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IPA INTERNATIONAL PARURESIS ASSOCIATION

1996 • Celebrating 28 Years • 2024
How many more will there be???

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 2024

The "Black and White" Issue

No on-going research article here
No workshop listing or support groups here
No women's resource article here
No free resource listing here

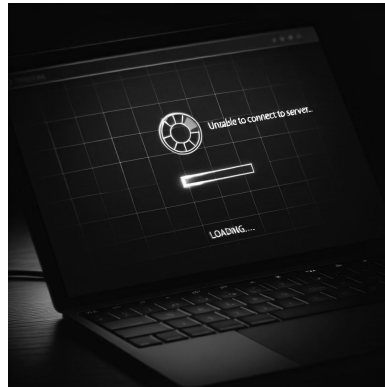


**This is what shy
bladder syndrome
help looked like
before 1996.**

That's when co-founders Dr. Steven Soifer, Ph.D. and psychologist Carl Robbins imagined a future when all Paruresis sufferers had a place to turn for support. Help us keep the IPA on-the-air once more for 2025 with a donation of any amount today!

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 be there for sufferers and their family members and friends around the world. Help us continue to provide professional resources, sponsor the latest research, 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 supporter by making contribution today.



*No fascinating description here
without your support.*

DONATE

UPDATE! All donations before December 31 from new donors

or increases from returning donors are matched 2-for-1 by a generous advocate (up to a max of \$25,000). Donations of any amount are appreciated. Smash the donate button to make a secure, 100% anonymous, and U.S. tax-deductible gift NOW!

Exclusive "Members Only" Benefits:

Make a donation of \$100 or more, and take advantage of savings on 2025 workshops, access to the members only resource site, plus get invites to our members only webinar events. Next up:

Tuesday, January 7, 2025 at 7:30 p.m. Eastern Time join us for a review of "The Breath-Hold Method" from our two resident experts: IPA Board Member Dave Kliss and Shy Bladder Center coach Mike Hurd.

All members only event recordings are posted on the [members only site](#) resource page. Join us! Free to members only!!

NEWS: Who watches the watchers? The US Department of Transportation just released a new rule that will play havoc with the hard fought rules we won to allow oral fluid drug testing last year. Without the IPA, who would keep the heat on the U.S. Government? Watch our social media sites as this news unfolds in the next few weeks. Without your donations, we can't advocate for sufferers.

UPCOMING WORKSHOPS and EVENTS

We've got great ideas for how to improve workshops and events for 2025, but they are only made possible by fully funding our budget. The IPA operates very conservatively and our end-of-year fundraising sets the limit on what we can provide in the following year.

Next Virtual Support Group Meetings - FREE!

Sunday, Jan. 19, 2025

1 pm US ET | Noon 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.

WOMEN'S Virtual Support Group Meetings - FREE!

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.

PEE BUDDIES SOUGHT in these locales:

If there is no IPA office, then who will coordinate this service?

Live Workshops

Scroll for Next Virtual

The IPA doesn't "make money" "selling" workshops, in fact the board has committed to running workshops at a slight loss for 2025 if our fundraising efforts hold up. Help us kick off new programs next year.

LOCAL MEETINGS - FREE!

While all local groups are run independently, each takes advantage of services, tools, and professional support made possible by the IPA. Don't let them go it alone, donate today!

Platinum
Transparency
2024

Candid.

Concerned about how the IPA spends your donations? Reach out to executive director Tim Pyle with any questions. The IPA once again secured the highest rating from [Candid/Guidestar](#), so give with confidence.

Next Virtual

NO GRAPHIC

Workshop

Saturday, January 25, 2025
10 a.m. - 6 p.m. US ET

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

AVAILABLE Just a terrible looking link:

<https://web.charityengine.net/IPA2025-Virtual-1>

Please give so we can continue to bring you eye-pleasing and professional looking materials, social posts, and an ever-improving website. Help us pay 2025 technology bills with a donation today!

QUICK HITS from the IPA Inbox

If you've read this far, you're probably getting it by now - that's right, no IPA, no IPA inbox to monitor the latest news - and yes - humorous side to our challenges. Plus, the planned update to Dr. Steve Soifer's award-winning shy bladder syndrome book would stay "on the shelf." Give today!



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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