



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.*

*February 2023*

**r/Paruresis Breaking Records  
Dr. Steve's Down Under Travelogue  
Dan Rocker Webinar for Pros  
We ♥ You Friends and Family!**

**Virtual Support Group - Mar 12 | Women's Support Group**

### **r/Paruresis Breaking Records**

What could have possibly driven over 100 people to join the reddit forum [r/Paruresis](#) in the span of just a few days? Credit to our Shy Bladder brothers and sisters who spoke up in the comments of a [post on r/funny](#) regarding the men's room line at the Super Bowl. The post generated 27,000 upvotes and nearly 1,400 comments - a good number from sufferers who flat out cried "uncle" when considering the elbow-to-elbow lines at the urinals. If 7% of people suffer from shy bladder, that means for 93% of people, it may never cross their minds. So, a big shout out to the Paruresis community for taking advantage of an opportunity to draw attention to our plight. Join the conversation on the public [r/Paruresis](#) board and on the IPA's own [r/ShyBladderIPA](#).

### **Live Workshops**

**Charlotte, NC:  
March 24-26  
(Pre-Registration  
Open Now! [Click here.](#))**

*Toronto: May ??  
(Tentative, Dr. Steve)*

*Detroit: Summer  
(Dr. Steve)*

*Dallas: Summer  
(Roger Merritt)*

*Virtual: July*

*Austria: September 1-3  
(Tentative, Dr. Steve)*

*Baltimore: September  
(Dan Rocker)*

*Long Island: Fall*

**IPA**  
paruresis.org

**Congrats r/Paruresis from the International Paruresis Association on passing more than 2900 members!**

**Kudos to you for showing sufferers "You are not alone!"**



*(Dr. Steve)*

*Vancouver: Fall  
(Paul Cosulich)*

*Atlanta: Fall  
(Roger Merritt)*

*Southwest USA:  
November/December*

*Don't see your city? Fill out the workshop interest form [here](#). See the posted schedule [here](#).*

*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.*

### **Dr. Steve's "Down Under" Travelogue**





IPA Co-Founder and "Godfather" of Paruresis Advocacy Dr. Steve Soifer recently travelled back to Australia to host another live weekend workshop there for 11 brave participants. He expresses his sincere thanks to all who made it possible - and for the warm welcome from the [Paruresis Association of Australia](#). Support for Aussie sufferers is strong and growing. Expect more offerings from the PAA in the near future. In his travels, Dr. Steve was prolific in documenting the state of Australian restrooms. He continues to be shocked by the near universal lack of urinal dividers. And, yes, that is a trough at an airport! We've shared a few of his photos on the IPA Facebook page, and you can see more on [Dr. Steve's page, too](#). His takeaway? "You can do better, Australia!"

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### For Mental Health and Urologic Professionals

IPA President and Licensed Clinical Social Worker Dan Rocker will be featured on an upcoming webinar hosted by the Psychoanalytic Psychotherapy Study Center on March 18 from 10 a.m. to 12 p.m. US ET. The talk – **“The Secret Social Phobia: How to Identify and Treat Paruresis (Shy Bladder)”** – is open to all teachers, counselors, nurses,



parents, health practitioners and community members. It provides 2 hours of continuing education credits for LCSWs, LMSWs, LPs, LMHCs, LCATs, and licensed psychologists. Click [here](#) to register through eventbrite. The cost is \$40 for regular admission or \$25 for Student/PPSC Refugee Program Volunteers. That's a bargain for Dan's expertise!

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### Friends and Family Thank You!

Is it too late to re-post here our Valentine's Day thank you to all of our friends and family members who support us on our journey of shy bladder recovery? We say "not!" Your support is appreciated! Want to learn more? Check out our "Friends and Family" page [here](#).

Today, the IPA thanks our friends  
and families for all their support!  
Happy Valentine's Day!

Thanks PRO4D, pixabay.com

## From the IPA Inbox

**BMJ (British Medical Journal) tells doctors "what your patient is thinking" about Paruresis.**

The [UK Paruresis Trust's Ian Harris](#) was spotlighted in this issue from October 2021.

*Somewhere in my late teens I started to have difficulty peeing in public toilets. I would stand there with nothing coming out, willing myself on with no success. As this problem became more frequent, I stopped going to urinals and used cubicles instead. In my mind this wasn't normal, and I started to feel inadequate compared with other men. I would try to make as little noise as possible so people couldn't hear me peeing in the cubicle, as I worried others would think I was weird. [Read more [here](#).]*



**The Cleveland Clinic updated their info page on Paruresis. (Did a bot do this?)**



*Shy bladder syndrome (paruresis) is a type of social anxiety disorder. People who have this disorder are unable to or have severe difficulty urinating (peeing) when they're away from home. No matter how urgently they have to go, they have a lot of trouble peeing in a bathroom that isn't their own. Healthcare providers also call this disorder:*

- Avoidant paruresis.
- Bashful bladder syndrome (BBS) or bashful kidneys.
- Pee phobia.
- Psychogenic urinary retention.
- Urophobia.

*People with this condition are physically able to pee, but their anxiety prevents them from being able to go in certain situations or places. This often includes public restrooms or someone else's bathroom. The muscles in their bladder and urinary tract tense up and can't relax to let urine flow. Read more [here](#).*



Wondering about the **Department of Transportation's new rules** for Oral Fluid Specimen drug testing? We are too! The end of April will be one year since the [comment period](#) closed. We'll keep you posted on any developments, but for now, waiting . . .

## UPCOMING PARURESIS SUPPORT EVENTS & NEWS

### Virtual Support Group Meeting - FREE!

Sunday, March 12, 2023

8 pm US ET | 7 CT | 6 MT | 5 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 NOW THROUGH



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



**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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