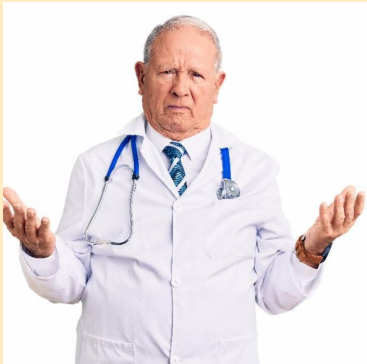


IPA "Freedom Press" eZine

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

October 2021

**The Scary Issue | I'm Afraid | 20-Second Rule?
NC Live Workshop - Nov. 12-14 | CA Live Workshop - Dec. 3-5
Virtual Support Meeting - Sunday, Nov. 14
Next Virtual Workshop - Jan. 8
Shy Bladder Center Spotlight: Ruth Lippin | No More Candy?!**



Here's something really scary . . . Urologists still don't understand it.

"Paruresis? What's that?" You'd think that would be a quote from a friend or co-worker with whom you just shared your story of serious shy bladder issues. Well, no, that is the response many of our fellow sufferers hear from their urologists. The IPA is working hard to remove that response from urologists' vocabularies.

The IPA recently conducted its second annual urologist survey. The goal of the survey is two-fold. 1. To see how the understanding of Paruresis is developing amongst urologists. And, 2. To support our continuous work to validate the previous research that shows 7% of people suffer from this social anxiety disorder. While the number of responding urologists continues to disappoint (*many thanks to those who did!*) we can share a few results:

- The percentage of patients that urologists report as **not being able to provide a urine sample at their visit was estimated at 11% in this year's survey vs. 28% in last year's**. The range of responses was between 1% and 23%, so you can tell we have a bit more work to do in understanding this number. Still, both results are above the expected 7%.
- Last year, most responding urologists **reported no formal training in the condition of Paruresis while this year the number was 50%**. Our position is

that more urologists need to understand Paruresis is a recognized social anxiety disorder, and that recovery is possible through Cognitive Behavior Therapy. First, it is important for sufferers to rule out any urological issues with a medical professional. Then, through our website, we can connect patients to local and virtual resources which include support groups and Shy Bladder Center therapists and coaches.

Again, the starting point for recovery is to rule out any urological issues. To do that, you need to find the right doctor. "Paruresis-friendly" urologists can be hard to identify. Here's a helpful tip:

Call a potential provider. It is important to **ask them if they have experience treating patients with paruresis**. Tell the receptionist/admin to "go ask" - and that you'll wait while they do so. Do not define paruresis for them. If they can't come up with the right answer, find another. Happy hunting!

"Ich Habe angst aufs klo zu gehen" = "I'm afraid to go to the bathroom."

Check out this amazing film from Germany that tells the story of Johannes and his work overcoming Paruresis. To watch with English subtitles, click on the graphic to get to YouTube, then click the gear icon in the bottom right corner, select subtitles, then auto-translate, then English. (15 min. video)



Is this a thing? 20-second rule . . .

20 seconds in real time equals to about 2 minutes in a Paruresis sufferer's mind. While we think we've been standing or sitting there forever, in reality, time has hardly moved and for sure no one else is worried about how long we've been there.

Once we get it going, can the length of time we pee tell us anything? An article from "Il Sanitorio" asked just that. Here's an excerpt:

"If you find that you almost always pee for significantly less or more than 20 seconds, consider examining your bladder habits: Are you drinking too much water or not enough? Are you giving yourself enough bathroom breaks during the day? Or are you using the bathroom more than you need to because it's the only private place in your house? Your answers can help you to tweak your bladder habits."

We'll post this question on our [ShyBladderIPA reddit forum](#). What do you think? Read the entire article by clicking the graphic above. (3 min. read) Then, click over to reddit to chime in!



Register Now for Fall Live Workshops

Winston-Salem, NC:

November 12-14

Roger Merritt, MA, LCMHC

Palm Springs, CA:

December 3-5, 2021

Steve Soifer, Ph. D. LCSW

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!](#)

Virtual Support Meeting

Sunday, November 14, 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.](#)

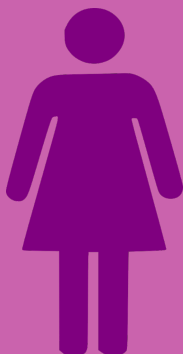


Are You Scared? We all were, at first! Breakthrough that fear at the . . .

Next Virtual Workshop:

January 8, 2022

Okay, so you know you need to work on your avoidant behaviors and start your Paruresis recovery program. A virtual workshop is a great way to kick that off. Invest 8 hours of your Saturday in connecting with other sufferers, learning about what we call "Paruresis 101," and discreetly practicing graduated exposure in a safe environment. Sign up through our event hosting partner, eventbrite, by clicking [here](#). **Women** - that means you, too!



Yes, yes, the pink background is almost out of style when it comes to calling out something specifically for women, but how else can I grab your attention to say this is a note for our female readers? The message is: the IPA is here for you, too! Our slogan - You Are Not Alone! - includes women sufferers, as well. We have a growing group of newly active women's group participants. If you'd like to be connected to them, click here for our [Contact the IPA](#) form.

Shy Bladder Center Spotlight:

Ruth A. Lippin, LCSW, JD

This month, we're pleased to spotlight Shy Bladder Center Therapist, Ruth Lippin. As an experienced therapist and recognized specialist in the treatment of Paruresis, as well as anxiety and OCD, Ruth Lippin can help you get back your life. Ruth challenges you to take risks, increasing resilience and flexibility. Having suffered and recovered from an anxiety disorder herself, Ruth knows that, treated properly, recovery from these disorders is highly attainable. You can reach her directly at 212-666-1062 or ruth@ruthlippin.com. Visit our [Shy Bladder Center](#) page for a list of all our therapist and coach partners.



"Trick or Treat!" Sorry, kids, there's no more candy.

The IPA is **here for anyone** who needs assistance in their walk with Paruresis. Other than workshops, our services are provided **free of charge** regardless of membership status. In early 2020, the IPA received a gift from a major donor so that longtime member and nonprofit management expert Tim Pyle could commit to stepping in as our full-time executive director. Since that time, we've been able take the IPA to the next level. What that means is response times typically less than one day for those who need help and an overall expansion of our programs. And we've been more efficient than ever with our operations and internal expenses.

Help the IPA not run out of "candy." We have so much more to do in the areas of drug testing regulations, educating urologists, and helping secure the rights of those suffering from Paruresis in the justice system. Your tax-deductible gift can see that through. **Give 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!



REMINDER: It's never too late to make a gift to our long-term endowment fund or to contact us regarding estate planning gifts. Create a legacy that will last for generations.

For 2021, the IRS provides a special exception on your taxes for charitable contributions of up to \$600. Learn more at [IRS.gov](https://www.irs.gov).

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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