

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.*

**December 2022**

### The "Black and White" Issue

**No sciency article here  
No women's resource article here  
No workshop listing here  
No free resource listing here**

### The Facts in Black and White

Why is this month's issue only in black and white? Because this month, we're laying out just the facts. No frills, no sugar coating. Without your donations to the IPA, we can't support sufferers and their family members and friends around the world. Help us continue to provide professional resources and to allow us to connect you to global experts on Paruresis. If you've been an IPA "lurker" or "stalker", this is your invitation to become a member by making a US tax-deductible contribution of \$50 or more today.



### Live Workshops

Without your support, we can't host workshops around the world and virtually. Help us continue to offer these life changing experiences by making a donation.

#### **Next Virtual Workshop**

- Jan. 21, 10-6 ET

#### **Melbourne, Australia**

- Jan. 27-29, 2023
- *This is a "go!" Details below*

#### **2023 Schedule Coming Soon?**

*Click on the links above to learn more through the eventbrite registration portal.*

**No graphic available  
without your support!**

*This is where we typically post a note that all of our leaders and IPA*

## Women's Support?

While the majority of our members are men, the IPA and women's support coordinator, Andrea Weyant, host a growing group. Without your donation, we can't help our "sister" sufferers.

*Executive Director Tim Pyle would be very happy to connect with you in advance of any workshop. But what if they weren't available to do that?*

**Click Here to Join IPA anonymously with a Donation Today!**

We are trying to impress potential grant makers, so we've set a high goal of 500 members for the upcoming year. In the past, funders have asked, "If Paruresis is so prevalent, why don't you have more members?" If everyone who receives this eZine contributed, we would easily meet that goal, so your donation is very important to that cause.

With your donation, you'll get access to our members only site. The site is the hub for all member benefits including access to classic Paruresis self-help books that were previously for sale. They are yours for free. Also, you'll get invitations to exclusive members only events with Paruresis experts from around the world.

Your donation is always anonymous and we never post or share our mailing list. Won't you join by making a donation today? Paruresis sufferers across the globe need your support!

**Click Here to Join IPA anonymously with a Donation Today!**

### **An article you'd click on, if it were here . . .**

We love to scour the internet for fun and useful articles and videos, but . . .



### **Useful Link**

Oops, without your support, we can't provide useful links.



**Virtual Support Group Meeting -  
Can these continue to be free?  
With your support, they can!**

**Sunday, January 8, 2022  
1 pm US ET | 12 CT | 11 MT | 10 PT  
Your Host: Dave Kliss**

**All:** 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 [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.



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Office Hours: Monday - Friday 10:00 a.m. to 6:00 p.m. ET  
800-247-3864 or 443-315-5250  
[getinfo@paruresis.org](mailto:getinfo@paruresis.org)

See what's happening on our social sites . . . oops they aren't here. Why? Because we're making a point this month. Get it?

**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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