



1996 • Celebrating 28 Years • 2024

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 2024

Let's Talk Catheters - Part II
Seth MacFarlane Nails It Again

Paruresis Dreams Poll

2024 Resolutions

For the Bookshelf

Event Updates and the Usual Funny Stuff from the IPA Inbox

Let's Talk Catheters - Part II

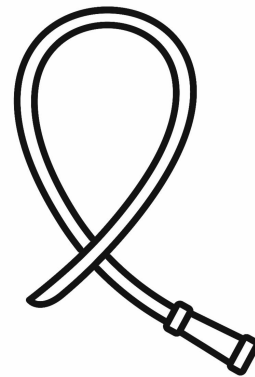
In our November 2023 issue, we shared some basic information about catheters. The edition generated many emails and comments, so we thought we'd add a little extension to the conversation ([find Part I here](#)).

Several readers wanted us to mention that using a catheter can be a challenging process depending on your anatomy and they highlighted the importance of including your medical professionals in your education process. Many in the community reported that with care, extreme proper hygiene, and practice that self-catheterization can be an important part of your recovery process. With a very small percentage of exceptions, catheterization should work for everyone.

As noted last month, many sufferers say that once they learned how to self-catheterize, they never needed to do it. Just having the procedure as a fallback lowered their anxiety.

Shy Bladder Center Member, Paul Cosulich, recommended that we highlight the SpeediCath Compact. You'll find an excellent video about it [here](#).

As we said last month, with proper education and support, sufferers can learn



to self-catheterize, promoting a sense of control and reducing anxiety. Consider the freedom of knowing this valuable coping skill.

The information provided here is educational in nature. If you are having trouble urinating, you should always contact a physician since difficulty with voiding can be a symptom of a serious medical condition. You should have your doctor evaluate your condition before diagnosing yourself and seek the appropriate necessary medical and mental health counseling if warranted. No endorsement of any company or provider implied.

HOT OFF THE "PRESS"!

Continuing in a long line of sympathetic shy bladder portrayals from the mind of **Seth MacFarlane** (Family Guy, The Orville, etc.) comes this 45-second gem from the new series "ted" on Peacock. 5.2 million views to date! (Sorry, it's only available on whatever that twitter thingy is now . . .NSFW)



IPA Email Poll

US election season is upon us, so voting is on our mind. This topic has come up in a few support groups and board meetings. We thought we'd ask the community...

Do you have dreams where your Paruresis is part of the storyline?

Nope

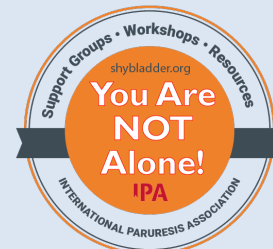
Yes - And usually, it's about not being able to go.

Yes - And usually, it's about being able to go.

Both scenarios.

Platinum
Transparency
2023

Candid.



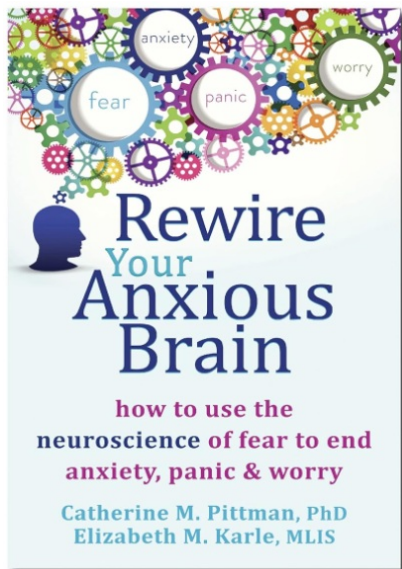
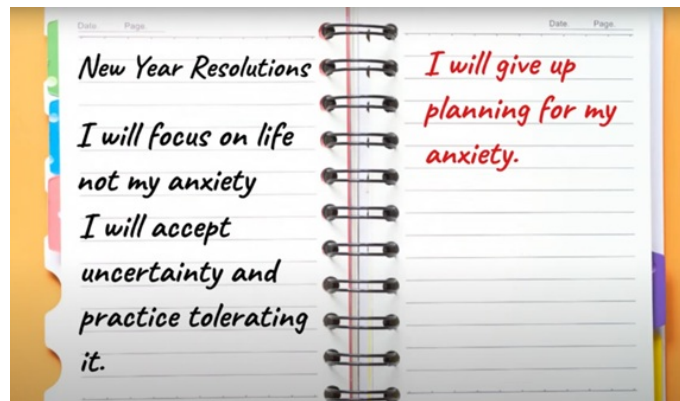
Your donation of ANY amount is important to the IPA so we can show potential funding organizations that the Paruresis community cares about research, education, and recovery. We are still 75 donors short of our 500-donor goal for 2024. A donation at the level of \$100 or more counts you as an official member - and grants access to workshop discounts and special members only resources. However, every dollar donated sends a strong message about the IPA as an organization. Please consider a donation today.

