



1996 • Celebrating 25 Years • 2021

**Our Vision: To Champion Paruresis Awareness.**

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## 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 .*

**December 2021**

**Do You "Like-Like" Us?**

**Meetings and Workshops - Pedal to the Metal 2022**

**He Spoke French! | Educating Urologists - Not!**

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### Are you ready to take this relationship to the next level?

IPA: "We really like you. We mean, not just 'like,' but 'like-like.' Do you 'like-like' us?"

Reader: "Um, what are you getting at here?"

IPA: "You like reading our emails."

Reader: "So?"

IPA: "Since it seems that you more than just 'like' the IPA, we're encouraging you to take this relationship to the next level by **making a donation** to become a member of the IPA for 2022."

Reader: "Um, well, um. I don't know if I'm ready - becoming a 'member' seems like such a commitment."

IPA: "We're simply extending **a friendly invitation** to make a donation. By making a donation, we consider you a member of our association: a group of people with a similar cause in helping themselves and others overcome their shy bladder syndrome and to make life better for those who suffer from it."

Reader: "Can't we just keep it, you know, chill?"

IPA: "Because of the nature of our affliction, we don't get major organization



donations or big grants. **We rely on friends like you.** The money goes to pay for things like the subscription to create this eZine, maintaining the website, plus having an executive director to coordinate all the support and workshops we do. To do these things we need individual donations. What do you say?"

Reader: "You're going to tell people I'm a member, right? Not too many people know or understand this condition and I'd rather they not know."

IPA: "**We don't publish our donor list.** By the way, telling people is the first step to recovery, but that's a discussion for another day."

Reader: "The IPA just turned 25? That's a solid track record of commitment to people with Paruresis. **Ok, how do I donate?**"

IPA: "Just **click the button** below. Super easy."

Reader: "I'm glad we had this talk, now can we get back to the eZine?"

IPA: "Uh. Yep. Sure, sure. Thanks for listening."

**DONATE/JOIN IPA TODAY**



## **Pedal to the Metal for Your New Year's Resolution!**

December is a great time to think about new resolutions re: what will be different in 2022. The IPA will be hard on the accelerator early this year with a variety of virtual and live ways to work on your recovery - both free and of moderate cost. Where will you start? There are a lot so be sure to check out all the offerings below:

**Virtual Workshop - \$129 Members/ \$199 Non-Members**

**January 8, 2022 | 10 AM US ET - 6 PM**

**Your Host: Dan Rocker, LCSW, MA**

**IPA President & Co-Director, IPA Shy Bladder Center**

**All:** Our well received and well-attended virtual workshops resume on the second Saturday of the year. Dan provides a wide-ranging overview of shy

bladder syndrome, bladder function, and primary/secondary paruresis along with a detailed introduction to graduated exposure with practice. Dan is yours all day for 1/3 the cost of an hour with a licensed therapist. Click [here](#) to sign up now as seats are limited.

**Virtual Support Group Meeting - FREE!**  
**January 9, 2022 - 9 pm US ET | 8 CT | 7 CT | 6 PT**  
**Your Host: Dave Kliss**

**All:** Getting together with other sufferers is a perfect way to kick off the year. This meeting is a great start for someone looking to connect with others for support, advice, and potential graduated practice. Hosted by our incomparable support leader, Dave Kliss, you'll be glad you invested this time in your recovery and in supporting others! Use the [Contact the IPA](#) form to request the link.

**Women's Virtual Support Group Meetings - FREE!**  
**Your Host: Andrea Weyant**

**Ladies:** Many of our women members say they would prefer a sharing environment geared toward women. Shy Bladder Center member and certified health coach Andrea Weyant has been holding intermittent evening meetings for you! Use the [Contact the IPA](#) form to connect with Andrea and learn about the next Zoom gathering.

**Women's Virtual Mini-Workshop - \$89**  
**Saturday, March 19, 2022 | 1-5 PM US ET**  
**Your Host: Andrea Weyant**

**Ladies:** Also, we are excited to announce a date for our first Women's Virtual Mini-Workshop. This session will be a shortened version of our longer 8-hour virtual support workshops - just 4 hours from 1-5 PM US ET. Registration opening soon on the [workshop schedule](#) page.

