

1996 • Celebrating 25 Years • 2021

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 .

November 2021

**The Thankful Issue | Research Continues | "How to Pee"
New Year's Resolutions: Virtual Workshop and Support
Shy Bladder Center Spotlight: Paul Cosulich
Give Thanks for the IPA**



Thankful for this: Research Continues to Progress on Bladder Function

Researchers continue to investigate how the bladder functions and how we sense whether our bladder is full. [ScienceDaily](#) highlighted a study in the journal *Nature* where scientists reported the main sensor protein enabling our sense of touch also underlies the feeling of having a full bladder. The findings linked to here don't mention its applicability to addressing paruresis, but learning more about the bladder-brain connection is helpful as we seek a holistic understanding of the mechanism of paruresis. (3 min. read)



And, speaking of bladder function . . .

Thanks to Washington Post writer Allyson Chiu who took aim at the topic of "how to pee" on November 10, 2021 with an article titled, ["A guide to peeing: How often you should go and other helpful tips."](#) While there certainly is a wide-range of "normal," this article is helpful in covering some best practices according to a pelvic floor physical therapist, a urologist, and other experts.

We've reached out to Allyson to expand her knowledge regarding our condition and hope to hear from her soon. Read the entire article by clicking the graphic above. (3 min. read) Don't delay as the Post articles tend to move quickly to "subscriber only" status. Free as of this posting.

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



Next Virtual Workshop

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

"This is the year I am going to tackle my Paruresis!" Now, where to start?

Invest just eight hours of your first non-holiday 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!

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!](#)

You'll be thankful you invested in these activities!

Free Virtual Support Meeting

**Sunday, January 9, 2022
9 PM US ET
8 CT | 7 MT | 6 PT**

Next, join our very well attended ongoing Virtual Support group. **Maybe you've just been a reader of this eZine and haven't made the leap into a workshop or group.** This is the perfect setting to see that the IPA is just a bunch of normal people who happen to suffer from Shy Bladder Syndrome. 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](#).



Shy Bladder Center Spotlight:

Paul Cosulich, MA Psych, Registered Clinical Counselor



This month, we're pleased to spotlight Shy Bladder Center Therapist, Paul Cosulich. As the sole Shy Bladder Center member from north of the border, Paul championed the "International" moniker for the newly formed association. Paul was challenged by shy bladder by his teens and from a trigger incident on a long flight that he sought to fix. He tracked down Dr. Steve, joined the first board, and started a support group in Vancouver.

Paul eventually left his commercial career to spend more time with his kids and returned to school to study counselling/therapy. Paul has appeared in Canada's national newspaper, [a student documentary](#), and ran the last live workshop in Toronto. He assists people both in person and virtually. His latest curiosity is the use of psychedelics for treatment. To connect with Paul, visit our [Shy Bladder Center](#) page where you'll find a list of all our therapist and coach partners.

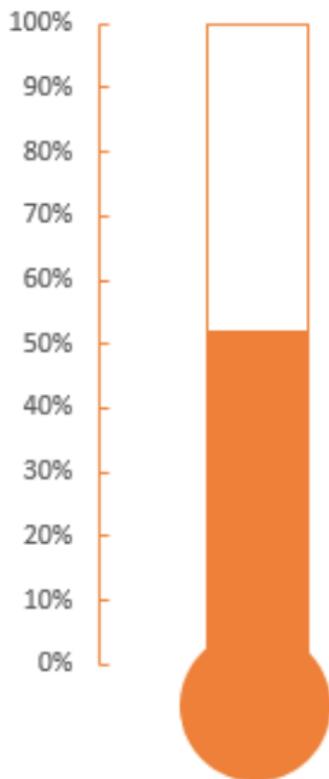


Are You Thankful for the IPA? Then send us a thank you gift and become a member today!

The IPA is **here for anyone** who needs assistance in their walk with Paruresis. Other than workshops, our volunteer support 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.

We're are so appreciative of how far we've come in 25 years. Yet, 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!**

Goal: \$125,000



2022 Membership Campaign

"I'd pay any amount if someone could help me with this condition!" Maybe you've said this to yourself before? Well, for 25 years the IPA has been here! This work has only been possible through gifts from our members. How can you help? Just make a tax-deductible contribution of \$50 or more.

Our overall goal for 2022 is \$125,000 and we are well on our way. However, to hit our target, we need \$30,000 in donations in November. Don't wait.

[Donate Here](#)

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).

DONATE NOW THROUGH



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.

Copyright © 2021 International Paruresis Association, Inc. All Rights Reserved.

Image credits: "thanksgiving cookies" by [Jill Wellington](#); "Don't Pee Standing" by [OpenClipart-Vectors](#); "Virtual Group" by [Zadok Artifex](#); "2022" by [mohammed hasan](#); all from Pixabay.com. All logos property of their respective owners.