ANONYMOUSLY DONATE ANY AMOUNT HERE

NEW YEAR'S RESOLUTION: Give Up Anxiety in 2024

Friend of both the IPA and [UK Paruresis Trust](#), Psychologist Martin Burridge has been instrumental in making fantastic, brief, self-help videos geared toward Paruresis as well as many other mental health issues.

(You'll find them on our YouTube page in [Playlists](#).) Click on the graphic nearby to view his latest video that encourages us with five resolutions to end anxiety this year. In particular interest to those affected by Paruresis are numbers 3 and 4 related to over-planning and committing to doing things we typically avoid. Thanks Martin for your wonderful encouragement! You'll find all his YouTube videos under the handle [@TheAnxietyAttic](#).



FOR YOUR BOOKSHELF

Well actually, you should read the book first, then put it on your shelf! One of our longtime members and recent live workshop attendees, Chet, recommends **"Rewire Your Anxious Brain"** by Catherine M. Pittman, Ph.D. and Elizabeth M. Karle, MLIS. (Ed. Note: *That's Master of Library and Information Science, I knew you'd ask . . .*)

"I genuinely appreciated how Dan and Steve talked to us about the nature of the brain in relationship to Paruresis, and how the amygdala and the cortex play into fear and anxiety. So I did some sleuthing and found the following book, which I'm finding immensely helpful

because it talks about it methodically and articulately. I think that you might recognize some of the information and wisdom that Steve and Dan and Andrea shared with us, and you might find some of the touchstones covered in this book reinforcing to your practice. It's a bargain at \$11.79, including access to online information and worksheets." Thanks for the recommendation, Chet! Feel free to share your favorite resources [here](#) for a future issue.

UPCOMING PARURESIS SUPPORT EVENTS & NEWS

Virtual Support Group

Meeting - FREE!

**Sunday, February 18,
2024**

**4 pm US ET | 3 CT | 2 MT
| 1 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 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**

**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.

LOCAL MEETINGS

These locales hold

Live Workshops

Each live workshop needs a minimum of 5 pre-registrations to make it a "go!" 100% Money Back Guaranteed if we don't make our minimum. Sign up today.

2024 Schedule

INDIA FREE Virtual Mini-Workshop

Sat. Feb. 3, 2024 • 6:20 p.m. IST

Leader: Dr. Steven Soifer, Ph.D., LCSW

Free for participants in India

[Click here to request the link](#)

BOSTON Live Weekend Workshop

Fri. Feb. 9 to Sun. Feb. 11, 2024

Kickoff Fri. 7 p.m.; Sunday 'til 2 p.m.

**Leaders: Dan Rocker, LCSW, MA AND Dr.
Steven Soifer, Ph.D., LCSW**

Special Price: \$500; \$400 for IPA members

THIS EVENT IS A "GO!"

[Click here for important special details and to register](#)

CANADA Live Weekend Workshop

Fri. Mar. 22 to Sun. Mar. 24, 2024

Red Deer, Alberta

Kickoff Fri. 7 p.m.; Sunday 'til 2 p.m.

Leader: Dr. Steven Soifer, Ph.D., LCSW

CAN\$795; CAN\$695 for IPA members

[Click here for details and to register](#)

CHARLOTTE Live Weekend Workshop

Fri. Apr. 5 to Sun. Apr. 7, 2024

Kickoff Fri. 7 p.m.; Sunday 'til 2 p.m.

