

1996 • Celebrating 26 Years • 2022

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 .

July 2022

The "Everything but the Kitchen Sink" Issue *Cleaning out the inbox . . .*

Secret Disneyland Bathroom | Holding It
Making a Federal Case | Slow Flow? | Donor Privacy Ruling
Meet a Workshop Leader



Everything But the Kitchen Sink

If this is "peak" summer, then it's also "peak" inbox time at the IPA as well. For an easy, breezy summer read, here are some quick hits from the IPA Inbox . . .

SECRET DISNEYLAND BATHROOM

Regular Facebook poster John shared this little tidbit with us. "If anyone ever goes to Disneyland there's a secret bathroom



Disneyland

Live Workshops

Vienna, Austria

- [Sept. 2-4](#)
- *This event is a "go!"*

Baltimore

- [Sept. 9-11](#)
- *This event is a "go!"*

Houston

- [Sept. 9-11](#)
- Need 3 more!

Winston-Salem, NC

- [Oct. 14-16](#)

Los Angeles, CA

- [Nov. 4-6](#)
- Need 1 more!
- 1 woman has signed up, looking for pee buddy!

Miami/FTL/WPB

- [Dec. 9-11](#)

everyone forgets about to the far right entrance into the park. It is down a hall that EVERYONE passes cause it's hidden. I went in and NO ONE was there on a sold out day. Thought it would be good to share for others suffering with this struggling to pee." Truly a place "where dreams come true!"

"Florida Man Holds Pee Long Enough To Break World Record Watching 'Spider-Man: No Way Home'"

'Ramiro Alanis just reclaimed a Guinness World Record after resisting bathroom breaks long enough to watch "Spider-Man: No Way Home" 292 times. . . The terms of the record stated the "movie must be watched independently of any other activity," which meant Alanis had to hold his pee as he wasn't allowed to take bathroom breaks, snag a quick nap or even check his phone while watching the film.' We're just reporting here people, but what's the takeaway? You can hold your pee longer than you think, just don't make a habit of this kind of behavior. It's not healthy in the long run. Read the full article [here](#).

Next Virtual Workshop:

- Interested? [Fill out our interest form.](#)

Click on the links above to learn more through the eventbrite registration portal.

LIVE Weekend Workshop Early Bird Pricing

First-Timers save \$50 off \$695

Returnees save \$95 off \$395

See the eventbrite registration page links above for promo codes and expiration dates.

Vienna pricing is slightly different; details on the registration page.



A FEDERAL CASE?

Did your Mom ever say, "don't make a federal case out of it?" Here's a potential one that has to do with observed urine tests. "In a 4-3 decision the Ohio Supreme Court recently [Sept. 2020] held that the privacy of an at-will employee is *not* invaded when the employee is required to produce a urine sample while being monitored by a same-sex employer representative (the "direct observation method"). . .Of note, the plaintiffs did not object to the employer's right to drug test its employees – they only objected to the manner in which it was administered.

"The dissenting opinion stated that the at-will doctrine has no application to the employees' invasion of privacy claims, but that if applied, the employees could not be terminated for failing to submit to the test because the court has held that invasion of privacy is against public policy and that terminating a worker for this reason would be contrary to public policy. . . While this decision strengthens an employer's ability to effectively maintain a drug-free and safe workplace, employers who intend to use the direct observation method may wish to update their substance abuse policies to notify employees of when they may use this method.

"A motion for reconsideration is currently pending at the Supreme Court." We'd love to see it! Read the full article [here](#).

ICYMI [In case you missed it]: [Here's an article](#) in a similar vein from 2017: "[Pee Dammit! Or You Don't Get the Job!](#)" Keep fighting!

SLOW FLOW?

For a full diagnosis of Paruresis, there are two factors: Urologist says, "Plumbing is fine." Mental Health Professional can then say, "This is a social anxiety disorder." The Opera News article, "**What It Means When A Man Has A Slow Urine Flow**" addresses four other potential causes along with shy bladder: enlarged prostate, nervous system disorders, infection and medications. Food for thought...Read the full story [here](#).



SPEAKING OF FEDERAL CASES: Donor Privacy

Do you hesitate to join/donate to the IPA because of privacy concerns? Please know that we never share our member or follower lists and we take extra strides to keep communications private. You can read here about "**Landmark Supreme Court Ruling Favors Donor Privacy.**"

Here's the takeaway, according to the Foundation Group: "The most important aspect of this case is the protection of First Amendment rights to free speech and association for donors. States will no longer have the ability to go on fishing expeditions, casting a wide net over donor activity in search of a violation. *Neither will donors have to fear the leaking of their personal business in an era of Cancel Culture.*" Read more [here](#).



Get to Know a Workshop Leader: Roger Merritt

Roger Merritt MA, LCMHC and IPA Executive Director Tim Pyle recently sat down to talk about Roger's workshop approach. Click Roger's photo for a 7-minute video, then sign up for [Houston \(Sept. 9-11\)](#) or [Winston-Salem, NC \(Oct. 14-16\)](#). You'll be so glad you did!



All of our leaders and IPA Executive Director Tim Pyle would be very happy to connect with you in advance of a workshop they will be leading. Head over to the [Contact the IPA](#) form and we'll arrange it! Also, you'll find videos of leaders Dr. Steve and Dan Rocker on our [YouTube page](#). They are fantastic experts and advocates for Paruresis sufferers around the world.

UPCOMING PARURESIS SUPPORT EVENTS & NEWS

**Virtual Support Group Meeting -
FREE!**

Sunday, August 28, 2022
1 pm US ET | 12 CT | 11 MT | 10 PT
Your Host: Dave Kliss

**Women's
Virtual Support Group Meetings**
Your Host: Andrea Weyant

Ladies: Many of our women members say they would prefer a

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.

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.



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.

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