

1996 • Celebrating 26 Years • 2022

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 .

February 2022

**Shy Bladder Olympics | Play Your Whole Movie
Help No Matter Where You Are
Members Only | New Events Posted!**

The Shy Bladder Olympics

We live in an amazing time where many people around the world can watch the Olympics in nearly real-time. No matter which country you root for, the Olympics are



a way for participants and viewers alike to recognize that we are all human regardless of our nationality. Paruresis can affect anyone around the world as well. The IPA is proud to continue its international support. Since the beginning of the year, the IPA office has been in contact with sufferers from Austria, China, Denmark, Finland, France, Germany, India, Norway, Russia, and of course the U.S. and Canada. This situation is far from atypical. We are committed to continuing to build our resources for those around the world. IPA co-founder and senior advisor, Dr. Steven Soifer, et al.'s book, "The Secret Social Phobia," is now available in several languages and formats:

- **English:** [Print](#), [Kindle](#), [Audible](#)
- **Spanish:** [Print](#), [Kindle](#) (Audible coming soon!)
- **French:** [Print](#), [Kindle](#)
- **German:** Translation complete; publishing soon!
- **Chinese** (Traditional and Mandarin): .pdf by request
- Next up: **Russian** and **Finnish**
- Planned: **Arabic**, **Portuguese**, **Japanese**, **Korean**

If you have translation experience and are a native speaker in a language "The Secret Social Phobia" needs to be made available in, let us know! E-mail: getinfo@paruresis.org.



"Mikaela Shiffrin Stumbled. What Happens Next Matters More."

And while we're on the Olympics, if you have access to the *New York Times*, Sian Beilock, a cognitive scientist and the author of "Choke: What the Secrets of the Brain Reveal about Getting it Right When You Have To," and

president of Barnard College, wrote an interesting opinion piece about skier Mikaela Shiffrin not meeting expectations during the games.

"My research on this topic has found that well-practiced athletic performances, such as those we see in Olympic competitions, rely almost entirely on physical memory and repetition, rather than conscious thinking. When they're in the zone, the best athletes in the world have trained themselves to take consciousness out of the picture — but when that wall of consciousness is breached, it all collapses."

That is very similar to our overly conscious minds going into public restrooms. Here is a key takeaway from the article:

*"As I tell my students, **remember to play your whole movie** — not just the clip of your latest stumble on repeat. I hope that will lessen failure's sticking power as they inevitably encounter a bombed exam, a botched job interview, a breakup. Those things won't matter nearly as much as their willingness to try again."*

Or - a "misfire" as we work through our challenge with Paruresis. Keep trying and keep practicing! Read the entire article [here](#). (Apologies! Subscription to *The New York Times* required.)

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

More info below . . .



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

More info below . . .

Help No Matter Where You Are!

This call from the Earth-Moon transit station cost just \$1.70 in 2001. Now we can communicate around the world almost for free. Covid has accelerated the

acceptance of therapy by "tele-medicine." There is no need to go without professional support of your recovery. Check out our Shy Bladder Center list [here](#).



Prefer a therapist in your area? The IPA recommends you search for practitioners who list "Social Anxiety Disorders" in their areas of expertise and whose treatment methods include Cognitive Behavioral Therapy (CBT). In the US, check out the directory from the [Anxiety and Depression Association of America](#). In Canada, the resource is [Anxiety Canada](#). Many other countries have similar referral organizations, seek out your support system today!

Looking to simply connect with other sufferers and can't find an active support group nearby? Check out the IPA's virtual support group. Next meeting is April 10 (see below). Our women-focused virtual support group is coordinated by Andrea Weyant. Connect with her at women@support.paturesis.org.

P.S. New support groups have started in the **Twin Cities, Boston, Cleveland, Tennessee, and Ontario**. Check out the current list of groups [here](#).



JUST FOR MEMBERS: Howard Stern, Graduated Exposure Video and More!

Just added to the [members site](#): archival audio recordings of Dr. Steve on radio programs answering questions about Paruresis - including his famous time with Howard Stern and crew.

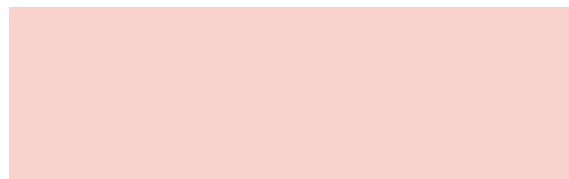
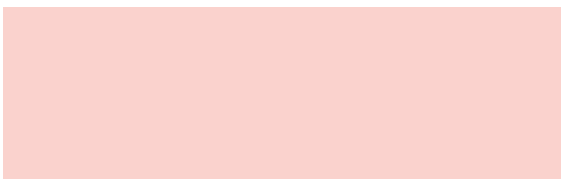
Also, members have received early access by email to our latest video on Graduated Exposure.

Don't miss out on these and other classic IPA resources in print, audio, and video. Join today with a tax-deductible gift to the IPA of \$50 or more for access. Forgot your username? It is typically your first initial and last name. Click the [forgot password](#) link to update your password.

DONATE/JOIN IPA TODAY

UPCOMING PARURESIS SUPPORT EVENTS & NEWS

*The 2022 Workshop Calendar is finalized! Details on upcoming events below. Click [here](#) for the full schedule of workshops both virtual and live in these cities: **Chicago, Detroit, Philadelphia, Seattle, Los Angeles, Baltimore, Vienna, Las Vegas, Winston-Salem, & Miami!***





**Virtual Support Group Meeting -
FREE!**

**Sunday, April 10, 2022
9 pm US ET | 8 CT | 7 MT | 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.

**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. The venue is in the convenient Rosemont area near O'Hare airport. Registration open now on the [workshop schedule page](#). Learn more on the ["What is Workshop?"](#) page, and the [workshop pricing page](#). This event is a "go!"



**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
Sat., Mar. 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 open now on the [workshop schedule](#) page.

The IPA is committed to helping ALL sufferers of Paresis regardless of gender identity. Please contact [IPA Executive Director, Tim Pyle](#), if you'd like assistance in choosing the best event for your recovery needs.

Save the Date!

***IPA "25+1" Anniversary Workshop and Member Conference
October 2022, Las Vegas, NV***



Still on the Fence?

Still on the fence about joining? Click on this bold cardinal 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.



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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