

Our Vision: To Champion Paruresis Awareness.

IPA "Freedom Press" eZine

July 2021

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YouTube Killed the MTV Star

If you're of a certain age, you remember MTV as the go-to spot for all the latest music videos. Well, YouTube has put an end to all that - not only with music, but in videos about anything and everything. And so we find ourselves, yet again, starting off this monthly eZine with links to more informative Paruresis videos! Here are the latest excellent selections from the IPA:



Support Group Leader and IPA Board Member, Dave Kliss, and IPA Executive Director, Tim Pyle, discuss the "[Breath-Hold Method](#)" (10 min.). Could it be for you?

HR team not understanding your drug testing predicament? Show them this informative video featuring our favorite stickman in "[This is Steve](#)" PSA (82 seconds).



And don't miss Dan Rocker's videos on "[The Difference Between Primary and Secondary Paruresis](#)" and "[The Secrecy of Paruresis](#)" (6-7 min.), plus Dr.

Steve's playlist of [Paruresis overview](#) videos (approx. 6 min. each). Lastly, as mentioned here in previous issues, check out the entertaining and informative videos from the UK's [Martin Burrige](#).



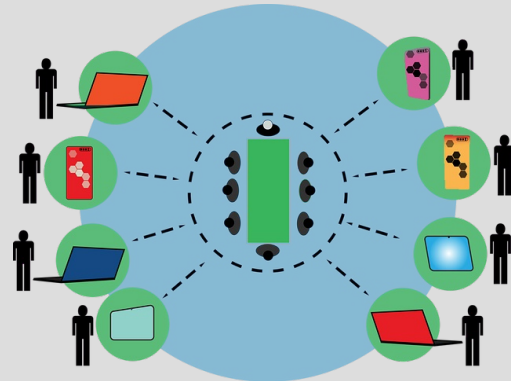
Questions About Catheters

During the Breath-hold video, Dave Kliss lists three methods of recovery: 1. **Breath-Hold** (described in the video) 2. **Graduated Exposure** (what we'd call the "gold-standard" and long-term recovery method which the IPA teaches during its workshops) and 3. **Catheterization**. Consequently, we've had a few questions about using catheters.

For some, just having a catheter at hand can provide a level of comfort that you have a last resort available such that it reduces the anxiety associated – and can lead to not needing it at all! If you are interested in a professional video that outlines the process, see these selections from a medical provider of catheters: [Men](#) and [Women](#). *(This link is provided for educational purposes only and is not produced by the IPA. Talk to your medical professional about this option first!).*

What is the Shy Bladder Center?

The Shy Bladder Center (SBC) is a project of the International Paruresis Association (IPA) established to provide resources for individual treatment and psychosocial educational groups for people suffering from avoidant paruresis or shy bladder syndrome.



It's a virtual group of the most experienced practitioners of Paruresis recovery therapy and methods in the world. Their credentials and expertise have been vetted by the IPA and each has received membership in the "Shy Bladder Center." They bring to you years of training and experience working with people suffering specifically from Paruresis. Many also work with clients remotely. Please contact each to ask about their availability and payment options. Click the graphic above for the full list.

Can't find an SBC therapist or coach in your area? The IPA recommends you search for practitioners who list "Social Anxiety Disorders" in their areas of expertise and treatment methods include Cognitive Behavioral Therapy (CBT).



Anxiety & Depression
Association of America
Triumphing Through Science, Treatment, and Education

Visit the [Anxiety Disorders Association of America's](#) website (www.adaa.org) or the [Association for Behavioral and Cognitive Therapies'](#) website (www.abct.org). Both have large therapist directories that can be searched by geography and specialty. Start your recovery today!

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. Benefits include free

resources and workshop savings - not to mention you are part of an amazing support system that spans 25 years and the entire globe!

DONATE NOW THROUGH



REMINDER: It's never too late to make a gift to our long-term endowment fund or to contact us regarding estate planning gifts.

For Your Reference: Upcoming Meetings and Reminders

Fall Workshops Registration Open!



Live Workshops - No Kidding!

Live workshop logistics are being finalized now. Baltimore, Detroit, and Winston-Salem dates are rock solid, and **Baltimore registration is open now**. Which of these cities is nearest to you?

Baltimore: September 10-12

Leader: Dan Rocker, MA, LCSW

Detroit: October 1-3

Leader: Steve Soifer, Ph. D., LCSW-C

Winston-Salem, NC: November 12-14

Leader: Roger Merritt, MA, LCMHC

Southern California: Nov/Dec TBA

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

Virtual Workshops Continue!

**Saturday, September 25
10 AM - 6 PM US ET**

Leader: Dan Rocker, MA, LCSW

Live workshop too far? One of international friends? Try our highly rated virtual workshop. Hosted by Shy Bladder Center co-director, Dan Rocker, LCSW, MA, this one-day intensive workshop provides paruresis education, uplifting conversation, and three sessions of discreet graduated exposure via Zoom. **\$199**. Members save \$70 - find the promocode on the [members site here](#).

Women are particularly encouraged to join this event to fill our ladies only breakout rooms.

Want to be added to the workshop announcements list?

Fill out our [Contact the IPA](#) form!



Virtual Support Meeting:

Sunday, August 29, 2021
9 PM US ET | 8 CT | 7 MT | 6 PT

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](#).

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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