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.*

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**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)

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**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.
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.

[ANONYNMOUSLY 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.

**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**
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.

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

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**Top 10 Urinals**

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

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

[Facebook](#)  [Instagram](#)  [YouTube](#)  [TikTok](#)  [Snapchat](#)  [Discord](#)

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**Our Mission:** The IPA is dedicated to supporting people with Paruresis; providing information,