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1996 • CELEBRATING OUR 30TH YEAR • 2026

IPA INTERNATIONAL PARURESIS ASSOCIATION

*Shy Bladder Syndrome Education, Treatment
& Recovery – A nonprofit organization
dedicated to healing paruresis worldwide.*



“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 2026

**30th Anniversary Workshop - Special Pricing
Virtual Workshop Success!**

♥ the IPA

"Pee Shy" Release Date - February 25, 2026

You've bought the book, now review it!

Quick Hits: "Anaconda" and NYC Toilet Czar

Detroit Rock City!

Shame on us for not fully appreciating what has taken place over the past 26 years. The data we've recently unearthed is truly astounding:

From 2000 to 2019, Detroit hosted 19 IPA workshops—missing only 2002. PostCOVID, workshops returned again in 2022 and 2024. Across that entire span, more than **297 seats were filled by 138 different participants**. If any city deserves to host the official “**30th Anniversary IPA Weekend Workshop**,” it’s Detroit. (Sorry, Chicago and Baltimore!)

With the encouragement and support of our local leader, Patrick, we’re excited to offer **special anniversary pricing** to celebrate 30 years of the IPA.

IPA Co-founder, Dr. Steve Soifer will be in Detroit from Friday, May 1 to Sunday, May 3 to lead a special weekend workshop.

Here is the registration link: [IPA Live Weekend Workshop – Detroit, MI: May 1–2, 2026](#)



The **earlybird base price is only \$350**. On top of that, members and returnees can stack their usual benefits:

- Members save **\$100** with a promo code
- Returnees receive **\$100 back after the event**

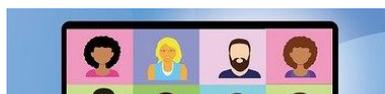
That means members who have attended before will pay a net cost of **just \$150**.

We want you at this Anniversary event. Venue details and the full agenda are coming soon. (Sorry, accommodations aren't included.) We expect this event to **sell out quickly. We've met our minimum** and it is already officially a “GO!” Please note that after April 1, this special pricing ends and the base price will return to the regular **\$795**.

Don't miss this historic celebration.

Virtual Workshop Report

And speaking of workshops, IPA President Dan Rocker and Executive Director Tim Pyle hosted



12 men and 2 women (yes, women!) on our most recent virtual workshop on January 24, 2026. Here are a few key takeaways reported by attendees:



"You're not going to get to zero anxiety. The key is to perform amidst it."

"There are more people with the same condition as mine and there is always help available."

"I can take these same tools and principles and know they WILL apply to the real world and my personal progress."

Watch the workshop page for the link to register for the next virtual workshop scheduled for Saturday, August 15, 2026.

"I have the strength to change and everything the IPA provides reinforces and helps guide that journey. I am immensely grateful. Thank you!!!"

♥ the IPA

If you've never supported the IPA with a donation, February 14 is a day to show you ♥ the IPA in even a small way. Please consider a donation of just \$14. What will you get in return? Not only a vote of confidence in the IPA but also a feeling of warmth like you just took a sip of delicious hot chocolate. :-)

Click the graphic nearby to make your gift.



Donor Center

Click this button to manage your donation account from our official portal provider "CharityEngine." Your username is "First_Last". Gifts of \$100 or more give you access to the Members Only site. →→→

Members Only Site

Click this button to access the members only site with lots of classic IPA resources (audio, video, and print) as well as find workshop promo codes and the link to the monthly support Zoom. Sign in with your email address.

"Pee Shy" Film Wide Release Date Announced

IPA Member and documentarian Steven Jackson's amazing film, "Pee Shy" will be released to the public on Wednesday, February 25, 2026. We'll keep you updated on the links to view on YouTube and soon on the IPA website. Let's help it go viral. Congrats Steven on this accomplishment.



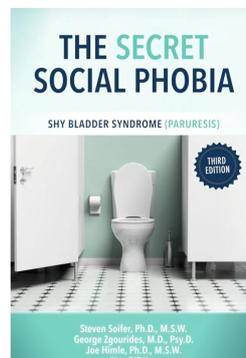
You've bought the book. . . Now write a review

Thank you to everyone who has purchased a copy of the latest edition of **The Secret Social Phobia**, the world's bestselling book on shy bladder syndrome. Now that you've had a chance to read it, please don't forget to visit [Amazon](#) and [Goodreads](#) to leave a rating or review. As you probably know, Amazon royalties won't make even a tiny dent in our budget—so this isn't about revenue. It's about ensuring that people who need this resource can find it. Your review genuinely helps others discover the support they've been looking for.

Dr. Steven Soifer
The Secret Social Phobia: Shy Bladder Syndrome (Paruresis)

5.0 ★★★★★ (1)

Top New Release in Anxieties & Phobias



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Don't have your copy yet? It's just \$9.99 on Kindle or \$19.99 in print for what many consider the "Swiss Army Knife" of recovery:

- Help for those just beginning their journey
- Guidance for people already well down the road
- Insights for family members, friends, and medical or mentalhealth professionals seeking the most trusted information on paruresis

Compare with similar Set price alert Is it a set

The 3rd Edition features 60 pages of brand-new content from our Shy Bladder Center experts, plus an updated and expanded research list. Grab your copy on [Amazon](#) today.

