

Our Vision: To Champion Paruresis Awareness.

IPA "Freedom Press" eZine

August 2020

Boring, but Important • SBC Therapist Spotlight • Next Virtual: Sept. 12! • Support Groups • Why Membership? • What the Tweet?!



Boring, but Important: Alternative Testing

Special thanks to IPA Board Member, Steve Weinraub, for uncovering this gem from "Online Occupational Health & Safety." Their belief is that newly released guidelines will be a catalyst for alternative testing to be more widely adopted by the government and industry. We can only hope! Stay tuned for more on this issue in coming months. Their intro says it best:

"Workplace drug testing may never be the same. After 30 years of only permitting lab-based urine testing, the Substance Abuse and Mental Health Services Administration (SAMHSA) published its final Mandatory Guidelines for Federal Workplace Drug Testing Programs using Oral Fluid on Oct. 25, 2019 in the Federal Register." Grab a cup of coffee and then click [here](#) to read more of the article. We'll keep up the fight on your behalf!

Women are Members, and Shy Bladder Therapists, too!

This month, we're spotlighting [Shy Bladder Center](#) Therapist, Andrea Weyant. She's a Certified Health Coach who specializes in Paruresis. Plus, she lends a hand as one of the moderators of the Women's Forum on IPA Talk. Andrea was kind enough to support our female participants in our last virtual workshop. Connect with her today! 845-206-6533 andreawayant@yahoo.com.



zoom

Virtual Paruresis Support Activities:

[Next Virtual Workshop - Saturday, September 12](#)

For the safety of our participants and our leaders, all in-person

workshops for 2020 have been cancelled. While this is a huge disappointment, the attendance at our virtual workshops through Zoom has been overwhelming! [Hey, we Zoomed before anyone else knew what Zoom was, so there!] Don't delay signing up for our next event on Saturday, September 12, from 10 a.m. ET to 6 p.m. As of this writing, **we have 6 signed up and remaining slots will go quickly**. The workshop will once again be led by the incomparable Dan Rocker, co-director of the [Shy Bladder Center](#). The cost is only \$129. The registration link can be found on the [IPA Workshop Schedule page](#).

September 12 doesn't suit? Or perhaps you'd like to log in a request for a specific locale for a live workshop in the future? Fill in our new [Workshop Interest Form](#). We'll keep you posted on new dates and venues.

Try a Support Group! Next Meeting - Sunday, August 30

Support Coordinator Extraordinaire, Dave Kliss, has scheduled another **universal support group meeting** for Sunday, August 30, at 9:00 ET. He's particularly inviting anyone who may have an interest in support groups, but is not currently an IPA member. If you are interested in attending, please email Tim at getinfo@paruresis.org.



Why Membership?

Scroll back up to the first selection from today's eZine. [We'll wait . . .] It's advocacy on behalf of people with Paruresis, especially in the drug testing arena, that the IPA is here. And to do that and so much more - workshops, research, counseling, maintaining free resources on the website - requires money for operating. We'll be celebrating the **IPA's 25th year** in 2021 and we have the goal of taking our programs and advocacy to the next level.

We can't do that without your increased investment. Just 10% of the readers of this newsletter are members. Won't you thoughtfully consider a gift of \$50 or more for 2021 Membership? Get ahead of the game with a donation to today - a gift that will go towards securing the **\$50,000 matching gift** that has been generously offered again this year. IPA needs You!

Donate Now



What the Tweet?!

Prefer "the Twitter" as your go-to social media outlet? Then fly on over to the new IPA Twitter page (click the logo to the right) and add it to your follows. #TuesdayTip #WellnessWednesday . . . you get the idea . . . plus, it's a great place to connect to IPA news and the lighter side of things. Tweet us: @Paruresis_IPA



And don't forget our growing media roster: scroll down to the bottom of this letter to link to all your favorites: Facebook, Instagram, and more including our growing subreddit, [r/ShyBladderIPA](#).

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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