of Mississippi campus either this spring or fall for people with paruresis. If you want to arrange something with him (again, his time is very limited), please use his new email address steve@paruresis.org (and, just to be safe, copy ipasteven@gmail.com)

You're Not Alone

I Need Advice For 1st Breakthrough ~ By BrotherD

Here's what I said.

My paruresis was/is severe and I set an objective of becoming comfortable standing to pee in the spacious privacy of handicapped stalls.

Every day I exposed myself to standing or sitting in stalls with no urgency or intention of peeing. I stayed there till my anxiety lessened and then if I had time, I went someplace else and did the same thing.

My anxiety quickly learned I wasn't going to try peeing, and it became much less when I did my dry runs.

Then I started water loading to urgency 8 and standing during my daily practices and although I sure as hell didn't feel relaxed, I felt a lot more comfortable than I used to.

I forced myself to sweat it out in those handicapped stalls for 5 minutes or longer. If there were other people in the restroom....[Read the rest here!](#)

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

Great Nonprofits

We need your help!

Please write a review for us at the Great Nonprofits website.

(You can write it anonymously if you're a little shy.)

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!

Drug Testing in the Workplace

We want to thank all of you who emailed Dr. Soifer for a copy of the letter we are sending our Congress critters and Senators regarding oral fluid drug testing in the workplace. I would imagine that several dozen letters have been sent so far, and we've gotten a few helpful responses. After our Board meeting in Chicago, Dr. Soifer will be putting out more information regarding where the new regulations are. We need to follow up on the information we have to really figure out why the more than two-year delay has occurred. I'd like to say that there will be action by the end of the year, but as the old adage goes: Fooled once, shame on them; fooled twice, shame on me. Here is an article on drug testing in the workplace [OMB to Review Hair Drug-Testing Proposal](#).

Guide Star

IPA just earned a 2019 Silver Seal by adding information to our Nonprofit Profile on GuideStar. Now our community members as well as 10+ million GuideStar users can find in-depth financial information about our organization.

Plus, we've provided fresh information to 200+ charitable websites and applications that use GuideStar data, such as AmazonSmile, Facebook, and Network for Good. What do you think? Check out our profile by clicking on the 2019 Silver Seal of Transparency (on the right)! GuideStar is the world's largest source of information on nonprofit organizations.



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