



1996 • Celebrating 27 Years • 2023

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.

August 2023

Take the Survey • Success Stories
"You are not alone!" We live it.
Hypnotherapy? • Random Stuff
Support Group and Workshop Updates

Take the Survey! As of this writing, we have received 390 responses. Our goal is 500 which would be about 10% of our full count of followers of 5,000. Please help us reach this goal by taking our 4-minute survey, right now. The survey will open in a new window, so we'll be here when you get back!

A banner for a survey featuring a collage of diverse people's faces in the background. On the left is the IPA logo. On the right is a QR code. Below the QR code is the survey title and details.

IPA INTERNATIONAL PARURESIS ASSOCIATION

2023 Demographic Survey
Paruresis Community: Who are You?

14 questions • 4 minutes • 100% anonymous • paruresis.org

Success Stories

When sufferers reach their breaking point and decide to



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

take back their lives by tackling their Paruresis, they are typically at a low point in their lives and they've had enough. What grows from that frustration blossoms into beautiful success stories. We are privileged to hear from members their wonderful tales of overcoming. With their permission, we share many of those on our website under the heading of "Success Stories." We're in the process of moving them to a new category on our blog pages - click the image above to head there. You'll find new stories, as well as what we call "Classic" IPA stories and old IPATalk forum items dating back nearly 20 years. They are as uplifting today as they were then. Check in often to be encouraged by these inspiring recountings of unmastering Paruresis. We hope they help you on your journey to living life to the full.

A few recent blog posts:

[Flying High!](#) by Jim from New York
[This is Oliver...](#) the bathroom barging kitten.
[Help for Women](#) from women's support coordinator Andrea.
[A Woman's View - IPA Virtual Workshop](#) hot off the press!

"You Are Not Alone!" We live it.

The IPA's support contact list continues to grow. For 27 years, the IPA has prided itself on its motto, "You are not alone!" This focus continues going strong as **4(!)** new local contact people stepped up this month. **Buffalo, Calgary, Edmonton, and Portugal** now have someone that local folks can reach out to. You'll find our full list [here](#). Including our virtual support group, we now have 57 contacts around the world that are ready to reply to anyone who might just be looking for reassurance that there is someone in their neck of the woods who can relate! Perhaps your group will grow as many have and go on to create a full-blown support group that meets regularly to practice - but that's icing on the cake.



minimum. Sign up today.

Vienna, Austria: Sept. 1-3 **(Dan Rocker)**

• **Sold Out!** For info on future events: office@paruresis.at

Baltimore: Oct. 6-8 **(Dan Rocker)**

• *Pre-registration open!*

Las Vegas, NV: Nov. 3-5 **(Dr. Steve)**

• *Pre-registration open!*

Austin, TX: Nov. 10-12 **(Roger Merritt)**

• *Pre-registration open!*

Long Island, NY: Dec. 1-3 **(Dr. Steve)**

• *Pre-registration open!*

Detroit/Windsor: Jan. 26-28, 2024 **(Dr. Steve)**

• *Pre-registration open!*

Next virtual is planned for January 20, 2024. Save the date!

Help us plan for 2024 events!

• **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.

2024 Membership Drive is Underway!

Not seeing someone near you on the list? Then step up and become a contact person today. We'll set you up with an anonymized @support.paruresis.org email. We can easily forward it to your personal email so you don't have to keep checking. Just sign in when you get a note from someone reaching out. Do you need to be an expert or even meet in-person? No! Simply be willing to strike up a conversation and let someone near you know "You are not alone!" For more details, contact IPA Executive Director Tim Pyle [here](#).



Donate to Become a
Member • Renew •
Volunteer

"How to Stop Shy Bladder Syndrome"? Hypnotherapy?

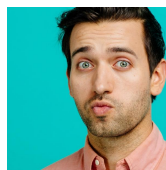
Many of our IPA Members ask about the effectiveness of hypnotherapy in treating their Paruresis. It is our honor to have on our board of directors Dr. Peter Gardner, a very well-respected certified hypnotherapist with over 30 years' experience as a physician. That's a fantastic combination of skills to address the question of Paruresis. [Dr. Gardner](#) reports that there is no scientific evidence that hypnotherapy can "cure" Paruresis, but he says that it has been shown to reduce the underlying anxiety that is a part of our constellation of characteristics. Unfortunately, you can't be hypnotized into peeing in public.



