

1996 • Celebrating 25 Years • 2021

Our Vision: To Champion Paruresis Awareness.

IPA "Freedom Press" eZine

March 2021

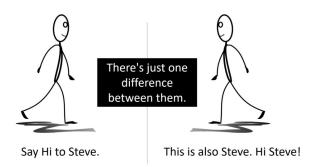
Drug Testing Victims | What's Your Score?
Live, In-Person Workshops on Tap! | Easy Money | Science Corner
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Are You a Drug Testing Victim?

No, this is not one of those lawyer ads, but if you have been subjected to unfair employment practices due to a socalled "failed" drug test because of your paruresis -

especially in an environment that follows Department of Transportation rules - we need to hear your story. Fill out our <u>Contact the IPA</u> form and let us know your situation. We've created a new one-minute Public Service Announcement-style video to make our point. Check it out <u>here</u>.



What's Your Score?

Friend of the IPA, Dr. Simon Knowles, has been referred to previously in these pages. Associate Professor Knowles, a researcher and Clinical Psychologist based at Swinburne



University of Technology, Melbourne, Australia, is a recognized expert in the area of Psychogastroenterology. If you haven't done so, we highly recommend

visting his <u>Mind Over Gut</u> site. On it, you'll find the <u>Bladder and Bowel</u> <u>Anxiety Assessment</u>. Check it out.

SHY BLADDER (RANGE: 0-32 WITH HIGHER SCORES INDICATING MORE SHY BLADDER SYMPTOMS):

None or very low

Low to mild

>50% of individuals self-report as having shy bladder symptoms.

Your score: 20/32

Moderate

>75% of individuals self-report as having shy bladder symptoms.

High

>75% of individuals self-report as having shy bladder symptoms.

Live, In-Person Workshops on Tap!

We've just locked down the dates for our first Live workshops in over a year. Venues, details, and registration coming soon. Mark your calendars!

Baltimore, MD: Sept. 10-12 (Dan Rocker) Detroit, MI: October 1-3 (Steve Soifer)

Winston-Salem, NC: October/November (Roger Merritt)
Los Angeles, CA Area: November/December TBA



Easy Money!

A shout out to IPA member Jeremy for reminding us about the support that we receive through AmazonSmile. It's easy to mark the IPA as your preferred charity. **Did you** know that we have received the equivalent of 20 basic memberships through the program? Those few dollars from each thing you buy through Amazon really add up! It is super easy and doesn't cost a thing. For instructions, click the graphic or visit smile.amazon.com now!

Science Daily

SCIENCE CORNER: Scientists identify sensor protein that underlies bladder control

Will this be an important step in understanding the mechanism of Paruresis? Check out this month's "boring, but important" selection. . .

"Scientists have found that the main sensor protein enabling our sense of touch also underlies the feeling of having a full bladder and makes normal bladder function possible. The discovery marks a key advance in basic neurobiology and may also lead to better treatments for bladder control and urination problems, which are common especially among the elderly." *Read more at Science Daily*.

Scripps Research Institute. "Scientists identify sensor protein that underlies bladder control: The protein works in bladder and urinary tract cells to detect bladder fullness; understanding its mechanism may lead to needed treatments.." ScienceDaily. ScienceDaily, 14 October 2020.



What Are Words For? When no one listens at all . . .

Yes, that's a call back to the 1982 Missing Persons hit, "Words." It's been an earworm lately. Maybe it's because we've added a blog to the paruresis.org website. Why a blog? A blog gives the IPA a chance to post interesting articles and other content that comes up between newsletters. Bookmark it and check back often to see what is percolating! We prom



back often to see what is percolating! We promise to keep postings short, on topic, and timely.

For Your Reference: Upcoming Meetings and Reminders

Next Virtual Workshop



The International

Paruresis Association is pleased to present our sixth(!) online Virtual Workshop. In 2020, we hosted over 50 participants (both men and women) who found it very helpful on their walks with Paruresis. A few members even attended multiple times!

This event will be held Saturday, April 17, 2021. It will take place on the Zoom platform from 10 a.m. to 6 p.m. EDT. It will be hosted by IPA Executive Director, Tim Pyle, and led by Dan Rocker, LCSW, the co-director of the Shy Bladder Center. Click below to connect to the Eventbrite portal that we use to manage registration.

IMPORTANT NOTE FOR 2021: The cost for IPA members is STILL \$129 per participant - but you will need the promo code which can be found on the members site here. On the Eventbrite tickets page, click "enter promo code." For nonmembers, the cost is \$199. This is an amazing value!

Virtual Workshop
April 17, 2021 10 a.m. to 6 p.m. ET

zoom

Next Virtual Support Meeting

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 group and virtual support leader, Dave Kliss, you'll be glad you invested this time in your recovery and in supporting others! Fill out the **Contact the**IPA form for the link or check the members site support page.

Member Site Additions

These out-of-print resources are a few of the defining works of the paruresis literature. Login to members.paruresis.org and click on the "Resources" tab. Not a member? Click here and make a donation of \$50 or more, and you're in!

- Free to Pee Christopher
 McCullough 2000
- Shy Bladder Syndrome –

Your Leader: Dan Rocker Tickets through Eventbrite

Steven Soifer, et. al – 2001

The Secret Phobia – Sylvia
Typaldos, ed. – 2004

Forgot your username or password to the members site? Use the "Forgot Password" function on the <u>members.paruresis.org</u> page. Typically, your username is first initial followed by last name. Happy reading!



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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