

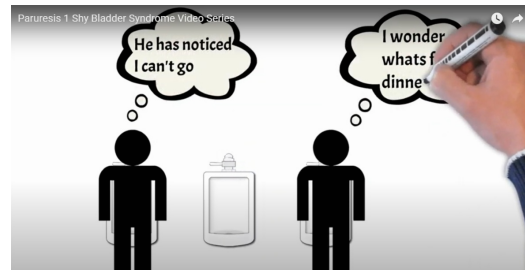
IPA "Freedom Press" eZine

May 2021

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Great New Video Series!

Check out this playlist of great new "whiteboard-style" videos posted on YouTube by Martin Burrige. Martin is a trained counselor with experience of working with anxieties and phobias who now works in the space industry. As Martin explains on his YouTube channel, he had some spare time because of recent lockdown restrictions and turned his attention to creating informative animated videos about anxieties and phobias. Martin's videos use the approach of Cognitive Behavioral Therapy (CBT) to explain how paruresis works and how it can be alleviated. He has made these videos freely available to all. There are six short videos in total, and they are intended to be watched in sequence. You can find them in this playlist on Martin's YouTube channel by clicking [here](#).



National Mental Health Awareness Month

May is almost over, but it's not too late to learn that May is [National Mental Health Awareness Month](#) in the US. The [National Council for Mental Wellbeing](#) shares these statistics:

- 1 in 5 U.S. adults experience mental illness each year.
- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year.
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24.

Many of your friends and family members are struggling with these issues, just as you do. Isn't it time to [Talk About It?](#)

There are lots of great resources available right now. [Mental Health America](#) calls theirs "[Tools 2 Thrive](#)." Isn't that what we want to do? Address our avoidant paruresis issues so we can fully **THRIVE** in our lives?

The [National Alliance on Mental Illness](#) highlights the theme, "[You are NOT Alone](#)" - now where have we heard that before?

Let's challenge ourselves to share our struggles with those who can support us and put aside the shame and embarrassment of our chronically shy bladders. Don't waste another day.

Video Killed the Radio Star - or, Did It?

The topic of Shy Bladder Syndrome has been making the rounds on talk radio lately. Coincidence? Nah, paruresis dogs more people than you think. Click the station logos, turn up the sound, and decide for yourself!



*"Slater Can Be 'Pee Shy', If You Were, Would You Admit It?"
(46 secs.)*



*"The Showgram with Jim Richards" iHeartRADIO and Talk1010. Jim and intern David Cooper discuss shy bladder.
(4 min.)*

International Spotlight: UKPT

While the International Paruresis Association is a US-based nonprofit, our mission is to help people suffering paruresis around the world. Inquiries from around the globe flow into our inbox every day. If you are interested in how to expand support and resources for your corner of the earth, we can help. Check out our [support group page](#) for the worldwide list.



For sufferers in the United Kingdom, you are extremely fortunate to have your very own registered charity, the [UK Paruresis Trust](#) (UKPT). The UKPT is an independent organization which shares our common mission. Their website is chock-full of fantastic paruresis resources. They also host their own workshops, and as the IPA has done, have begun a program of virtual

workshops as well. If you are on the righthand side of the Atlantic, the timing and location of their offerings could be the perfect fit for you!

So, cheers to our brothers and sisters at the UKPT for all they have done to support paruresis sufferers!

How do I "join" the IPA? Simply make a donation of \$50 or more, and you're in! Click the graphic and become a member today.

DONATE NOW THROUGH



For Your Reference: Upcoming Meetings and Reminders



Workshop Updates

The calendar is updated regularly. Visit the [Workshop Schedule](#) page for the latest dates and links to registration through the Eventbrite portal when available.

Next Virtual Workshop
June 12, 2021
10 a.m. to 6 p.m. ET
Your Leader: Dan Rocker
[Tickets through Eventbrite](#)

IMPORTANT NOTE FOR 2021!: The cost for IPA members is STILL \$129 per participant - but you will need the promo code found on the [members site](#). On the tickets page, click "enter promo code." This is an amazing value. For nonmembers, the cost is \$199. As you can tell, we are encouraging membership, so join IPA today with a donation of \$50 or more!



Virtual Support Meeting:

Sunday, July 11
9 PM ET

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](#).

Live workshop logistics are being finalized now. Which of these cities are nearest to you?

Baltimore: September 10-12
Detroit: October 1-3
Winston-Salem, NC: Oct/Nov TBA
So. Cal: Nov. TBA

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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