

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



IPA "Freedom Press" eZine

November 2019

Drug Testing in the Workplace

Well, we are well into Fall now, and we have some great news to share. After a *long* wait, the Department of Health and Human Services (HHS) has finally released the new federal regulations regarding oral fluid testing in the workplace! It is a long-sought after victory, but a partial one at that. In short, the new guidelines are great, but they are optional for each federal agency to implement. So, some agencies can continue to give a urine drug test, and there doesn't appear to be a mechanism for an employee (or potential hire) to ask for a saliva test instead. The irony is that if you have "dry mouth" (a real condition!), and cannot produce enough saliva, you can ask for a urine test! We will continue to work on this issue at a new level, and we expect many federal agencies to adopt the new guidelines and for private industry to follow suit. So, we are one step further down the road.

While this linked article is not about paruresis per se, the advice in it regarding workers with disabilities and who need to give a urine sample in the workplace is sound: [NY Times ~ How to Manage Your Mental Illness at Work](#)

Great Nonprofits

On another great note, IPA is now recognized, for the 6th year straight, as a Great Nonprofit in 2019! Thank you so much to those who reviewed IPA. If you want to read any of our reviews click on our new badge to the right.



Workshops

The last workshop for the year will be in Philadelphia, Nov 8-10. It is at about capacity; I think there is room for one or two more people (especially women). You would need to enroll in the next 48 hours.

Use this link to get price info: <https://paruresis.org/workshop-registration/>

Use this link to register: <https://paruresis.org/ccdonate/> (this is IPA's PayPal portal - you can use as a guest)

If you have any questions email Yvonne at ipastaff@gmail.com.

Sometime in November, we will have the tentative workshop dates listed for

IPA News

Speaking of 2020, we have begun our annual fundraiser on a strong note: we have already raised \$20,000. We are shooting for \$100,000 this year. Please, become a supporter/member by donating right **now** at [PayPal Giving Fund](#) or [Network for Good](#). Thank you!

We just came off a wonderful in-person board meeting in Chicago, and did some important work to set the organizational plan for the coming year(s). We began talking about our 25th anniversary celebration in 2021. One unexpected development, though. Regarding the new Executive Director we hired – well, it just didn't work out. After only six weeks on the job, he abruptly resigned. No explanation. So, we will be opening up the search again, take our time, and will first look to our membership base and friends for someone with the appropriate skills. Essentially, we're looking for someone (part-time or full-time) who has a Master's degree (preferably in social work or a related discipline) with great people skills and 2-3 years working in the nonprofit sector, preferably in a management capacity. If you have this combination, please send your resume to Dr. Soifer at ipasteven@gmail.com. While we hope to hire someone early next year, it may be the Spring before someone starts. Meanwhile, Dr. Soifer continues to serve as CEO for 10 hours a week, Yvonne is working 25 hours a week, and Sid, our new employee, will be initially working 5 hours a week. So, all in all, we have the equivalent of a full-time staff person

Paruresis in the News

The Telegraph

There is a nice article in The Telegraph UK. Too frightened to urinate in public? You're not alone - By Chris Stokel-Walker. Click on The Telegraph logo to read the article.

You're Not Alone

FEMALE Paruretics? How is THAT Possible? ~ Thread started by Dave A.

FEMALE Paruretics? If you're a male paruretic, especially a newbie...how do you explain the existence of female paruretics?

Commonly, us male paruretics assume some pretty dark [censored] about ourselves...because we "can't pee".

We ALL know the list, I won't bother listing it. Less of a man and all the other [censored].

ALL those things are TIGHTLY linked with our masculinity as we perceive it.

So WHY and HOW...can a female be paruretic?

Do women feel like "less of a man" because they can't pee at a urinal, or seated in a private stall? So why do we (men) feel that's a proper understanding of our own inability to pee at a urinal or seated in a stall?

MAYBE...urinary hesitation and/or locking-up DOESN'T have anything to do with our masculinity?

I think that was a BIG value that female paruretics brought to this forum. It allowed

us guys to see that MAYBE our paruretic voice was whispering [censored] in our ear...[Read the rest here!](#)

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

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)

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