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IPA INTERNATIONAL PARURESIS ASSOCIATION

1996 • Celebrating 29 Years • 2025
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 2025

The "Black and White" Issue

No updated "Secret Social Phobia" book
No Program Assistant for higher level support
No on-going research article here
No government advocacy
No workshop listing or support groups here
No women's resource article here
No free resource listing here

The Facts in Black and White—For New Donors and Long-Time Supporters

Why is this month's issue only in black and white? Because this month, we're laying out just the facts. No frills. No sugarcoating.

Without consistent donations to the IPA, we simply can't be there for people with paruresis—and for their families and friends—around the world.

If you've donated in the past, please help us continue to:

- Provide topquality professional resources;
- Support the latest research;
- Connect you and others to leading global experts on paruresis;
- And just be here when you need someone to listen and to simply encourage you!

If you've never donated before, this is the perfect time to start. Your gift today will help us reach new heights in 2026 and beyond.

Please take this reminder to heart and make a donation today.



Each year, we work hard to operate as responsibly and efficiently as possible. When that careful stewardship is combined with increased giving, we're able to add more to our growing endowment for the future.

Right now, we're halfway to our \$1 million endowment goal. Reaching that milestone would generate enough ongoing support to sustain a professional staff for years to come—so we can keep showing up for people with paruresis, no matter what the future holds.

Want to make an impact that lasts for generations? Consider a legacy gift or including the IPA in your estate planning to help secure this vital future.

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!



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 2026 with a donation of any amount today!

SAD, BUT TRUE STORY:

Last year, our Executive Director, Tim Pyle, received a donation outreach email response that truly bears repeating: "The IPA was there when I needed it, but I don't need it anymore."

"Say what?!" indeed.

This comment highlights two critical points:

- 1. The IPA truly *does* help people recover from paruresis (hooray!)**
- 2. It is absolutely critical to make the case for consistent donations.**

If everyone who found relief had felt that way before they reached out for help, the IPA wouldn't have been here when *they* needed us. Irony!

If you've been helped by the IPA, please continue to "pay it forward" with a gift today. The person struggling with paruresis tomorrow needs the IPA to be here, ready to say, "You are not alone!"

Exclusive "Members Only" Benefits:

Make a donation of \$100 or more, and take advantage of savings on 2026 workshops, access to the members only resource site, plus get invites to our members only webinar events. Next up:

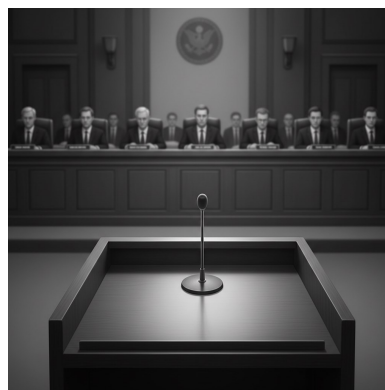
Tuesday, January 6, 2026 at 7:30 p.m. Eastern Time join us for the IPA Premiere of member Steven Jackson's documentary, "**Pee Shy**". The director will be on hand for behind-the-scenes tidbits and Q&A.

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

Without advocates for your rights, who will make sure the U.S. Department of Transportation keeps its promise to allow oral fluid testing in the government workplace?

For more than 20 years, the IPA has led the effort to ensure that shy bladder complaints are finally taken seriously. Thanks to this sustained advocacy, the government has acknowledged the problem—and we continue to push for full implementation of its own new rules.

But advocacy at this level doesn't



An empty podium

happen by accident. Without your donations, we cannot speak up for sufferers in a focused, persistent, and effective way.

Your support keeps the pressure on—and keeps progress moving forward.

means no one is speaking up for people with paruresis.

UPCOMING WORKSHOPS and EVENTS

We've got even more great ideas for how to improve workshops and events for 2026, 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. 18, 2026

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 again for 2026 if our fundraising efforts hold up. Help us kick off new locales 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
2025**

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.

**NO GRAPHIC
AVAILABLE
Just a terrible
looking link
below:**

Next Virtual Workshop

**Saturday, January
24, 2026
10 a.m. - 6 p.m. US
ET**

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

What's on the Drawing Board for 2026—If We Fully Fund Our Budget?

With your support, here's what we're planning for 2026 and beyond:

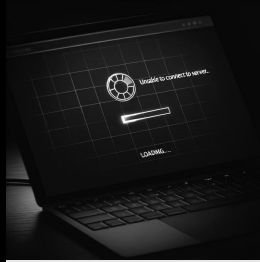
Bring The Secret Social Phobia to even more people: Promote the 3rd edition of *The Secret Social Phobia* and produce a new audiobook and multiple translations so sufferers worldwide can access this life-changing resource.

Launch our "Shy Bladder Talk" podcast: Create a dedicated podcast on Spotify featuring experts, personal stories, and practical strategies—so people can get help and feel less alone, anytime, anywhere.

Host monthly expert webinars: Schedule regular online events with leaders in **psychology, urology, and related fields** to share the latest

Sign up here:
<https://web.charityengine.net/IPA-VWS-Jan-2026>

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 2026 technology bills with a donation today!



research, treatment approaches, and hope.

Grow our direct support for sufferers: Have you met Hassan? With your help, we can bring our program assistant to **full-time**, allowing us to offer deeper, more consistent support to people reaching out in crisis.

Expand our research program: Under the guidance of member Dr. Jared Worchel and Board Member Dr. Phillip Yang, our research work will go into high gear in 2026. Help us take advantage of newly uncovered opportunities we want to investigate.

Celebrate 30 years of the IPA—with impact: Mark the **30th Anniversary of the IPA** in a way that draws greater media attention to paruresis—and inspires **even more financial support** for our mission.

Your gift today doesn't just keep the lights on—it helps turn these plans into reality for everyone who needs the IPA.

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 new update to Dr. Steve Soifer's award-winning shy bladder syndrome book would have stayed "on the shelf." Thank you for your wonderful past support of the IPA - or your new gift. Want to review your past giving? Sign in to our new Donor Center powered by CharityEngine. Your username is your first name, an underscore, and your last name. "First_Last".

[Click to visit the Donor Center](#)

With no IPA, who will update social media about our work?



**Our Mission If You Choose to Support It:
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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