What is interesting is that there has been a proliferation of hypnotherapists on YouTube posting hypnosis-related shy bladder "cures." How can you tell if the advice is sound? If the content highlights relaxation techniques and the concept of "graduated exposure" to the stressful environment, it's helpful. That's the tried-and-true scientifically supported remedy. Several of these videos provide sound advice. Click to see ["How to Stop Shy Bladder Syndrome"](#) as posted by Hypnotherapist Mark Tyrell and reviewed by Dr. Gardner.

From the IPA Inbox: Random Stuff People Send Us

Man Embarrassed to Buy Tampons Severely Mistaken In Thinking Anyone Notices Him Ever



From "thehardtimes.net" by

"Double Voiding"

From Medical News Today, a medically reviewed collection of conditions, articles, and products. (Apr. 3, 2017)



John Danek (Feb. 7, 2020). Guess what, no one's paying attention to you when you use a public restroom, either!

FRESNO, Calif. — Local boyfriend and overall totally unremarkable guy Brian Cromwall utterly debased himself to do his girlfriend a solid yesterday by buying her a 36-pack of tampons and was noticed by exactly zero people, no one reported.

“I can never show my face at the south Fresno Dollar General again. No one there will ever forget this,” whispered a red-faced Cromwall, who went unnoticed by the entire staff as well as fellow shoppers. “I bet everyone within a quarter mile of that store is telling all their friends about the guy buying tamps to shove up in himself. I could totally tell everyone in there was being all sly and craning their necks, widening their judgmental eyes.” Read more [here](#). (1 min. read)

Bladder emptying refers to when a person has the urge to urinate and completely voids their bladder. Double voiding describes spending extra time on the toilet to try to empty the bladder completely.

Urinary frequency can mean that a person wakes up numerous times a night wanting to go to the restroom. Sometimes they may go only to feel they need to go again just minutes later. Read more [here](#). (3 min. read)

A pee-shy man must survive a busy public toilet | Shanks - a short comedy film by Darren Fisher

According to the YouTube description this short film was made a few years ago but recently re-posted. If you enjoy the comedic representations of Paruresis, this one's for you. NSFW, of course. (7 min. video.)



In support of Women's Equality Day, equal time . . .

FOR MEN . . .

Got a Shy Bladder? We've got 5 tips to get things flowing.



If a company is selling products to an exclusively male audience (sorry, ladies - but see below), chances are their company site has a post about shy bladder.

FOR WOMEN . . .

Portable Urinal, but Make It Cool: Redesigns Change the Game for Health Products

From the Wall Street Journal (Rachel Wolfe, July 5, 2023) Emily Ufland, 25 years old, didn't think a portable urinal belonged in her life—or that one could be beautiful.

That was before she got trapped in Los Angeles traffic with a full bladder in May.

Dude Products company is no exception. So while you are considering your next purchase of Dude Wipes, click over to read their take on Paruresis - with a shout out to us! The author? Why "El Duderino," (pictured here, of course) (Nov. 28, 2022, 3 min. read).

For a guy with a shy bladder, a crowded public bathroom filled with urinals is his worst nightmare. Imagine having a few ballpark beverages and freezing up every time you try to pee in between innings. The pain of holding it through an entire ballgame is excruciating.

We envision a world in which DUDEs can approach any toilet with confidence. Accordingly, we investigated the potential causes of paruresis and put together some handy tips to help you pee peacefully. Read more [here](#).

Desperate, she hopped into the SUV's trunk to use the Loona her mom bought for just such occasions.

"My entire family was in the car and they couldn't hear me," she says. "I was sold."

Ufland, who works in human relations for a fashion company, now uses the \$40 device, which she says resembles a vase, on road trips with her boyfriend. He appreciates not having to pull over at a rest stop so frequently.

"I'm not embarrassed about it at all," she says of using the portable urinal. "Everybody pees." Read more [here](#). (4 min. read) Click the photo for a 2-minute promo video.



UPCOMING PARURESIS SUPPORT EVENTS & NEWS

Virtual Support Group Meeting - FREE!

Sunday, Sept. 10, 2023
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 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

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.

request the link.

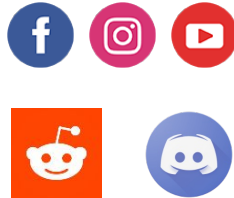
*Next meeting will be October 15,
2023 at 8 p.m. US ET.*

DONATE NOW THROUGH



Office Hours: Monday - Friday 10:00 a.m. to 6:00 p.m. ET
800-247-3864 or 443-315-5250 (call or text)
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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