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1996 • CELEBRATING OUR 30TH YEAR • 2026

IPA INTERNATIONAL PARURESIS ASSOCIATION

*Shy Bladder Syndrome Education, Treatment
& Recovery – A nonprofit organization
dedicated to healing paruresis worldwide.*



“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 2026

US DOT Oral Fluid Drug Testing: UPDATE
Space Travel: What's in it for me?
Detroit 30th Anniversary Workshop:
Female pee buddies will be in attendance.
Success Story of the Week
Shout Out: IPA France
Car Toilet?

US Government Drug Testing Update

You may recall last month we reported on the IPA's efforts to leverage members of congress to get action on the approval of oral fluid testing labs to meet the new Department of Transportation testing rules (see last month's issue [here](#)).

One of our eagle-eyed members spied a letter sent last week by six representatives to HHS Secretary Robert F. Kennedy highlighting the issue. You'll find that letter [here](#). In support, we've sent to those representatives a copy of our March 4 request to the lead administrator at the appropriate agency. We've added our thanks and an offer to brief them on our position.

Join us in this advocacy action to get labs approved. You can find the list of Senators on the oversight Senate Committee on Health, Education, Labor, and Pensions (HELP) [here](#). If your representative is listed there, **reply to this newsletter and we'll send you content to share with them.** Follow all the updates on our Drug Testing Rules page [here](#). We're so close. Help us keep the pressure on.



How are we doing? Click the button below to let us know - good or bad. Help us get better for sufferers around the world!

Talk Back Here!

Upcoming Important Dates

Virtual Support Group (FREE to ALL) - Sunday, April 26
Women's Support Group (FREE to ALL) - Monday, April 27
Research Update - Members Only Event - Tuesday, April 28
30th Anniversary Workshop - Detroit - May 1-3
Paruresis Awareness Day - Info for **Friends and Families Event** - May 19

October Anniversary Events for Members:

IPA 30th Anniversary Online Conference - Saturday, October 3
IPA 30th Anniversary Board Meeting - Saturday, October 17 - Chicago

Watch your email - and your spam folder - for registration links to come! Not a member? Make a \$100 donation for event access, savings on workshops, and more.

Need more info?: hit reply to this email for details.

Donate to the IPA

Donor Center

Click this button to manage your donation account from our official portal provider "CharityEngine." Your username is "First_Last". Gifts of \$100 or more give you access to the Members Only site. →→→

Members Only Site

Click this button to access the members only site with lots of classic IPA resources (audio, video, and print) as well as find workshop promo codes and the link to the monthly support Zoom. Sign in with your email address.

Space Travel: what's in it for me? Maybe dry saliva testing?

Some question why so much money is invested in space travel when we have so many challenges already here on earth. Put this one in the "for" column: As a part of the physiological testing program on the recent Artemis mission to the moon, the astronauts were asked to lick pieces of test paper to track their metabolism. The reason for the test paper was because of the lack of refrigeration available. What this meant was that samples could be easily collected and then rehydrated back on earth. So? We see it as an easy leap to even simpler and less expensive oral fluid drug testing. Time for your drug test? Head to HR to lick a piece of paper then back to work. HR mails the samples to the lab. Seems like a win for humanity. Read the research citation [here](#) or the more fun lighthearted article - plus a note on the space toilet - from SYFY [here](#). "Artemis 2's Biggest Mission Is Collecting Astronaut Spit—Really".



UPCOMING WORKSHOPS and EVENTS

*Finances a problem?
Inquire about the status of scholarships
by completing our online form [here](#).*

What is a Shy Bladder Workshop? Learn More.

Women! Female pee buddies will be in attendance in Detroit. Click the image below for details. Next women's support group, Apr. 27.

Date	Location	Format	Leader(s)	Details
Jan. 24	Online	Virtual	Dan Rocker	Success!
Apr. 24-26	Sydney	Weekend	Ron Noonan	Success!

