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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.

January 2026

This is Your Year!
"Pee Shy" Film Spotlights Workshop Experience
Donor Thank You
SSP3: Get Your Copy
Shy Bladder Flight School?
Nate Bargatze and Bathroom Reading

Consider this!

The IPA "phones" start "ringing" off the hook just after the new year. Why? Because the new year is time to take stock of where you are in your life. For many sufferers, when they consider what things they've missed out on, and the energy they've wasted planning every aspect of their days around when and where they'll be peeing, they say, **"I've had enough!"** Once they start their recovery, they wonder why they waited so long. If you've reached your tipping point, consider attending a shy bladder recovery workshop in 2026.



Click the graphic above to visit the [workshop schedule page](#). It is the definitive source for workshop updates.

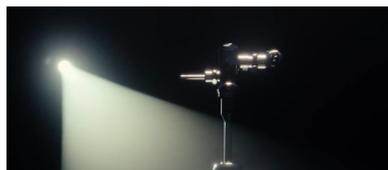
We need five registrations at least 30 days in advance to make each event a "go," so stop avoiding and sign up today.



You are not alone! We're here to help.

What's it like at a Workshop?

A workshop is a safe, structured program to help you begin to recover from paruresis. Much of what happens involves relearning



how to urinate in the presence of others.

The IPA has hosted hundreds of shy bladder sufferers in these events over the years. Many people report that they were nervous before the workshop and quite reluctant to sign up, but after the first few hours wondered why they hadn't sought help for their paruresis earlier. The fearful feelings are normal, so don't worry too much about them, just bring them with you to the workshop and anticipate meeting a group of people just like yourself. You'll feel at ease right away. Scroll for the updated list.

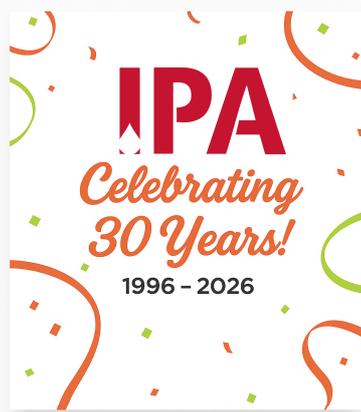


"Pee Shy" by IPA Member and Documentarian Steven Jackson made its IPA premiere at a members only event in early January. Click above to get an inside view of what a workshop is like. (19 min. on Vimeo)

"Wow!" says it all.

Thanks to our donors for an amazing end-of-year fundraising season. We reached our targets for the Oct-Nov-Dec period. We're still looking for about 90 folks who forgot to renew and new donors are always appreciated as they help us grow. In particular, I want to shout out one steady annual \$100 donor in particular who donated \$5,000 this year!

Watch this space for future announcements about how we'll be celebrating our 30th year in 2026. We wouldn't be here without our donors!



Donate

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. →→→

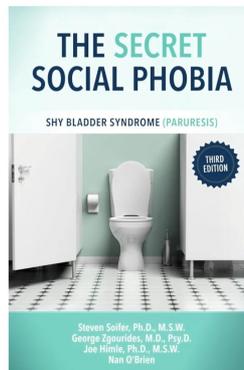
Members Only Site

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.

In Case You Missed It: Did you know the 3rd edition of the all-time best-selling shy bladder recovery book is now available?

Just \$9.99 on Kindle or \$19.99 in print for the "Swiss Army Knife" of recovery with content for those just beginning their recovery journey, for those deep on the road, and for family members, friends, and medical or mental health professionals looking for the best resources in the world on Paruresis. The 3rd Edition features 60 pages of brand new content from our Shy Bladder Center experts, plus an all new updated research list. Grab your copy on [Amazon](#) today.

Dr. Steven Soifer
The Secret Social Phobia: Shy Bladder Syndrome (Paruresis)
5.0 ★★★★★ (1)
Top New Release in Anxieties & Phobias



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UPCOMING WORKSHOPS and EVENTS

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

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!

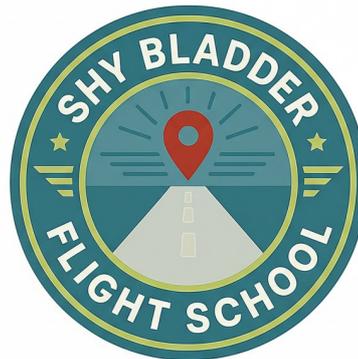
IPA Program Assistant, Hassan, holds weekly online graduated exposure practice sessions. Join him Saturdays at 11 a.m. PT/ 2 p.m. ET! followup@support.paruresis.org

WOMEN'S Virtual Support Group 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



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

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. See the graphic above.

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

about the next Zoom gathering.

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

PEE BUDDIES SOUGHT in these locales:

The Netherlands

Denver

Boston

Tennessee

[Your City Here!](#)



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

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

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

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

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

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

Next Virtual Workshop

THIS Sat., January 24, 2026
10 a.m. - 6 p.m. US ET

Leader: *IPA President, Dan Rocker, LCSW, MA*



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

This is a "GO" and a female attendee is registered!

QUICK HITS from the IPA Inbox

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

Nate Bargatz on Peeing in Prison

Apologies to our incarcerated fellow sufferers which is no joke. 1 min. each part. It is okay to laugh.

[Part One](#)

[Part Two](#)



Bathroom Reading: "Flushed with Fear: Would you quit your job over a bathroom mishap?"

You'll find [here](#) the results of an interesting survey of 1,000 people in the UK and US by a UK Bathroom Supplies Co. Their key findings, which we wouldn't find surprising:

- 76% of US employees and 75% of UK employees have experienced bathroom anxiety at work.
- Nearly 1 in 10 US employees (9%) have considered quitting their job due to a humiliating bathroom incident at work.
- 1 in 5 US employees would rather quit their job than talk to their manager about a bathroom issue.
- 83% of Gen Z employees have experienced bathroom anxiety, and 8% have considered quitting their job because of a mortifying moment in the loo.

Read the report [here](#). 4 min./750 words.





MICHAEL HURD

Feeling the Flow

Creating Freedom from Shy
Bladder Syndrome



Don't Miss!

IPA Shy Bladder Center Coach and Board Member Mike Hurd's new book, **"Feeling the Flow: Creating Freedom From Shy Bladder Syndrome"**. Available through Amazon (\$5.99 Kindle/\$12.95 paperback).

Get your wonderful new contribution to the Shy Bladder literature today. Here's Mike on the "Infinite Abilities" podcast (Spotify, 27 min.)



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.

International Paruresis Association, Inc.
P.O. Box 21237 • Catonsville, MD • 21228
getinfo@paruresis.org • 844-ICANTPEE • 844-422-6873

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