

# IPA INTERNATIONAL PARURESIS ASSOCIATION

1996 • Celebrating 28 Years • 2024

**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 2024

A note from the Editor

Fooled Me Once . . .

A Paruresis Film *and* a Book?!!

Event Updates and Quick-Hits from the IPA Inbox  
LAST CHANCE WOMEN (Philly) and SF

Hello, Dear Readers! I don't usually write in the first person in the eZine, but I feel this is a special occasion. No, I'm not talking about my fourth anniversary as executive director of the IPA, although I am humbled by the opportunity to serve this population

IPA INTERNATIONAL  
PARURESIS  
ASSOCIATION

The New System is Here!  
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since two weeks before the US COVID shutdown. (Time flies, right?) Actually, the special occasion is the **unwrapping of the IPA's new emailing and backend database system** powered by CharityEngine.

It's going to take some additional time to get the hang of all the moving parts, so if some layouts are a bit wonky or if you get an email that then gets recalled or "oops"-d, I appreciate your understanding!

Why the change? We've "upped our game" over the past four years in terms of offerings and service to sufferers, but some of the backend pieces didn't work together for a smooth user experience (User = you *and* me!). Ultimately, you'll see just one login for donations, membership benefits, and workshops. What's even better is that the sum of bringing all these parts together is financially a wash. We're enhancing what we do, but in the usual, conservative IPA-way. Less time administratively means faster and more personalized responses and more time to spread the word about Shy Bladder Syndrome. After all, what are we here for? Yep, to champion the rights of people with Paruresis and to make sure each person knows "You are not alone!" Thank you for your support as we implement these changes.

- Tim Pyle, Executive Director, IPA (tim@paruresis.org)

### APRIL FOOL (yes, me again)

It's typically pretty busy around the IPA office each day (my mom would say I'm like a "one-armed paperhanger" - is that offensive?), so when this article came across my email, I have to admit I only half-read it before posting on Discord and Reddit: ["Brewers Introduce 'Piss Clock' to Speed Up Pace of Play"](#).



It was only after some kind soul pointed out the name of the author - Dr. Dong(!) - and I noticed the old date that I realized I got taken for a ride. Rapid deletions ensued. I mean, *Wisconsin News Today* seemed like the name of a reputable outlet. And here I was ready to pounce. Visions of riding a PR wave like we did with [Rob Lowe](#). Perhaps because ballparks are the bane of my peeing life - I'm talking to you Oriole Park with no dividers - the idea hit hard. Enjoy a laugh if not also a cringe. (1 min. read. Image courtesy *Wisconsin News Today*)

**We might not always be able to pee in public, but we've got talent.  
Check out these two new artistic endeavors from IPA Members.**



OMG! We've had a peek at a rough cut of a scene from IPA member and filmmaker Steven Jackson's upcoming documentary **"Pee Shy"** filmed partially at our recent Boston workshop. It is fabulous. I'm so excited about this project and how it will give non-sufferers a window into our world. Check out his Kickstarter page. I know Steven is tremendously grateful to all who helped him make his stretch goal! [Click here to learn more](#). I'm thinking short-film Academy Award . . .

Wouldn't it be cool if someone wrote a **novel where the hero is a guy with Paruresis?** Check this out! It's both frightening and wonderfully uplifting. Another way to put a non-sufferer reader in our shoes in a visceral way. Kudos, Vinnie on this accomplishment. [Click here for Amazon](#).

## UPCOMING PARURESIS SUPPORT EVENTS & NEWS

### Next Virtual Support Group Meeting - FREE!

Saturday, yes,  
Saturday, April 20,  
2024

4 pm US ET | 3 CT | 2 MT | 1 PT

Your Hosts: David Kliss (Support Coordinator) and Steven Weinraub (West LA Support Leader)

*All: This meeting is a great start for someone looking to connect with others for support, advice, and potential graduated practice. Hosted by our wonderful IPA board members David and Steven, 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.*

### WOMEN'S Virtual Support Group Meetings

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.*

### LOCAL MEETINGS

### Live Workshops

*Each live workshop needs a minimum of 5 pre-registrations to make it a "go!" 100% Money Back Guaranteed if we don't make our minimum. Sign up today.*

#### CHICAGO Live Weekend Workshop

*This event is a "GO"! A few seats remain.*

Fri. Apr. 12 to Sun. Apr. 14, 2024  
Kickoff Fri. 7 p.m.; Sunday 'til 2 p.m.  
Leader: Dan Rocker, LCSW, MA  
\$795; \$695 for IPA members

[Click here for details and to register](#)

#### SAN FRANCISCO Live Weekend Workshop

**LAST CHANCE!** *Need two more to make this a "go".*

Fri., Apr. 26 to Sun. Apr. 28, 2024  
Kickoff Fri. 7 p.m.; Sunday 'til 2 p.m.  
Leader: Dr. Robert Yeilding, Psy.D.  
\$795; \$695 for IPA members

