
Our Vision: To Champion Paruresis Awareness.

IPA "Freedom Press" eZine

July 2020

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Just for Laughs

While our walk with Paruresis is far from a laughing matter, a little bit of humor can be therapeutic. Click the graphic to check out this classic clip featuring Stephen Colbert. Enjoy!

Is There a Doctor in the House?

The IPA is looking for what it would call "Paruresis-friendly" Urologists who can provide recommendations on what an outreach program might look like to help educate more urology professionals on the specifics of Paruresis. Contact Executive Director, Tim Pyle at tim@paruresis.org. He'd appreciate the insight.



IPA is the "A" in Q&A: Speaking of Doctors, did you catch the informative article, "Shy Bladder has reader in legal predicament," that made the rounds in the widely syndicated *To Your Good Health* column by Dr. Keith Roach? He's a highly respected physician at Weill Cornell Medical College and New York Presbyterian Hospital. Click our smiling Doc above to see his response which gave a shout out to IPA!

What We're Here For!

Two events prove how invaluable the IPA is for people "walking with" Paruresis. First off, the phone rang last week, and it was a guy with Paruresis calling from Colorado. He said he was just a regular guy who through some circumstances was in need of completing a urine test, which, you guessed it,

there was no way it was going to happen. Long story short, we shared some of the IPA resources and also sent them to his lawyer who had no idea our condition even existed. Second item: we held **our third online Virtual Workshop** which was attended by 19 participants - including two women (also see "Success Stories" below). How great is that? It is only through the support of IPA members that we are able to provide these wonderful resources. Please consider becoming a member with a gift today!

More Workshops on Tap - Next Virtual: Sept 12

The next virtual workshop will be held Saturday, September 12 from 10 a.m. to 6 p.m. Just \$129 for a full day of Paruresis Education and Graduated Exposure using a successful, but discreet format. Join us! The registration link will be posted on the [Workshop Schedule](#) page next week.

Tentative Future In-Person Workshops - Fingers Crossed!

- Winston-Salem, NC: September 25-27
- Philadelphia, PA: October 9-11
- Also visit the [Workshop Schedule](#) page for updated info.

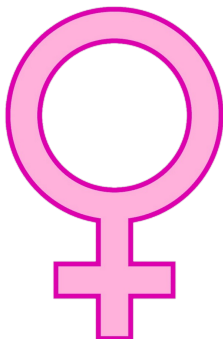


Double Your 2021 Money!

July 1 is the official kick-off to our new fundraising year and we wanted you to know that for the second year in a row, a generous IPA supporter has challenged the membership with a 1:1 matching gift for the first \$50,000 donated for 2021.

That means every gift you give counts double! Get ahead of the game with a donation to our [2021 Membership Drive](#) today and have your gift go twice as far! If you have never contributed before, now is the time - especially with Uncle Sam's \$300 "above the line" deduction for gifts in this calendar year.

Donate Now



Success Stories: Not "Just for Men"

The IPA places a high priority on making sure that our "sisters in Paruresis" are also well served by our programs. Many thanks to Board Member, Michelle Hunt, and Shy Bladder Center Therapist, Andrea Weyant, for supporting our two female participants during the recent Virtual Workshop. We want to hear your stories - please email getinfo@paruresis.org. Click on the graphic to read one!

Get Social!

This month, the focus is on Facebook and Instagram. Co-founder, Dr. Steve Soifer, has begun to post weekly VLOGs. Be sure to like and follow IPA on these social outlets, along with our growing [r/ShyBladderIPA](#) forum and our longstanding [IPATalk](#) Board.



Office Hours: Monday - Friday 10:00 a.m. to 6:00 p.m. ET
800-247-3864 or 443-315-5250
getinfo@paruresis.org

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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