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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.*

July 2026

**How to Face the Fear You Keep Avoiding
Support Emails Fixed
Upcoming Event Dates
Living Out Loud
Ukraine Help for Shy Bladder
Math Test Score: B-
VSG THIS Sunday**

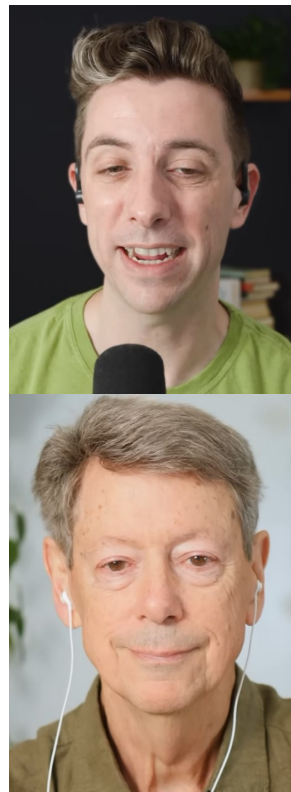
PODCAST SPOTLIGHT

"From Insight to Action: How to Face the Fear You Keep Avoiding"

*Here are a few takeaways from the
podcast Being Well with Forrest
Hanson and Dr. Rick Hanson from
July 6, 2026 as seen through the
lens of paruresis...*

If you've struggled with shy bladder,
you know that just "knowing" it's fine
doesn't help much when the
bathroom door closes. As this
podcast explains, your brain has
built a deep avoidance loop, treating
a public restroom like a threat to
your safety. **To break out, you
need more than insight; you
need a "corrective experience."**
This means moving past the
theories and actually showing your
body, through small and
manageable steps, that the
"catastrophe" you're predicting—like
being judged or feeling trapped—
isn't actually going to crush you.

The trick is to treat your



recovery like a science experiment. Start by identifying the specific fears sitting "below the waterline." For instance, you might predict, "If I can't go, everyone will notice and I'll fall apart." You test this by taking on "right-sized" challenges—maybe just standing in a quiet restroom for a minute without even trying to go. **The goal isn't necessarily a "success" at the urinal; it's building your confidence as a "coper"** who can stay present and handle the jitters without immediately running for the exit.

Afterward, don't just walk away—take a second to "hardwire" what happened.

Ask yourself: "How did that actually go compared to what I feared?" Even if it was uncomfortable, realizing that you survived the anxiety helps crowd out the old, fearful programming. **Recovery is a long game of updating your internal predictions.** You're shifting from being someone who *must* avoid the fear to someone who can feel that physiological "revved up" state and still stay in the game, living your life based on your values rather than your phobia.

Check out the full podcast [here.](#) (1 hr. 10 min.)

How are we doing? Click the button below to let us know - good or bad. Help us get better for sufferers around the world!

Talk Back Here!

Oops, IPA Support Contacts' Emails Fixed

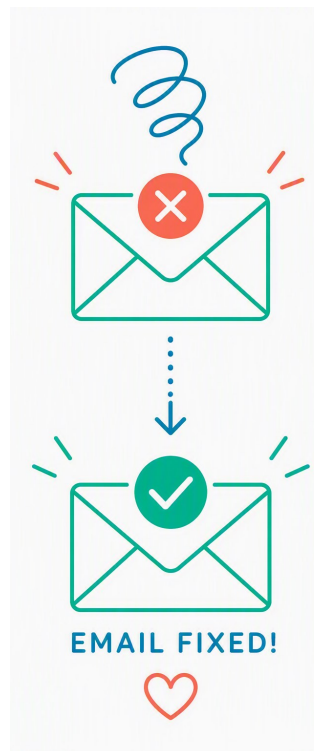
We ran into a small technical hiccup in early July when we implemented a new behind-the-scenes email quarantine system. Unfortunately, the @support.paruresis.org emails broke that our local support group leaders and contact people use. We get those free from Google as part of the Google-for-Nonprofits program, so we can't complain too hard about it. Just know that they should be fixed now. If you run into any problems reaching one of those address, please fill out the [contact form](#) and let us know.

New contacts . . .

