

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.

December 2023

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 contribution of \$100 or more today.



Live Workshops Go Dark?

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. 20, 10-6 ET** *click to register*

2024 Schedule Coming Soon

While we run workshops as a breakeven program - not as a moneymaking venture - without your donation we won't have the infrastructure in place to promote and conduct these fantastic events.

**No graphic available
without your**

support!

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.

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

Still need to know more about the IPA before donating? Reach out to Tim directly at tim@paruresis.org or set up a zoom or phone meeting. <https://calendly.com/tpyle>

NO PROGRESS ON DRUG TESTING at Companies, In the Courts, or In Prison!

In 2023, the IPA made great strides in the acceptance of oral fluid specimen testing in the workplace when the US Department of Transportation revised their guidelines. The DOT specifically mentioned our work in educating them about the employment struggles of those suffering from Paruresis. We continue to advocate personally for those being unfairly treated by court judgements that require urine testing, and especially for those in prison. Without your donation, those cries for help could be unanswered.



P. O. Box 21237 • Catonsville, MD 21228
800-247-3864 • 443-315-5250
www.paruresis.org

September 12, 2023

TO: WHOM IT CONCERNS

RE: xxxxx

I am writing to you on request of xxxxx. He has difficulties seeing a bathroom and/or providing samples for urinalysis collection. xxxxx suffers due to a condition over which he has no control. The name of this anxiety disorder is Paruresis or bladder syndrome. Paruresis is a condition mentioned in the DSM-5 (Diagnostic and Statistical Manual of Mental Disorders, fifth edition) in category 609.23 (F40.10). According to a National Co-Morbidity Study, approximately 7% of the population suffers from this illness. The United States Equal Employment Opportunity Commission (EEOC) determined in 2011 that Paruresis qualifies as a disability under Americans with Disabilities Act as Amended (ADAAA) definitions.

Mr. xxx has not refused to be tested. In all instances, only that he has an understandable difficulty in providing a urine sample under stress. His failure to provide a sample is not a refusal, but simply a psychological and physical impossibility. Please provide a sample despite his fervent wish to do so. Please see the chart following for a simplified description of this mechanism.

The International Paruresis Association is discussing the significance of drug testing. Rather, we are advocating for the implementation of a program which meets the needs of organizations, the justice system, and its affected individuals. Thus far, the cost of urine collection methods (saliva, hair, blood) has gone down, while availability and accuracy have improved. Additional suggestions of alternative procedures to collect urine specimens include (1) the use of a hetero toilet, (2) the candidate in a "dry" room, Pennsylvania, Florida, Maryland, Virginia, and Massachusetts allow for this accommodation. (Massachusetts also allows for oral fluid sampling.) Additionally, oral fluid testing in a prison environment has been allowed in the 18th Judicial District of Denver, Colorado.

We implement to provide xxx with one of these alternative methods. Oral testing is now three times more accurate than urine. Urine testing is often times less expensive. **No one is attempting to avoid drug use detection would select this as an accurate alternative.** Even the Substance Abuse and Mental Health Services Administration (SAMHSA) recognized this need and published its Mandatory Guidelines for Federal Workplace Drug Testing Programs using Oral Fluid on Oct. 25, 2019, in the Federal Register. These guidelines strictly layout the process for completing oral fluid testing and they explicitly state that they revise the requirement to collect only urine. Just this past May, the US Department of Transportation amended their testing rules to allow for the oral fluid option.

We would take pleasure in assisting you and/or other officials to work out guidelines for the drug testing of those with Paruresis. You may write or call me at the above address and phone number. We look forward to hearing from you.

Most sincerely,

Tim Pyle, MS^{Ed}, MBA
Executive Director
tim@paruresis.org

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 of \$100 or more, 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. And, members always get the best savings on workshops.

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!

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.



UPCOMING PARURESIS SUPPORT EVENTS & NEWS

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

**Sunday, January 14, 2024
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. Donate to support women with Paruresis!



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 . . . 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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