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IPA INTERNATIONAL PARURESIS ASSOCIATION

1996 • Celebrating 29 Years • 2025

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 2025

**How Often Should You Pee? How to Stop
Virtual Support Group and Workshop
IPA \$10,000 Research Grant Available
Harry Mack Freestyles Using "Paruresis"
IPA on Bluesky | Thanks Don!**

*The IPA Office will be closed from February 1 - 11, 2025.
Apologies for any delay in responding.*

How Often Should You Pee?

As you are probably well aware, sufferers of Paruresis can have a tendency to be hyper-vigilant about the feeling of needing to pee. Their submarine sonar is always checking. "Do I have to go?" "Where will I be when I do have to go?" are typical questions. That leads to a question we hear a lot: "How often should I pee?" IPA President Dan Rocker shares the nearby graphic from NYU Langone Medical Center during workshops. Recently, wellness reporter Kristen Rogers sought the answer to that question for a post on CNN.com. A few takeaways from that research:

Normal Frequency: Most healthy people urinate about six to eight times a day. Peeing more or less frequently can indicate lifestyle or health issues.

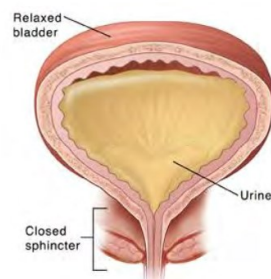
Factors Affecting Urination: Drinking a lot of water, alcohol, tea, or coffee can increase urination frequency. Other factors include temperature, physical activity, and individual health conditions.

Health Indicators: Excessive urination can be caused by conditions like overactive bladder syndrome, diabetes, urinary tract infections, or neurological diseases. If your urination pattern changes significantly, it might be worth consulting a healthcare professional.

The IPA encourages a frank conversation with your general practitioner and your urologist to ensure you understand the physical interactions with your mental health that affect Shy Bladder Syndrome symptoms. Access the entire article [here](#).

Urinary Norms:

- Frequency:
 - 6-8 voids per day
- Intervals:
 - Every 2-4 hours
- Amount Voided:
 - Should be able to count to at least 8 seconds from beginning to end of urination.



Now, How to Stop Peeing So Much

Here's an article that is a perfect follow-on to the item above. Now that you've identified that you are peeing more than "normal," how can you address that? On the fitness and health site self.com, Erica Sloan shares the key points in how to make a change:

1. Drink water wisely.
2. Avoid bladder irritants.
3. Strengthen your pelvic floor.
4. Retrain your bladder.
5. Manage your weight.
6. Treat constipation.
7. Quit smoking.
8. Consider medication.
9. Talk to a doctor.

As noted above, please be sure to involve your entire wellness team in your recovery! For the full article, click [here](#).



Next Virtual Workshop

Saturday, January 25, 2025
10 a.m. - 6 p.m. US ET

Leader: IPA President, Dan Rocker,
LCSW, MA



[Click Here for Info and to Register](#)

Help us reach our minimum registrations to make this a "go!" Just 3 more needed. Women: we have a female sufferer on-board so a women's only breakout and practice group is guaranteed.

IPA Request for Proposals for Research Grants Extended

The IPA Board of Directors has made available a grant of up to **\$10,000 for research** toward "Unveiling the Mechanisms of Micturition Inhibition in Public Restrooms." This project proposes a collaborative research effort to investigate the physiological and biochemical factors that contribute to micturition inhibition in public settings, with the **ultimate goal of identifying a medication** to allow people to freely urinate in public. The application process has been extended until the end of February with an award targeted in Spring. Please [share](#). We're excited to see where this research can take us!



This effort and others like it are only made possible through the gifts of individual donors like you!

Our primary fundraising season came to a fantastic close by 100% optimizing our \$25,000 matching gift program. We're still seeking about \$15,000 to fully fund our \$200,000 goal. Gifts of any amount are appreciated.

[DONATE](#)

Exclusive Members Only Benefits:

Make a donation of \$100 or more, and take advantage of savings on 2025 workshops, enjoy access to the members only resource site, plus get invites to members only webinar events.

UPCOMING WORKSHOPS and EVENTS

The 2025 schedule is coming soon. In the meantime, consider joining us for our next Virtual Workshop on January 25, 2025 (see below).

Next Virtual Support Group Meetings - FREE!

Sunday, January 19, 2025

1 pm US ET | Noon 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.

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.

PEE BUDDIES SOUGHT in these locales:

[Your City Here!](#)

Kudos to the new local contacts in San Francisco (Lou), Chicago (Brian), Los Angeles (Raul) and Arizona (Bryan). Thanks for stepping up!

Live Workshops

Scroll for Next Virtual

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.

WATCH THIS SPACE for 2025 Dates including San Francisco, Toronto, Baltimore, Chicago, Newark, Berlin, and more.

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 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 them today!

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

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

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

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

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

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

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

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

QUICK HITS from the IPA Inbox

COMING SPRING 2025 - The 3rd Edition of the #1 Selling Shy Bladder Book. We've pushed back the release date to add even more new content! Watch this space.

Send in your blurb about how this book changed your life and maybe it will make it in print!
getinfo@paruresis.org



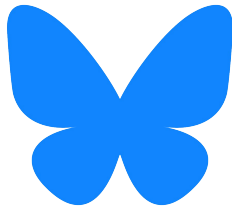
[Harry Mack Freestyles For Ludwig At The Streamer Awards](#)

To some of our younger readers, the sentence above may mean something. For the rest of us, the translation is . . . an improvisational rapper was at an awards thingy and when asked for a prompt word for a riff, a YouTube influencer came up with "Paruresis." We'll forgive his pronunciation, as the acknowledgement between two sufferers and the ensuing rap are priceless. Click below for the first 4 minutes.



The IPA is now on Bluesky!

Looking for an option to Facebook or X? We've joined the fastest growing new social media platform out there: Bluesky. It has the exact same functionality as X so it's easy to use and hashtag our favorite terms #Paruresis #ShyBladder. Join for free at <https://bsky.app/>.



Look below for all our active social media links.

Condolences on the passing of Don Woodside

The IPA recently learned of the passing last year of member Don Woodside. Don was one of the stars of the incredible 2018 short film by Varundeep Singh, "Nature's Call" where he shared his struggle with Paruresis. The video has been featured on our home page ever since. May we all be as bold in sharing our story and helping others as Don. (8 min. video)



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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