Now that they are fixed, please welcome our new contacts **Greg in Massachusetts** (springfield@support.paruresis.org), and **Matúš in Slovakia** (slovakia@support.paruresis.org). Kudos to them for willing to receive inquiries from their local compatriots!

Looking for your local contact? Check the list [here](#).

Not seeing anyone near you? Reach out to executive director Tim Pyle to learn more about being a local resource. Support Group Leaders and local Contact People run the gamut from those who coordinate very active groups and workshops, to volunteers who simply want to let folks in their area know that they are not alone. Thank you again to all our support leaders around the world!



Donor Center

Members Only Site

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. →→→

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.

UPCOMING IMPORTANT DATES

Virtual Workshop - August 8
Members Only Event - September 9
Baltimore Weekend Workshop - September 11-13

[October Anniversary Events for Members:](#)

IPA 30th Anniversary Online Conference - Saturday, October 3
IPA 30th Anniversary Board Meeting - Saturday, October 17 - Chicago

Atlanta Hybrid Workshop - November 7
New York Metro Hybrid Workshop - November 14
Perth, Australia Weekend Workshop - TBA Q4

Workshop links [here](#). Watch your email - and your spam folder - for member event registration links to come! Not a member? Make a \$100 or more [donation](#) for event access, savings on workshops, and more.

Need more info?: hit reply to this email for details.

Donate to the IPA

Next Monthly Virtual Support Group Meeting - FREE!

THIS Sunday, July 26

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 most Saturdays at 11 a.m. PT/ 2 p.m. ET! hassan@paruresis.org

WOMEN'S Virtual Support Group Meetings

Your Host: Andrea Weyant
women@support.paruresis.org

Next Meeting: TBD

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.

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

Local Support Groups

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

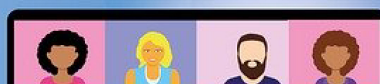
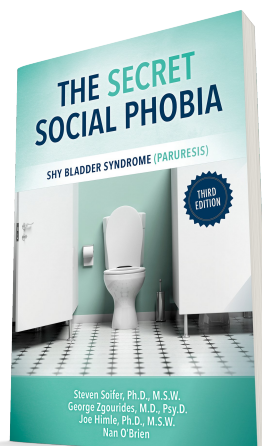
New groups forming in **Pittsburgh, Springfield, Mass, and Slovakia.**

Toronto, MetroNY, Baltimore, St. Louis/S. Illinois, San Francisco, Chicago, Wisconsin, and others meet regularly in-person and online.

Live Workshop Notes

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.



Online
Sat. August 8, 2026
10 a.m. - 6 p.m. US ET



QUICK HITS from the IPA Inbox

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

Living Out Loud with Paruresis

Longtime member and workshop attendee Kim Z. sent these photos from a recent trip. He's not letting his shy bladder hold him back: "I just returned from July 4th weekend at Mackinac Island (MI). Public restrooms at east end of Downtown next to Mackinac Island State Park Visitors Center are renovated, not sure if new this year. All unisex setup with all private stalls, common sink area. I snapped a few pictures, attached...Thanks for looking!"



Ukraine Fighting for Paruresis

With everything going on in Ukraine, it seemed a bit unusual that we'd receive this post in our inbox: information about combating shy bladder syndrome there posted by the **Center for the Treatment of Urinary Disorders in Odesa**. We've had few folks from Ukraine reach out for encouragement over the past four years, so we're rooting for you! Read the full article [here](https://info@urology.com.ua).
info@urology.com.ua



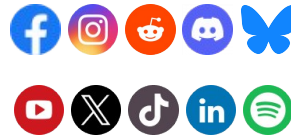
Weird Medicine cure?: "If nothing else, you'll get better at math!"

Our experts give this clip a "B-."

The highlights: 1. Full Bladder - correct 2. Approach Urinal Confidently - correct 3. Deep Breath - correct 4. Do Mental Math? Hmm, if it works for you, sure. But our experts say that in the long run, distraction loses its effectiveness. Ultimately, begin to phase out your distraction technique as you practice your graduated exposure over time. Good luck!



Hitting the road this summer? Send us your photos from your travels as examples to others of how you can still live out loud despite shy bladder syndrome! We'll post anonymously, of course: getinfo@paruresis.org or by text to 443-315-5250.



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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