



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 .

March 2022

DOT Rules Comment Period Open! | Women's Event Success
New GE Video | Chicago Last Chance!
Families & Friends Event | Much More!

This newsletter is not your usual "blah blah blah!" The information included here is some of the most important ever shared by the IPA. Please read the notes below and take action today! A urine testing free world depends on you.

This is It!

Why does the IPA exist? Our mission is to support people with Paruresis; providing information, recovery strategies and advocating in the mental health, medical and legal communities. At our best,

we are emulating our vision of championing Paruresis awareness. Well, right now, March 2022, is one of the most important times in the 26-year history of IPA and critical to meeting these goals. We need your help, now! (TL; DR? Click the graphic to go to our site and watch the 2-minute video in the pop-up window.)

The proposed rules for the US Department of Transportation (DOT) have opened for public comment for the addition of Oral Fluid Specimen Testing for Drugs. The comment period has been extended to April 29. But don't delay! We are encouraging you to post a comment today to ensure the most favorable rules are adopted for people suffering from shy bladder syndrome. The DOT rules are followed widely by government and private industry alike, so post a comment today for a urine testing free future.



Your Immediate Action Needed

*A message from IPA Executive Director
Tim Pyle about new government
drug testing rules.*

As of this writing, 230 comments have been posted. The IPA has also sent its 16-page (yes, 16-pages!) official response. You'll find it posted [here](#). In summary, **the proposed rules don't go far enough**

Under these rules, the option of using oral fluid testing specimens rests with the employer. *We ask that the option rest with the employee upfront prior to testing.* Also, we want to eliminate any 3-hour attempt requirement and/or medical review prior to a candidate receiving this option. It's humiliating, a waste of time, and an invasion of privacy. Most Medical Review Officers (MROs) do not understand Paruresis, and they strictly follow rules that demand a past history of physical or psychological impairment. For those of us who have "squeaked by" for many attempts and then who get caught out without documentation, we know that is problematic.

Head over now to our [special DOT Drug Testing page](#) for more details, sample response language, and a link to the official comment portal. Make your voice heard - for yourself and for your brothers and sisters in Paruresis.

Act Now!



Women's Virtual Mini-Workshop Success!

The IPA's Virtual Workshop offerings continue to steam ahead. A full slate of live workshops is on tap (see below), yet the demand for virtual workshops continues to grow. On March 19, IPA Women's Support Coordinator Andrea Weyant hosted our first Women's Virtual Mini-Workshop with six attendees. Plans are underway for a repeat event soon and we've discussed the possibility of a live women's workshop in the future. Kudos to all attendees and here's to more ahead! The next full virtual workshop hosted by IPA President Dan Rocker will be May 7.



Live Workshop - Chicago/Rosemont Area

April 8-10, 2022

Your Hosts:

Dan Rocker and Dave Kliss

Hurry: This event is nearly sold out! More info below . . .

New Graduated Exposure Video!

There is no way around it. Graduated Exposure (GE) is the proven, no tools, no gimmicks way of recovery from Paruresis. Yes, a catheter will always

work (okay, technically 99.5% as some people may have conditions that preclude their use) and, please no offense breath-hold method users! But isn't what we really want is to be able to just walk into a public restroom and go? To that end, IPA Executive Director Tim Pyle recorded a 13-minute video with IPA Co-Founder and Senior Advisor Dr. Steve Soifer on the topic of GE. It is now available on our website at this [link](#). The video covers Dr. Steve's extensive experience using GE in his work with sufferers and is a great "how-to" resource you can use. Lastly, Tim and Steve discuss how GE can be used in virtual practice work.



Exposure Protocol

1. Plan your hierarchy
2. Fluid load to "7 out of 10" urgency level
3. Position your "buddy"
4. Pee for 3 seconds
 - guys: aim for the center
5. Wait 1-2 minutes
6. Repeat
 - choose to redo at same level or move up in hierarchy
 - misfire? step back in hierarchy

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



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.

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" and just a few slots remain.



**IPA Families & Friends
Free Paruresis Info Webinar
Wed. Apr. 27, 8 p.m. ET**

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

You've read this far . . . read one more!

If you've read this far, you know that the IPA has a lot going on. For just the DOT-NPRM project has clocked in at over 40 hours. The GE Video took technology we subscribe to plus over 20 hours of production. This level of activity is only possible with your donations. So, if you haven't joined by donating \$50 or more, please do so today. Click on this little generic guy to learn more! 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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