
Our Vision: To Champion Paruresis Awareness

IPA "Freedom Press" eZine

January 2021

Discovery Magazine Highlights Paruresis • Dr. Steve Podcast
25th Anniversary Update • FOMO • Virtual Support - Try It, You'll Like It!



Top Science Magazine Highlights Paruresis

Executive Director, Tim Pyle, was interviewed by Dario Sabaghi from **Discover Magazine** and his article was published online in December. (Click on the cover to read.) His questions were extremely thoughtful, and he took extensive care to understand our affliction. In a short article, he has touched on many aspects of paruresis, its effects, and its mitigation. Please read and share!

***Shy Bladder Syndrome Is a Social Phobia That's More Common and Treatable Than People Realize** | A person with paruresis finds it difficult or impossible to use public restrooms for fear of being judged during the act. But it's no laughing matter. Without treatment, it can damage social and professional lives... ([read more...](#))*

In Case You Missed It - Dr. Steve Podcast

IPA Co-Founder and Senior Advisor, Dr. Steven Soifer, appeared on a terrific podcast hosted by Curt Carstensen called the "People I Know Show." Originally aired in October of 2019, in case you missed it, you'll find the link by clicking the graphic to the right. An **easy 50-minute listen**, it is a very informative conversation ranging from the founding of IPA to how the American Restroom Association connects. Worth a listen! Looking for other paruresis and IPA-related resources? Check out the [Press/Media](#) section on our website.





Faithful giving enabled the IPA to meet the needs of people suffering with Paruresis across the world for still another year - now our 25th! Dr. Steve will be sharing a full update of 2021 fundraising near the end of the month, yet we can report that we not only met but *exceeded* our \$50,000 challenge grant. Thank you to those who gave. Of course, it's not too late! You can make a gift to IPA at any time during the year using our online giving portal, Network for Good, by clicking the graphic below.



FOMO: You ARE missing out!

2020 saw an outstanding growth in the use of the social platform **reddit** for conversations about Paruresis. If you've never used reddit, it's a modern "listserv" or forum where participants can share stories, ask for advice, or link to pertinent resources. There are two "subs" or forums to check out. One is the independent [r/Paruresis](#) page that is completely separate from the IPA, but you can find many of our members posting there. Secondly, is our [Official IPA subreddit, r/ShyBladderIPA](#). Check them out today and solve your FOMO!



Try It - You'll Like It: Virtual Support

New Year's is a great time to make new resolutions about what will be different in 2021. **The IPA "phone" has been ringing off the hook with new members looking to begin their recovery.** Getting together with other sufferers is a perfect way to kick it off. Whether you are a support group leader looking for ideas or an individual looking to connect for virtual or in-person practice times, this is the meeting for you! Hosted by our incomparable support leader, Dave Kliss, you'll be glad you invested this time in your recovery and in supporting others! E-mail tim@paruresis.org for the link.

Virtual Support Group Meeting
February 21, 2021 - 9 pm ET | 8 CT | 7 CT | 6 PT
Your Host: Dave Kliss

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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