



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.

January 2023

Thanks for the Memories, AmazonSmile :-)
"The Secret Social Phobia" in Español audio :-)
NFL's Kicking the Stigma :-)
For Mental Health Professionals: Dan Rocker Session
Best Urinal Design? :-) | Don't Do This! :-)

Virtual Support Group - Feb 12 | Women's Support Group :-)

Nothing to Smile About: Amazon discontinues popular donation program.



It was good while it lasted! Since 2014, the IPA has benefited from your purchases on Amazon.com to the tune of \$1,600 with 75 people supporting. That's nothing to sneeze at - equal to four members' basic memberships. **However, the program will be discontinued on February 20.** According to Amazon, "After almost a decade of running AmazonSmile, we learned that with so many eligible organizations—more than 1 million globally—our ability to have an impact was often spread too thin." That too bad, because we never felt that way. So, so long AmazonSmile, it was nice to know you. We'll keep you posted on other similar matching programs.

Live Workshops

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

Toronto: May 12-14
(Tentative, Dr. Steve)

Detroit: Summer
(Dr. Steve)

Dallas: Summer
(Roger Merritt)

Virtual: July

Baltimore: September
(Dan Rocker)

Long Island: Fall
(Dr. Steve)

Steven Soifer

George Zgourides

Joe Himle

Nan O'Brien

La Fobia
Social
Secreta -
La Vejiga
Timida
(Paruresis)

Vancouver: Fall
(Paul Cosulich)

Atlanta: Fall
(Roger Merritt)

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

Southwest USA:
November/December

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

Spanish Audiobook Now Available

In good Amazon news . . . the IPA's flagship book – *The Secret Social Phobia: Shy Bladder Syndrome (Paruresis)*, 2nd edition by IPA Co-founder and primary author, Dr. Steve Soifer, Ph.D., LCSW-C – is now available in Spanish-language audiobook format to go along with the Spanish print version. Still just \$3.99. Check out the audio sample on the Amazon page [here](#).

All of our 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.

Just for Men: If NFL'ers Can Do It, So Can You!



'Kicking the Stigma' campaign shirts raise awareness on mental health

'Kicking the Stigma' campaign shirts raise awareness on mental health.

We know that suffering from Paruresis can make us feel less "manly" than we think we should be. Who's the most manly group on Earth? A case could be made for NFL players, yet here they are highlighting the league's **"Kicking the Stigma" program** in an in-game [sideline report](#) (click the photo to view).

For many Paruresis sufferers, just telling someone has been a necessary, yet fulfilling first step in recovery. The IPA has created a resource, long used in our live workshop material to help you **"Tell Someone - And Survive!"** For a copy, click [here](#) to request.

Thanks to the NFL for starting the conversation. **"Hey friend, loved one, family member - have you seen that NFL Kicking the Stigma PSA?** Yeah, a bunch of NFL'ers talking about how it's important to take care of our mental health. Well, here's something I need your support with . . ." Be a "real" man - be vulnerable - share your story. (For the official one-minute PSA, click [here](#).)

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!

From the IPA Inbox

"What's the best design for splash-free urinal? Physics now has the answer."

From author Jennifer Ouellette writing for ars Technica on November 11, 2022:

*Scientists at the University of Waterloo have determined the **optimal design for a splash-free urinal**: a tall, slender porcelain structure with curves reminiscent of a nautilus shell, playfully dubbed the "Nauti-loo." That's good news for men tired of having urine splash*

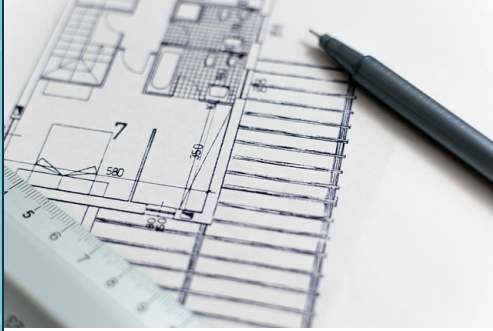
DON'T DO THIS! "Rich New Yorkers are getting bladder surgery and Botox to avoid bathroom breaks on the drive to the Hamptons."

From author Doree Lewak writing for Insider on June 29, 2023:

Traffic en route to the Hamptons has gotten so bad that it's sending some well-heeled New Yorkers to the doctor for a medical procedure



onto their pants and shoes—and for the poor souls who have to regularly clean up all the splatter. Bonus: It's quite an aesthetically appealing design, giving this workhorse of the public restroom a touch of class. Read more [here](#).



that reduces the urge to pee so often.

Crawling through increasingly insufferable summer traffic to and from their second homes, sometimes as far as 100 miles away, has left many of New York City's wealthiest — especially those on the older side — with increased bladder issues, as there are few places to stop during the multi-hour trip.

To combat "Hamptons bladder," New Yorkers who summer in the exclusive Long Island enclave are seeking a pair of specialized medical procedures: prostate artery embolization, which reduces the size of the prostate in men, and "bladder Botox," which decreases urinary frequency for women. Read more [here](#).

UPCOMING PARURESIS SUPPORT EVENTS & NEWS

Virtual Support Group Meeting - FREE!

Sunday, February 12, 2023

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 NOW THROUGH

Network  for Good®

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





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.

Copyright © 2023 International Paruresis Association, Inc. All Rights Reserved.

Image credits for first use (source): "[Design](#)" by Lorenzo Cafaro (Pixabay), "Reststop" by Jackson Photography (Adobe), For images and graphics, IPA uses Pixabay (pixabay.com) a free service (support these artists!) and Adobe Stock (through an Adobe Creative Cloud subscription; stock.adobe.com). Corporate logos are property of their respective owners.