

1996 • Celebrating 26 Years • 2022

Our Vision: To Champion Paruresis Awareness.

IPA "Freedom Press" eZine

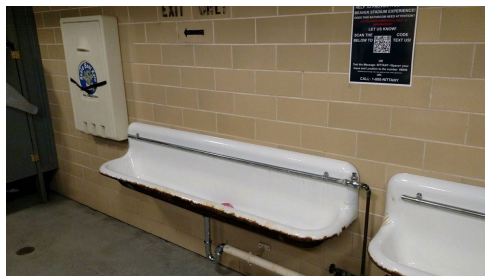
The newsletter for people suffering from paruresis, the loved ones who care about them, and the mental health and medical professionals who support them .

January 2022

**Do Stadiums Make You Nervous? | Fear of "The Loo"
Upcoming Support Events | Dr. Steve is "In"**

Do Stadiums Make You Nervous?

This past Sunday, American football fans witnessed one of the most memorable NFL playoff games in history. What came to mind? The fact that 73,242 people probably needed to use the bathroom at least once while in attendance at Arrowhead Stadium in Kansas City, Missouri to see the Chiefs and Buffalo Bills face off. **For those with Paruresis, that most likely means never getting the chance to know what it feels like to attend such a shared experience.** Even though your venue's restroom might not be as bad as the trough urinals above at Beaver Stadium at Penn State University, to us, that's what they all seem like. **Now, your best friend says, "Hey, I've got an extra ticket to the Super Bowl, my treat!"** What's to do? There's no time to ramp up your graduated exposure in the next two weeks. One solution is an external condom catheter. A popular brand is called the "Stadium Pal."



"What the heck is that you say?" It's just like it sounds: a condom (or yes, ladies, a funnel-type device, "Stadium Gal") connected to a hose and a bag. **Go when you want, drain the bag when you can.** With practice, it can become a casual and unseen solution. Some of our members rely on them

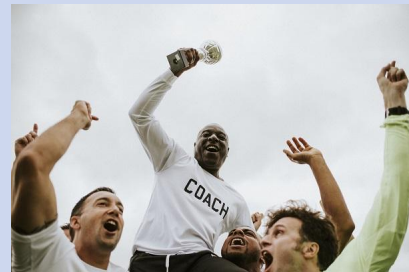
for extended airplane travel, too. [Ed. Note: The IPA receives no compensation from Stadium Pal, and in fact, you can buy the parts from medical supply vendors even more cheaply.]

When you google "Stadium Pal," most likely you'll find this mid-2000's clip from Essayist David Sedaris ruminating on his experience with it. (Doesn't sound like he had the "unisolve" adhesive solvent at hand.) Give the condom catheter a try and see if you think the pros outweigh the cons. **It will at least get you to the big game!**



We Won as the Clock Ran Out!

We are so incredibly grateful to the IPA family for its support to end 2021 on a high note. **Our \$125,000 goal for 2022 funding was achieved at the very last moment.** Thank you members!



Even if you forgot to renew, it is not too late to contribute. Our 2022 membership year fundraising effort continues until June 30. [Click here to get caught up.](#)

Daily Mail

.com



Congrats to Our Friends at UK Paruresis Trust - Daily Mail Article

UKPT's Ian Harris was spotlighted in one of that country's most highly read outlets, "*The Daily Mail*." It's a very well done article that concisely covers a lot of ground regarding our condition. Here's an excerpt from a very worthwhile 7-minute read:

"The embarrassed millions blighted by 'shy bladder': It strikes people too anxious to use a loo near anyone else... and can lead to long-term health problems and even kidney failure" by Lucy Elkins

"There was a time when the entire focus of Ian Harris's life was trying to ensure he never needed to use the loo when he left home.

"This is why, for decades, Ian, 59, a father of two and former vice-chairman of a global chemical business, would leave for work at 8am without even a sip of water and often wouldn't drink at all until he got home at 6pm.

"The reason? Ian has paruresis, or 'shy bladder', a form of social anxiety where people fear using the loo in the proximity of others — often, like Ian, without being able to pinpoint why." [Read on . . .](#)

UPCOMING PARURESIS SUPPORT EVENTS & NEWS

2021
OFF



2022
ON



**Virtual Support Group Meeting -
FREE!**

**Sunday, February 20, 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



**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.

Support Coordinator and Board Member, Dave Kliss. Plans are being finalized for a venue 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](#).

The IPA is committed to helping ALL sufferers of Paruresis 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.

Plan Your 2022 Recovery Events Today!

Save the Date!

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

The Doctor is "In"

IPA Co-Founder and Senior Advisor, **Dr. Steven Soifer**, is back from a season of intense travel and has an opening in his tight calendar for an additional client suffering from Paruresis. This availability is your opportunity to improve your condition by working with the co-author of "[The Secret Social Phobia](#)," and unarguably one of the world's most experienced shy bladder therapists. Use the [Contact the IPA](#) form to receive more information.



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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