

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



IPA "Freedom Press" eZine

December 2019

IPA News

Well, it's that time of year. At this point in time, we are not quite yet at the half-way point to meet our goal for next year: \$100,000. If you have already given to the organization for 2020, thank you from the bottom of our hearts!

If you haven't gotten there yet . . . well, use one of the button links below to do so. Thank you very much!



Print Donor Form



Workshops

The 2020 Workshop schedule will be here before the end of December. We are awaiting confirmation from a workshop leader and then we will release it.

Paruresis in the News

Transport Topics

Here's an interesting piece of news regarding hair drug testing that was in the news.

Click on the orange Transport Topics Logo to read the article.

You're Not Alone

Probation Stuff ~ Thread started by SNESster3

I've been on felony probation for almost a year now, and I have a lousy and painful system for coping with my paruresis when I go to the office. I am able to urinate in front of another person if and only if I drink SO much water it's nearly toxic and my body refuses to hold it in. Essentially I induce incontinence. The flaws with this system are: I am close to the threshold of water poisoning; it takes a long time to drink that much water and makes me nearly sick...[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)