[Click here for details and to pre-register](#)

#### WOMEN'S Live Weekend Workshop Philadelphia, PA

**LAST CHANCE!** *Need three more to make this a "go".*

Fri., May 3 to Sun. May 5, 2024  
Kickoff Fri. 7 p.m.; Sunday 'til 2 p.m.  
Leaders: Ruth Lippin, LCSW, JD and Andrea Weyant, CHC.  
\$795; \$695 for IPA members

[Click here for details and to pre-register](#)  
*Scholarships available.*

#### DETROIT Live Weekend Workshop

Fri. Jun. 7 to Sun. Jun. 9, 2024  
Kickoff Fri. 7 p.m.; Sunday 'til 2 p.m.  
Leader: Dr. Steven Soifer, Ph.D., MSW  
\$795; \$695 for IPA members

[Click here for details and to pre-register](#)

#### MINNEAPOLIS Live Weekend Workshop

*Need two more to make this a "go!"*

Fri. Jun. 7 to Sun. Jun. 9, 2024  
Kickoff Fri. 7 p.m.; Sunday 'til 2 p.m.  
Leader: Roger Merritt, LCMHC  
\$795; \$695 for IPA members

[Click here for details and to pre-register](#)

#### AUSTRALIA Live Weekend Workshop Gold Coast, Queensland

TBA: July/August 2024

These locales hold regular in-person events. Reach out to them today!

### San Francisco

(Chris):  
sanfrancisco@support.paruresis.org

### Chicago/Milwaukee

(Dave):  
davidk@support.paruresis.org

### Baltimore (Bill):

baltimore@support.paruresis.org

### Toronto (Jim):

toronto@support.paruresis.org

### Hudson Valley (Dr. Steve):

hudsonvalley@support.paruresis.org

Find your local support group or contact person [here](#).

### PEE BUDDIES SOUGHT in these locales:

Fort Collins, Colorado  
Albany, California  
Columbus, Ohio  
[Your City Here!](#)

## Next Virtual Workshop

**Saturday**, August 10, 2024  
10 a.m. - 6 p.m. US ET

Leader: *IPA President, Dan Rocker, LCSW, MA*

[Get Info](#)

Kickoff Fri. 7 p.m.; Sunday 'til 2 p.m.  
Leader: Rom Noonan, Clinical Psychologist  
AU\$795; AU\$695 for IPA members  
[Click here to sign up for announcements.](#)  
[Registration link coming soon.](#)

### **MEDITERRANEA Live Weekend Workshop** Lisbon, Portugal

Fri. Aug. 16 to Sun. Aug 18, 2024  
Kickoff Fri. 7 p.m.; Sunday 'til 2 p.m.  
Leader: Dr. Steven Soifer, Ph.D., MSW  
€795; €695 for IPA members  
[Click here to sign up for announcements.](#)  
[Registration link coming soon.](#)

### **BALTIMORE Live Weekend Workshop**

Fri. Sep. 13 to Sun. Sep. 15, 2024  
Kickoff Fri. 7 p.m.; Sunday 'til 2 p.m.  
Leader: Dan Rocker, LCSW, MA  
\$795; \$695 for IPA members  
[Click here to sign up for announcements.](#)  
[Registration link coming soon.](#)

### **Also to be scheduled for September:**

VIENNA, AUSTRIA and DALLAS, TX  
[Click here to sign up for announcements.](#)  
[Registration links coming soon.](#)

*Don't see your town listed?*

- [Fill out our workshop interest form with your locale.](#)

*All of our workshop leaders and IPA Executive Director Tim Pyle would be very happy to connect with you in advance of any workshop. Head over to the [Contact the IPA form](#) and we'll arrange it! Also, you'll find links to videos of leaders under their entries on the [Shy Bladder Center page](#). They are fantastic experts and advocates for Paruresis sufferers around the world.*



## QUICK HITS from the IPA Inbox

**Podcast Fans: More from a talented and successful person who just happens to have Paruresis!**

Christopher Zara, senior editor at Fast Company magazine on the CBC's health-focused "Sickboy" podcast. ([Click here](#), 45 min.)



**"Wiser's Wranglings - I'm Not Shying Away This Time"**

A well-written blog post from The Wellsville Sun (March 21, 2024) by Chuck Wiser. You'll be able to relate. (5 min. [read here](#).)



**Looking for your mountain top public-peeking goal spot?**

Check out this article and Instagram account: **"ScenicPisses is the Instagram Account Documenting the Most Scenic Piss Spots"** (2 min. [read here](#).)



Office Hours: Monday - Friday 10:00 a.m. to 6:00 p.m. ET  
844-ICANT-PEE • 844-422-6873 • 443-315-5250 (call or text)  
getinfo@paruresis.org



**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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