



Our Vision: To Champion Paruresis Awareness.

IPA "Freedom Press" eZine

September 2020

**Think Globally, Act Locally • The Ironic Process • WebMD •
SBC Therapist Spotlight • Soifer Says
He Spoke French! • 25th Anniversary**



"Think Globally, Act Locally"

With the continuing extension of pandemic cautions, the IPA Office has seen an upsurge in inquiries about **Local Support Groups**. We say "thank you" to those group leaders from around the US - and around the world - who have made it their mission to help others on their walks with Paruresis. Virtual Support Group Coordinator, Dave Kliss, also has a virtual group that continues to grow. Click on the hands graphic at left for a link to the Support Group page or e-mail getinfo@paruresis.org to get connected to the group that is the best fit for you.

Donate Now



Disorders of the Ironic Process (5 min. read)

A shout out to IPA Co-Founder **Carl Robbins** who is cited by the authors of a recent posting from *Psychology Today*. Here's a snippet of the article:

"In the inner world, effort can work backwards. The harder you try not to think something or not to feel something or not to be aware of something, the more you do. You may succeed in distracting yourself for a moment, but the thought or feeling or experience of a sensation comes back—



often stronger and more bothersome. This phenomenon is called the ironic process of the mind . . ."

Click the graphic to read more on
psychologytoday.com.

What Does WebMD Have to Say about Paruresis?



WebMD has become for many the "go-to" online resources for ailments from A-Z. Check out their very easy-to-read - almost folksy - description of Paruresis:

"When you're on the go and you have to go, a public restroom is where you head. For millions, though, that's not an option. It's a place where peeing seems physically impossible.

"That's because being near other people causes your sphincter muscles to lock up. Those muscles control the flow of urine from your bladder. Once they freeze up, you simply can't pee. It can happen in a public restroom, a bathroom in someone else's home, and even in your own place if other folks are nearby." [Read more . . .](#)

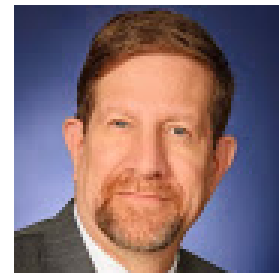
SBC Therapist Spotlight: Roger Merritt



This month, we're spotlighting [Shy Bladder Center](#) Therapist, Roger Merritt, MA, LCMHC. Roger joined us for our most recent Virtual Workshop from Winston-Salem, NC where he is a licensed professional counselor. You can reach him at 336-682-6929 and shybladder123@gmail.com.

Soifer Says

IPA Co-founder and Senior Advisor, Dr. Steve Soifer, has been posting informative one-minute video logs on Facebook. Here's a look at his latest with a quick review of the new Urinals at LaGuardia Airport. Be sure to follow IPA on [Facebook](#)!



What Happened? [He Spoke French!](#)

Well, actually, Dr. Steve didn't speak French, but the reporter does on this 2017 clip of a very informative



interview Steve did with the French magazine "Le Monde." Interview starts at 1:09. À votre service et au revoir.

Make a 25th Anniversary Gift - Get an easy Tax Break!

If you are planning on taking the Standard Deduction (not itemizing) on your 2020 Federal Taxes you can get an "above the line" bonus deduction of \$300 for **charitable gifts to organizations like the IPA**. If you do itemize, the amount you can deduct is increased as well. Either way, it's worth investigating. Learn more with [this 7 minute read](#) courtesy of Maryland Nonprofits.



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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International Paruresis Association, Inc. | P. O. Box 21237, Catonsville, MD 21228

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