Leader: Roger Merritt, LCMHC

\$795; \$695 for IPA members

*SPECIAL PROGRAMMING AVAILABLE for
ADVANCED ATTENDEES, TOO!*

[Click here for details and to register](#)

CHICAGO Live Weekend Workshop

Fri. Apr. 12 to Sun. Apr. 14, 2024

Kickoff Fri. 7 p.m.; Sunday 'til 2 p.m.

Leader: Dan Rocker, LCSW, MA

\$795; \$695 for IPA members

[Click here for details and to register](#)

DETROIT Live Weekend Workshop

DATE TBA: May-June 2024

Kickoff Fri. 7 p.m.; Sunday 'til 2 p.m.

Leader: Dr. Steven Soifer, Ph.D., LCSW

regular in-person events. Reach out to them today!

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

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

Baltimore (Bill):
baltimore@support.paruresis.org

Toronto (Jim):
toronto@support.paruresis.org

Hudson Valley (Dr. Steve):
hudsonvalley@support.paruresis.org

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



Deadline approaching for you, Western Canada - let's make this event a "go!" Boston is on! Click

\$795; \$695 for IPA members

[Click here to sign up for announcements. Registration link coming soon.](#)

MEDITERRANEA Live Weekend Workshop
Lisbon, Portugal
Fri. Aug. 16 to Sun. Aug. 18, 2024
Kickoff Fri. 7 p.m.; Sunday 'til 2 p.m.
Leader: Dr. Steven Soifer, Ph.D., LCSW
€795; €695 for IPA members

[Click here to sign up for announcements. Registration link coming soon.](#)

SAN FRANCISCO Live Weekend Workshop
DATE: TBA
Kickoff Fri. 7 p.m.; Sunday 'til 2 p.m.
Leader: Dan Rocker, LCSW, MA
\$795; \$695 for IPA members
[Click here to sign up for announcements. Registration link coming soon.](#)

MINNEAPOLIS Live Weekend Workshop
DATE: TBA
Kickoff Fri. 7 p.m.; Sunday 'til 2 p.m.
Leader: Roger Merritt, LCMHC
\$795; \$695 for IPA members
[Click here to sign up for announcements. Registration link coming soon.](#)

BALTIMORE Live Weekend Workshop
DATE: Fri. Sept. 13 to Sun. Sept. 15, 2024
Kickoff Fri. 7 p.m.; Sunday 'til 2 p.m.
Leader: Dan Rocker, LCSW, MA
\$795; \$695 for IPA members
[Click here to sign up for announcements. Registration link coming soon.](#)

[Also to be scheduled:](#)

VIRTUAL: August

AUSTRALIA: July-August

VIENNA, AUSTRIA: September

DALLAS: September

And a potential Women's Live Event!

[Click here to sign up for announcements. Registration links coming soon.](#)

Don't see your town listed?

• Fill out our workshop interest form with your locale.

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

From the IPA Inbox: Random Stuff People Send Us

You'll find lots of helpful videos, plus all of the humorous ones we have found so far, in our YouTube Channel playlists [here](#).

"I'd rather jump out of a plane than ask my neighbor to get up so I can go to the bathroom!"

"You're serious, you actually need to use the bathroom on a seven-hour flight?" "We're all wearing diapers how did you not get the memo?"



Top 10 Urinals

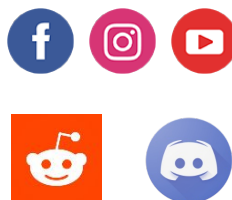
Yes, someone has spent valuable time creating this site. We don't make it up folks, we just report it.



1	Nature's Call by Clark Sorensen
2	World's Largest Restroom
3	John Michael Kohler Arts Center
4	The Felix
5	Womens Urinal at Dairy Queen
6	Public Rest Rooms of Rothesay
7	Stadsbrouwerij Gruut
8	Amundsen-Scott South Pole Station
9	Middle Brighton Baths
10	Hat Noppharat Thara - Phi Phi Islands National Park

Office Hours: Monday - Friday 10:00 a.m. to 6:00 p.m. ET
800-247-3864 or 443-315-5250 (call or text)
getinfo@paruresis.org

See what's happening on our social sites



recovery strategies and advocating in the mental health, medical and legal communities.

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