Apr. 24-26	Sydney, Australia	Weekend	Rom Noonan	Success!
May 1-3	Detroit 30th Anniversary Event	Weekend	Dr. Steven Soifer	Registration Open. This is a GO! <i>Female pee buddies available!</i>
May 22-24	Vienna, Austria (hosted by ATPA)	Weekend (English)	Johannes Lanzinger	Contact office@paruresis.at for full list of English or German offerings.
June 6	Boston	Hybrid	Mike Hurd	Pre-registration Open
June 13	Charlotte	Hybrid	Roger Merritt	Pre-registration Open
July 17-19	Seattle	Weekend	Roger Merritt	Pre-registration Open
Aug. 8	Online	Virtual	Dan Rocker	Pre-registration Open
Sept. 11-13	Baltimore	Weekend	Dan Rocker & Daniel Chazin	Pre-registration Open
Nov. 7	Atlanta	Hybrid	Roger Merritt	Pre-registration Opens Soon!
Nov. 14	NY	Hybrid	Dan Rocker	Pre-registration Opens Soon!
TBA Q4	Perth, Australia	Weekend	Rom Noonan	Planned

Next Monthly Virtual Support Group Meeting - FREE!

Sundays, Apr. 26 & May 17

1 pm US ET | 12 CT | 11 MT | 10 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 exposure 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. Feel free to leave your camera off and not talk if that's a good first step for you.

Weekly Virtual Practice-FREE!

IPA Program Assistant, Hassan, holds weekly online graduated exposure practice sessions. Join him most Saturdays at 11 a.m. PT/ 2 p.m. ET!
followup@support.paruresis.org

WOMEN'S Virtual Support Group Meetings

Your Host: Andrea Weyant
women@support.paruresis.org

Next Meeting: Monday, April 27 at 7pm EDT.

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 Reddit Channel:
<https://www.reddit.com/r/paruresisinwomen/>



From a recent IPA Weekend Workshop Graduate: "The IPA Workshop helped me understand my shy bladder syndrome. More importantly, I now realize that I am not alone and that it doesn't have to hold me back. At first, I was hesitant to attend even a virtual workshop, but I'm glad I did. I joined monthly and weekly virtual support sessions and eventually braved up to attend an in-person workshop. From here, I'm continuing to work on myself using the tools and support the IPA provided."

Live Workshop Notes

Each live workshop needs a minimum of 5 pre-registrations to make it a "go!" We'll return all your funds if we don't make our minimum. Sign up today. See the graphic above.

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.

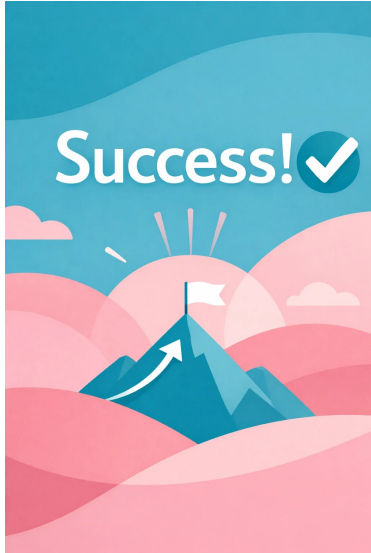
Local Support Groups

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

QUICK HITS from the IPA Inbox

Have a mention of our condition that you'd like to share?
Email it to getinfo@paruresis.org.

Why is it important that the IPA has been in existence for 30 years? Take the case of a caller we'll call "Chuck." Chuck left a message saying he was calling because he was supposed to do a pre-employment urine drug screening. Knowing it was going to be problematic, he reached out to us for help and information on his rights. We provided a support letter that he shared with his potential employer. They agreed to provide an alternate form of testing. All of this took place within two hours of Chuck's original call. Thank you to all our donors who make this kind of timely response possible.



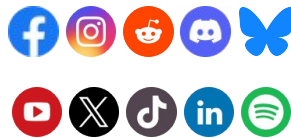
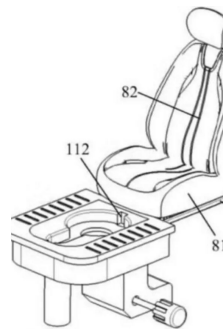
Martial Bouladou, co-leader and co-founder of IPA France was recently spotlighted in an article about Paruresis by Rebecca Arondel published by Ouest-France. Click the graphic below to read "[What is paruresis and how is it treated?](#)". Watch for the pop-up in your browser for an instant translation. Congrats Martial and Sylvain for this attention to our issue in France.

Association Internationale de Parurèse
Groupe de Soutien Français



Speaking of futuristic: Car Toilet?

Thanks to longtime member Victor for this gem from the BBC, "[Chinese carmaker patents voice-controlled 'in-vehicle toilet'](#)"!



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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