
Our Vision: To Champion Paruresis Awareness.

IPA "Freedom Press" eZine

The newsletter for people suffering from paruresis, the loved ones who care about them, and the mental health and medical professionals who support them.

August 2021

**The "Get Off Your Butt" Issue
It's Going to Take Work | Virtual Support Group THIS Sunday
LIVE Workshops Now! | Virtual Workshop Sept. 25**

It's Gonna Take Work - Get Started Now!

Perhaps there was one incident that started it all off. Maybe there were a few incidents that evolved into a chronic inability to go. Either way, the truth of the matter is there is no quick or easy fix for paruresis.



As of this writing, there are three things you can do to improve your quality of life with confidence: 1. Use a **catheter**. It's not comfortable, but it gets the job done. 2. For about 10% of people, the "**breath-hold**" method works. But it takes practice. 3. Gradually expose yourself to the fear and overcome it. It's the tried-and-true method. Just like exercise, **GE** requires patience, consistency, acceptance of our condition, and the work it takes to steadily improve in most situations.

Thankfully, for 25 years, the International Paruresis Association has been here to help. **Now is the time to start or re-start your recovery.** So, get off your butt and sign-up for one of our support programs - details below. Why suffer alone one more day?

- **THIS Sunday, 9 ET:** a free virtual support group meeting. Click [here](#) to request the link.
- **Saturday, September 25:** a low-cost one-day virtual workshop
- *women, we especially invite you to this event*
- **THIS Fall:** live, in-person weekend workshops.
- **Anytime,** click to visit the [Shy Bladder Center](#) page to connect to your mental health professional.

We dare you to be bold and overcome!

Mobile users, please scroll to fully see all offerings and reminders.



Register Now for Fall Live Workshops

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

You'll find details on pricing, early bird promotions, and workshop content by clicking the links above. Registration is through eventbrite. Want to be added to the future workshop announcements list? Fill out our [Workshop Interest](#) form!

Register Now for September Virtual Workshop

Saturday, September 25, 2021

10 AM - 6 PM US ET

Leader: Dan Rocker, MA, LCSW

Live workshop too far? One of our 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.



Virtual Support Meeting:

THIS 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](#)



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!



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



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

Looking for more professionals beyond the [Shy Bladder Center](#) professionals' listing? Please 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. Search "social anxiety disorders" and look for expertise in "cognitive behavioral therapy." Start your recovery today!

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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