

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 .

June 2022

THE WORKSHOP ISSUE:
All You Ever Wanted to Know and More!

**The Reviews are In! | What is a Workshop? | Workshop Pricing \$\$
Who Leads These Things? | What's a "GO" or "NO GO"?**

**Plus: r/Paruresis, Paruresis Awareness Day Wrap-Up,
& Next Virtual Support Group Info**



Don't Take Our Word For It, Read On . . .

"I am so glad that I was able to attend my first in-person IPA workshop. I was immediately surprised by the friendliness and helpfulness of the other attendees, who I related to on a personal level about this condition. I felt like I made tremendous progress in my recovery: even freely urinating next to other men at the urinals, something I couldn't do for years. Most of all, I gained new confidence in restrooms and in

Live Workshops

Denver

- [Aug 12-14](#)

Vienna, Austria

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

Baltimore

- [Sept. 9-11](#)

Houston

- [Sept. 9-11](#)

Winston-Salem, NC

- [Oct. 14-16](#)

Los Angeles, CA

- [Nov. 4-6](#)

myself." - B.R.

"The workshop was excellent and I met a lot of good fellow brothers who helped me with the graduated exposure method. Thank you for all you do to help us all out with this challenging issue and special mention to Dr. Steve Soifer for his fine presentations and leadership." - J. M.

"No matter where you are in your recovery process, the time spent talking with others that truly understand your situation is priceless. You will not regret attending an IPA workshop." - D. H.

No need to take it from us, you've read it above from two live weekend workshop attendees in 2022. Dig in and tackle your recovery now!

Miami/FTL/WPB

- [Dec. 9-11](#)

Next Virtual Workshop:

- [July 16](#)
- This event is a "go!"

Click on the links above to learn more through the eventbrite registration portal or to send us your interest once registration opens.

What Happens 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.

Many people report that they were nervous before the workshop and quite reluctant to sign up, but after the first few hours they 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. Virtual Workshops are one day events through Zoom that use an abbreviated version of the same agenda. A virtual workshop is a great way to test yourself if you are extremely anxious about a live event.

At the beginning of each workshop (Friday night), participants share, often for the first time, their stories of what it has been like living with Paruresis. This usually proves to be a very cathartic experience, as people realize that they are not the only person in the world who suffers from this anxiety disorder. Saturday is about creating practice hierarchies and then discreetly testing them out near others. Sunday is real world practice. Many participants declare workshops life changing events. [Register for your workshop today!](#)



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;



One-Day Virtual Workshop Pricing
Members save \$70 off \$199. See the promo code on the member site:
<https://members.paruresis.org/workshops/>

Who Leads These Things? Just the most experienced Paruresis educators in the world!

Dr. Steven Soifer, Ph.D. LCSW-C: Author of "The Secret Social Phobia" and co-founder of the IPA

- Denver and Vienna



Dan Rocker, LCSW, MA: IPA President

- Virtual, Baltimore, LA, and Miami



Roger Merritt, MA, LCMHC and long-time workshop leader

- Houston and Winston-Salem, NC



Andrea Weyant, Certified Health Coach and Women's Support Coordinator

- Women's Workshops TBA



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 Dr. Steve and Dan on our [YouTube page](#). They are fantastic experts and advocates for Paruresis sufferers around the world.

What's a "GO" or "NO GO"?

We set two minimums when we are planning for workshops. For live, in-person events, we need a minimum of five registrations at least 30 days prior to the scheduled date. Why? We contract with host hotels that have a cutoff on when we can cancel and still get our money back. For virtual Saturday events, we need at least eight registrations by the end of the



Wednesday prior. Why? This number of participants is needed to have the virtual breakout sessions work for the best. For both live and virtual, if we don't meet these minimums, we need to cancel or reschedule the event. **We understand that our community has as one of its characteristics "avoidance" which means it's hard for attendees to register.** But please register as early as you can so that we can call each event a "go" as early as possible. If you have any questions about the status of any event, or if you'd like to know more details, use the [Contact the IPA](#) form.

Lastly, we want you to know that workshops are part of our nonprofit mission. Yes, we charge registration fees for them. Many of our other programs are offered at no cost. These programs – and all our operations – are made possible by the generous gifts of our donors. We make every effort to make these events affordable while also being good stewards of IPA funds. You'll find 20+ years of IPA financial reports at this [link](#). Thank you for investing in the IPA and in yourself when you register.

Reddit Forum Update: r/Paruresis

You may have noticed that the independent [r/Paruresis](#) forum on reddit was down for a few weeks. The moderator, who is not affiliated with IPA, has re-opened it! It now counts more than 2,500 sufferers on its rolls - impressive! Don't forget that the IPA's Official Subreddit: [r/ShyBladderIPA](#) is always available.



Paruresis Awareness Day Wrap-Up

We hope you took advantage of May 25 as a day to share with someone about your condition. Any day can be your Paruresis Awareness Day. Send your family members and friends to this page on our website: <https://paruresis.org/may25/>

"I can't pee in public, and I could really use your understanding and support."

UPCOMING PARURESIS SUPPORT EVENTS & NEWS

Virtual Support Group Meeting - FREE!

Sunday, June 26, 2022

SPECIAL TIME

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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