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## IPA "Freedom Press" eZine

March 2020

IPA News • Workshops • Paruresis in the News • Comfort in Knowing • Soifer Says . . .

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### IPA News

**Tim Pyle:** IPA welcomed its new full-time executive director this month. An IPA member for many years, Tim brings nonprofit leadership and management experience to the table to assist with IPA's expansion. He's earned an MS in Education Administration, an MBA in Management, and the Executive Certificate in Nonprofit Management from Georgetown University. Also, he serves as Board Chair for the 501(c)(3) Steps of Hope-Guatemala. Tim calls home Catonsville, Maryland, which is serendipitously, the locale of IPA's PO Box! Feel free to reach him at [tim@paruresis.org](mailto:tim@paruresis.org).



**First Virtual Workshop:** IPA piloted its first virtual workshop in February and participants were very favorable in their comments. A small group of attendees joined from across the US and from Brazil. It is hoped that this can become a model for helping more sufferers from across the globe.

### **COVID-19 Update:**

The staff and Board of IPA hope your family is safe, and doing as well as possible during this national emergency.

By now, you've read multiple preambles to various organizations' COVID-19 responses. We'll dispense with that and get right into the action steps that the International Paruresis Association (IPA) is adopting:

1. **All workshops will be postponed** through at least May, possibly into the summer. This period covers scheduled workshops in Winston-Salem, NC (March 20-22), Los Angeles, CA (April 24-26), Milwaukee, WI (April 24-26), and Detroit/Windsor-Canada (May 15-17). Everyone who has paid for a workshop will be getting a **full refund**.
2. **Support Groups** are now directed to **pause in-person activities** for the time being. We would suggest trying a "virtual" support group (more on this another time).
3. **For individuals** who visit public restrooms as an ongoing part of your recovery, or you have been doing more intensive public practicing as a way to move your recovery forward, **we encourage you to pause**, or at

least take the recommended precautions regarding going out in public.

We recognize that for someone who has finally made a breakthrough, the idea of pausing in practicing may be alarming, but our experience shows while there may be some regression after a period of not practicing, all of the progress that was made does not disappear, and it is likely you will regain whatever was lost in a fairly short period of time. Additionally, IPA is investigating the possibility of virtual support of practice. We recently held a very small pilot workshop using this virtual method, but the logistics require further study.

The IPA is committed to the fundamental importance of workshops in supporting our constituents, and we've been mindful in deliberations with your safety and your contribution to "flattening the curve" as a primary consideration, and frankly, IPA's potential liability. We are hopeful that we'll soon see a return to normalcy.

In the meantime, please accept our best wishes during this time of national and individual challenge.

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### That being said . . . . [Workshops](#)

Here is our current Workshop Schedule for 2020:

- *February 22/1st Virtual Workshop - **Success!***
- March 20-22/Winston-Salem, NC -Postponed
- April 24-26/Los Angeles, CA -Postponed
- April 24-26/Milwaukee, WI - Postponed
- May 15-17/Windsor, ON-CAN -Postponed
- June 5-7/Baltimore, MD - fingers crossed(!) plus, meet our new Executive Director, Tim Pyle
- June 19-21/Vancouver,BC-CAN
- July 24-26/San Francisco, CA
- September 18-20/Denver, CO
- September 25-27/Neustadt, GER.
- October 9-11/Philadelphia, PA
- November 13-15/Houston, TX
- December 5/Virtual Workshop

Use the buttons below to find out:  
What happens at a workshop? & Registration Information

[What Happens?](#)

[Registration Info](#)

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### [Paruresis in the News](#)

Last month we featured a UK article about paruresis. Here's another targeted toward the younger demographic, or what they call the "Uni" (university) crowd:

Click on "The Tab" logo to read the article, "***Struggle to pee at a busy***



urinal? You may have Paruresis."

## THE TAB

### Endowment Fund:



The first half of the year, we focus fundraising on our **endowment fund**. Currently, we are still at roughly the ¼ million mark: \$140,000 in the bank, and over \$100,000 in pledges. While we don't think, barring a minor miracle, that we'll hit the \$1 million mark by Fall 2021 (our 25<sup>th</sup> anniversary), we do think we can realistically get it to at least ½ million. Please watch this video and read that page, <https://paruresis.org/planned-giving/>, and then go to [Network for Good](#) to contribute if you can. Remember, no one else is going to ensure our long-term survival as an organization. Thanks so much!

### Comfort in Knowing

*From Executive Director, Tim Pyle:*

So, here's a small piece of my story: **I blame it on the nuns**. Well, specifically, ancient Sr. Mathilda (NHRN), who in second grade came into the boys bathroom while I was standing at the urinal and grabbed me and my buddy, Jeff, by the shoulders and claimed we were "horsing around" and not taking care of business (she was wrong). That incident was the beginning kernel of my lifelong struggle with Paruresis.

**I know each of us has his or her own story.** And, it is hearing those stories that has motivated me to support IPA since I attended a workshop with Dr. Steve Soifer long about 15 years ago. Today, it is my privilege to serve as IPA Executive Director. I promise to document my full walk with Paruresis soon, but for now take a minute to browse the success stories on our site, especially this one that resonated with me - sometimes just knowing can make all the difference....[Read it here!](#)

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

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### "Soifer Says . . ."

**Sessions with Dr. Soifer:** Dr. Steven Soifer, Ph.D., LCSW-C (IPA Co-founder, Consultant and Board Advisor) continues to see individual clients on a monthly basis, whether in person, or by Skype, Zoom or Face Time. If you want to arrange something with him (again, his time is very limited), please use his new email address [steve@paruresis.org](mailto:steve@paruresis.org) (cc: [ipasteven@gmail.com](mailto:ipasteven@gmail.com)).



**Dr. Soifer recommends:** "One of my colleagues in Australia, Dr. Simon Knowles, who is researching and writing about paruresis, has a website '[Mind Over Gut](#)' for our issue (as well as a few other toilet anxieties). It provides a more in-depth review of paruresis, parcopresis, and incontinence anxiety. It also has a free online tool to assess the symptom severity of paruresis, parcopresis, and incontinence anxiety."

Dr. Knowles has also started data collection for what he hopes will be the most comprehensive study to date exploring paruresis, parcopresis, and toilet choice. He is keen to get as many individuals to participate in it as possible. Please click to fill out the "[Public Restroom Anxiety and Predictors of Toilet Choice](#)" survey!

**Dr. Soifer asks:** As President of the American Restroom Association (ARA), I need your help as we survey Starbucks restrooms. We are trying to find out which cities and states have gender-neutral vs. gender-segregated



**American  
Restroom  
Association**

(male/female) restrooms. (Various locales across the country are still open, even if they are not allowing seating.) If you could email me at [steve@paruresis.org](mailto:steve@paruresis.org) (cc: [ipasteven@gmail.com](mailto:ipasteven@gmail.com)), if you happen to stop in at one this week (need data by Tuesday, March 31st), I'd really appreciate it!

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See what's happening on our social sites:



**Our Mission:** The IPA is dedicated to supporting people with Paruresis; providing information, recovery strategies and advocating in the mental health, medical and legal communities.

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