

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 .

April 2022

Paruresis in Ukraine | DOT Testing Comments - Boffo!
Who Likes Studying? | Workshop Madness
AmazonSmile & PayPal Give at Checkout

Paruresis in Ukraine

You can't turn on the news without seeing the horrors and devastation being perpetrated in Ukraine. Can you imagine suffering with Paruresis during the incredibly stressful situation of a war? Stress and Paruresis already don't mix. And bomb shelter or refugee camp living is not exactly private.

The IPA Office received a contact this week from someone in Ukraine who was seeking help - and thanks to your ongoing support of our mission, the IPA was able to respond. Please keep the people of Ukraine and especially your "brothers and sisters in Paruresis" there in your thoughts and prayers.



DOT Comments: IPA Comes Through in a Big Way!

The proposed rules for the addition of Oral Fluid Specimen Testing for Drugs for the US Department of Transportation (DOT) remain open for public comment. **The comment period ends April 29, so don't delay!**

As of this writing, more than 320 comments have been posted. That's a fantastic response, but we know we can add many more voices. **Your** voice is important because the new rules still don't go far enough.

Head over right now to our [special DOT Drug Testing page](#) for more details, sample response language, and a link to the official comment portal. Make yourself heard - for you and for our fellow sufferers.

Act Now!

Who likes studying? No one. But these studies are important!



Longtime friend of the IPA, **Dr. Simon Knowles**, has a few ongoing studies that he'd appreciate your participation in. He is Associate Professor of Clinical & Health Psychology and a Clinical Psychologist in the Department of Psychological Sciences at Swinburne University of Technology, Melbourne, Australia. The title of his website says it all: MindOverGut.com! Click on the studies below that interest you. Dr. Simon thanks you in advance.

- **Predictors of male public urinal use or avoidance** *Help us by taking part in this study that aims to explore what socio-cognitive processes might explain urinal choice in public restrooms and levels of anxiety related to this choice.* Click [HERE](#) to participate.
- **Predictors of public toilet anxiety and toilet choice** *Help us by taking part in this study that aims to explore what socio-cognitive processes might explain public restroom avoidance and levels of anxiety related to this choice.* Click [HERE](#) to participate.
- **Experiences and predictors of incontinence anxiety.** *Help us by taking part in this study that aims to explore the impact of experiencing incontinence, and the role socio-cognitive processes in relation to incontinence anxiety.* Click [HERE](#) to participate.



"Workshop Madness" continues!

[Live Workshop - Detroit](#)

May 13-15, 2022

Your Leader:

IPA Co-Founder Dr. Steven Soifer

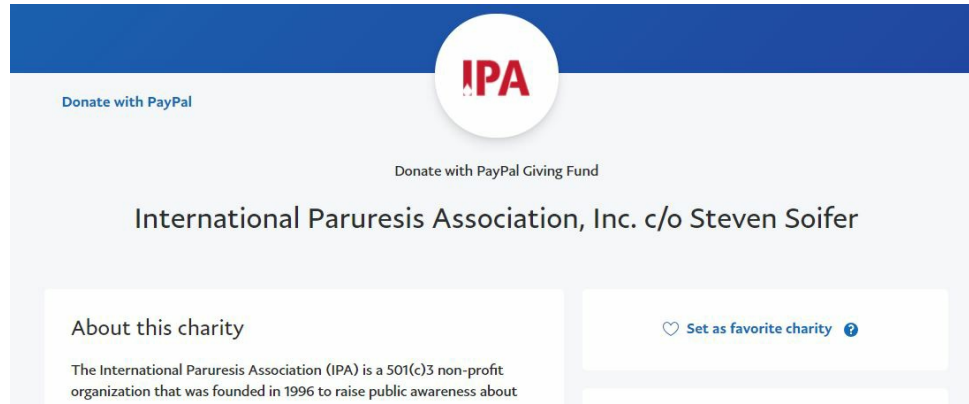
Hurry: This event is nearly sold out! More info below . . .

Easy Ways to Support IPA

"A dollar here, a dollar there . . . Does it really matter?" **Yes! It does!**

amazonsmile

Here are two easy ways to support the IPA: set us as your charity of choice through AmazonSmile and PayPal Give at Checkout programs. Click on the logos to select IPA as your charity of choice. Then, when you purchase items through these outlets, the IPA receives a small donation. Easy peasey!



UPCOMING PARURESIS SUPPORT EVENTS & NEWS

March Madness ended, so we then kicked off "Workshop Madness!" in April by opening up registrations for a long list of workshop events coming this Spring and Early Summer. Starting with a **sold-out** Live Workshop in Chicago, we are rolling right into our next **virtual workshop on May 7** and an already well subscribed event coming up **May 13-15 in Detroit**. *Early Bird savings for Detroit are extended just until this Saturday, April 23*, so don't wait!

Also open for registration are **Philadelphia** and **Seattle both June 3-5** and **Baltimore Sept. 9-11**. Sign-up today. A Live Weekend Workshop can be a life changing experience - so step out of your comfort zone today. You won't regret it!



SPECIAL EURO-FRIENDLY TIME! **Virtual Support Group Meeting - FREE!**

THIS Sunday, April 24, 2022
1 pm US ET | 12 CT | 11 MT | 10 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



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

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.

NEXT WEEK:



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

Struggling to share about your situation with family and friends? They just don't "get it?" We'll help with this informational webinar coming up next week. Click the graphic to request the meeting link.

evening meetings for you! Use the [Contact the IPA](#) form to connect with Andrea and learn about the next Zoom gathering.

LIVE Workshop Registration Links

[Detroit: May 13-15](#)

[Philadelphia: June 3-5](#)

[Seattle: June 3-5](#)

[Baltimore: September 9-11](#)

Coming Soon links for:

Denver, CO (Aug. 12-14)

Vienna, Austria (Sept. 2-4)

Houston, TX (Sept. 9-11)

Winston-Salem, NC (Oct. 14-16)

Los Angeles, CA (Nov. TBD)

Miami/ Ft. Lauderdale (Dec. 9-11)

Learn more about workshops on our "[What is a Workshop](#)" page. All registrations handled by our official registration partner, eventbrite.

Early Bird Pricing:

First-Timers save \$50

Returnees save \$95

See the eventbrite registration pages for expiration dates.

Did you forget something?

If you've read this far, you know that the IPA has a lot going on. Workshop organization and management is at an all-time high with the return to in-person events. The DOT-NPRM project has clocked in at over 40 hours. We respond within 24 hours to all inquiries for FREE! 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 picture of a guy who has forgotten to make his US tax-deductible gift. One more note: Our Board of Directors is a 100% Giving Board.



DONATE NOW THROUGH

Network  for Good®

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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