**Live Workshop - Chicago/Rosemont Area**  
**April 8-10, 2022**  
**Your Hosts: Dan Rocker and Dave Kliss**

**All:** How's this for an event with a couple of the IPA's top experts? Not only do you get the professional expertise of Dan Rocker, but you also get the amazing experience of IPA Support Coordinator and Board Member, Dave Kliss. Plans are being finalized now for a venue in the convenient Rosemont area near O'Hare airport. Stay tuned for an announcement about the opening of the registration link through eventbrite. Need more info: check out the [workshop schedule page](#), the ["What is Workshop?"](#) page, and the [workshop pricing page](#).

**Plan Your 2022 Recovery Events Today!**

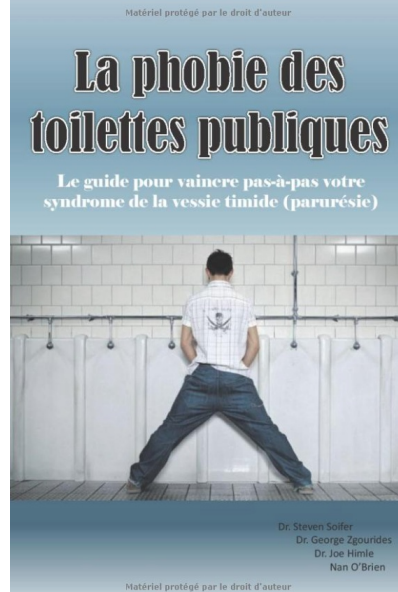
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**"[choking noise]"**

**"What happened? What happened?"**

**"He spoke French!"**

The IPA is proud to announce the availability of **"La Phobie des Toilettes Publiques,"** the French language translation of the all-time best-selling book about Shy Bladder Syndrome and Paruresis, "The Secret Social Phobia," by IPA Co-founder and Senior Advisor, Dr. Steven Soifer, et. al. Published in conjunction with the IPA France support group and translated by Sylvain R., this edition is available in Kindle and paperback version in France and in North America as well. The French version joins the Spanish and Chinese versions also available with more translations to come. Cliquez sur le graphique pour acheter sur amazon. That's "Click the graphic to purchase on Amazon" for you non-francophones. Plaisir à lire le livre! Happy reading!



### Still on the Fence?

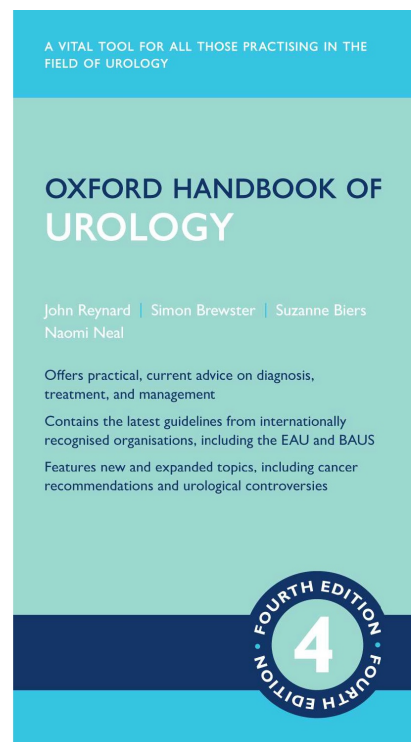
*Still on the fence about joining? Click this cute squirrel to learn more about donating to join the IPA! Your gift is US tax-deductible to the fullest extent of the law. Our Board of Directors is a 100% Giving Board.*



### And You Call Yourself a Doctor?

One of our major goals for 2022 is to continue to work on building our resources for urologists. The fact of the matter is that **very few urologists receive training on Paruresis**. Hence, the typical response we hear from members about their visit to the people who are supposed to know about all things urinary: "Paruresis? What's that."

Recently, a copy of the Oxford Handbook of Urology was passed on to the IPA Office. It is labeled the fourth edition and is dated 2019. **The number of mentions of "Paruresis" or "Shy Bladder" in 897 pages?**





# 0

Yes, zero. So, in 2022, not only will we be "targeting" - um, looking to help - urologists, we'll be "zeroing in" on the publishers and educators who "educate" them. *[Ed. note: I broke the " key. Apologies.]* This is an example of how much work is still to be done and another reason why your gifts to the IPA are so appreciated. Thank you for helping us to do this work.

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Office Hours: Monday - Friday 10:00 a.m. to 6:00 p.m. ET  
800-247-3864 or 443-315-5250  
[getinfo@paruresis.org](mailto: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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