We're already hard at work on the **Audible edition** and updated translations, so keep an eye out for those releases in the future.

UPCOMING WORKSHOPS and EVENTS

*Finances a problem?
Inquire about the status of scholarships
by completing our online form [here](#).*

What is a Shy Bladder Workshop? [Learn More.](#)

LAST CHANCE APPROACHING for Philadelphia, March 20-22, 2026. We need 3 more signups by February 20 to make this event a go. Don't delay in registering. Questions? tim@paruresis.org

Date	Location	Format	Leader(s)	Notes
Jan. 24	Online	Virtual	Dan Rocker	Success!
Mar. 20-22	Philadelphia	Weekend	Dr. Daniel Chazin	Pre-registration Open
Apr. 10-12	Chicago	Weekend	Dan Rocker	Pre-registration Open
Apr. 24-26	Sydney, Australia	Weekend	Rom Noonan	Pre-registration Open
May 1-3	Detroit 30th Anniversary Event	Weekend	Dr. Steven Soifer/Mike Hurd	Registration Open. This is a GO!
May 22-24	Vienna, Austria (hosted by ATPA)	Weekend (English)	Johannes Lanzinger, M. Sc.	Contact office@paruresis.at for full list of English or German offerings.
June 6	Boston	Hybrid	Mike Hurd	Pre-registration Open
June 13	Charlotte	Hybrid	Roger Merritt	Pre-registration Opens Soon!
July 17-19	Seattle	Weekend	TBA	Pre-registration Opens Soon!
Aug. 15	Online	Virtual	Dan Rocker	Tentative Date
Sept. 11-13	Baltimore	Weekend	Dan Rocker & Daniel Chazin	Pre-registration Opens Soon!
Nov. 7	Atlanta	Hybrid	Roger Merritt	Pre-registration Opens Soon!
Nov. 14	NY	Hybrid	Dan Rocker	Pre-registration Opens Soon!
TBA Q4	Perth, Australia	Weekend	Rom Noonan	Planned

Next Monthly Virtual Support Group Meeting - FREE!

Sundays, Feb. 22 and Mar. 22, 2026

1 pm US ET | 12 CT | 11 MT | 10 PT

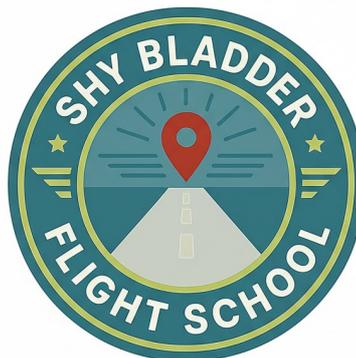
Your Hosts: David Kliss (Support Coordinator) and Steven Weinraub (West LA Support Leader)

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. Feel free to leave your camera off and not talk if that's a good first step for you.

Weekly Virtual Practice-FREE!

IPA Program Assistant, Hassan, holds weekly online graduated exposure practice sessions. Join him most Saturdays at 11 a.m. PT/ 2 p.m. ET! followup@support.paruresis.org

WOMEN'S Virtual Support Group



Is not being able to pee on airplanes your main challenge?

The IPA is in the process of developing an airborne workshop program for you. Fill out [the contact form](#) if you'd like to share your thoughts on what this program should contain. Your ideas are welcome and needed. No obligation to attend.

Live Workshop Notes

Each live workshop needs a minimum of 5 pre-registrations to make it a "go!" We'll return all your funds if we don't make our minimum. Sign up today. See the graphic above.

Meetings

Your Host: Andrea Weyant
women@support.paruresis.org

Next Meeting: TBA

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.

Women's Reddit Channel:
<https://www.reddit.com/r/paruresisinwomen/>

PEE BUDDIES SOUGHT in these locales:

Delray Beach, WPB, FTL

Vancouver Island

Boston, MA

Raleigh, NC Area

[Your City Here!](#)

An independent group is available on Facebook. Click the logo to connect.



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.

LOCAL MEETINGS

These locales hold regular in-person events. Reach out to these volunteers today!

San Francisco (Lou):
sanfrancisco@support.paruresis.org

Milwaukee (Dave):
davidk@support.paruresis.org

Chicago (Brian):
chicago@support.paruresis.org

Baltimore (Bill):
baltimore@support.paruresis.org
Most second Sundays

Toronto (Jim):
toronto@support.paruresis.org
Next date: Feb. 15

Hudson Vly/Metro NY (Dr. Steve):
hudsonvalley@support.paruresis.org
Next date: Mar. 1

Maine (Mike):
maine@support.paruresis.org

Southern Ill./St. Louis (Tom)
illinois@support.paruresis.org

Find your local support group or contact person [here](#).

QUICK HITS from the IPA Inbox

*Have a mention of our condition that you'd like to share?
Email it to getinfo@paruresis.org.*

This just in . . .

Reports have reached the IPA of an exceedingly compassionate response to a character with Shy Bladder Syndrome in the latest from Paul Rudd and Jack Black. A perfect way to practice using your "Stadium Pal" - head out to the theater to see "Anaconda" - and let us know what you think. PS It's okay to laugh.



NYC Establishes "Toilet Czar"

Perhaps if more cities had this role, there'd be more dividers, and hopefully more single-occupancy all-genders toilets. Join the fight at americanrestroom.org. Click the photo to see Aaron's reel.





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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