

# IPA INTERNATIONAL PARURESIS ASSOCIATION

1996 • Celebrating 27 Years • 2023

**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 2023

IPA Paruresis Community Survey  
"Men Should Sit to Pee"  
Members Only Book Club  
Austrian Paruresis Group Spotlited  
Bathroom-Friendly Airlines  
Event Updates: Virtual Support Groups/Workshops



IPA INTERNATIONAL  
PARURESIS  
ASSOCIATION

2023 Demographic Survey  
Paruresis Community: Who are You?

14 questions • 4 minutes • 100% anonymous • [paruresis.org](http://paruresis.org)

A QR code is located in the top right corner of the banner image.

### The IPA Paruresis Community Survey is Now Open!

As the IPA continues to seek out grants for potential research projects, a key question we are asked is "What is the demographic make-up of your population?" To that end, we have created a short 14-question, 4-

### Virtual Workshop

Online, Aug. 12  
10 a.m. - 6 p.m. US ET  
(Dan Rocker)

• *Money Back Guaranteed if we don't meet our minimum sign-ups.*

minute survey that will ask your anonymous responses to those typical kinds of questions - age, ethnicity, etc. Please help us by fully answering this 100% anonymous survey.

*Watch your inbox - and especially your spam filters for a reminder, or just scan or click the code below.*



### Most shared story of the month? "Men you should be sitting down to pee!"

This month, lots of helpful folks - both sufferers and non-sufferers alike - dropped articles in the IPA Inbox regarding a [recently released study](#) conducted by data source company, YouGov, as prompted by *The Guardian* in their "[Sitzpinkler](#)" article. Current IPA Members would have seen that first in our April Member Letter. Quite a few news outlets jumped on the bandwagon.



[LADBible](#) took up the challenge to ask if sitting down was a healthier choice and uncovered a study from 2014. "According to researchers from Leiden University Medical Centre, sitting down helped the bladder empty faster and more thoroughly - beneficial for those with lower urinary tract problems and enlarged prostate. 'The sitting voiding position is preferable to the standing,' they wrote in the report."

## Live Workshops

### Atlanta: June 23-25

#### (Roger Merritt)

• **This is a "go!"** A few seats remain. Easy ATL Airport location.

### Vienna, Austria: Sept. 1-3

#### (Dan Rocker)

• **This is a "go!"** A few seats remain. For info: [office@paruresis.at](mailto:office@paruresis.at)

### Vancouver: Sept. 8-10 (Paul Cosulich)

• Pre-registration open. We need a minimum of 3 more attendees to make this a "go!" Money Back Guaranteed.

### Baltimore: Oct. 6-8 (Dan Rocker)

• Pre-registration open! Money Back Guaranteed.

### Detroit/Windsor: Fall 2023 (Dr. Steve)

• Yes, we know this date has been a moving target. We promise pre-reg. opens soon.

### Austin, TX: Nov. 10-12 (Roger Merritt)

• Pre-reg. opens soon.

### Long Island, NY: Dec. 1-3 (Tentative Date, Dr. Steve)

• Pre-reg. opens soon.

**Help us plan for 2024 events!**

• **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](#).

Looking for another source on this? Check out HuffPost UK [here](#), "Men, You Should Be Sitting Down To Pee For Your Health."

So men, it looks like it's okay to use those stalls for whatever "the call" may be.

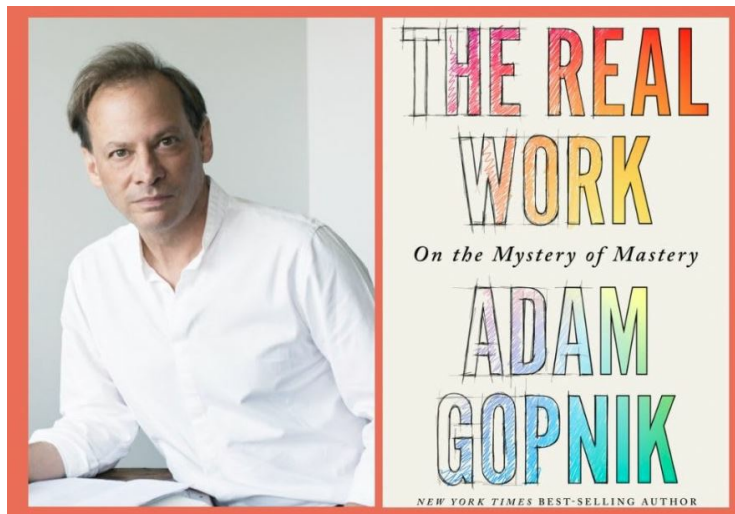
*They are fantastic experts and advocates for Paruresis sufferers around the world.*

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### Members Only Event: Save The Date

Save the date for the first IPA Members Only "Book Club" event **Saturday, June 24 at 10 a.m.** US ET. We'll be joined by New York Times Best Selling Author Adam Gopnik. As you may know, Adam's work with IPA President Dan Rocker is featured in Adam's most recent release, "The Real Work: On the Mystery of Mastery."

This event will be available for free to the first 100 members who sign on, and by recording on the members site to all current members shortly thereafter. Mark your calendars as Adam and Dan discuss not only the chapter "Relieving," but also Adam's impressions as he traveled the world promoting his book and sharing his Paruresis story. You won't want to miss it.



[DONATE](#) | [JOIN](#) | [RENEW](#)

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### Austrian Paruresis Association and event highlighted in *Der Standard*

Our friends at the growing [Austrian Paruresis Association](#) made the spotlight in a recent article for their widely read *Der Standard* news service. The online article has racked up nearly 800 comments. Dan Rocker will be co-leading the ATPA's upcoming workshop in Vienna, and his co-presenter, Johannes Lanzinger, clinical psychologist and health psychologist at Phobius, a center for the



treatment of panic, anxiety and phobias in Vienna is quoted at length. Click the beautiful air-freshener and google will happily translate it - and the comments - for you. Congrats!

## Before You "Go" - This and That

### "Boy, I have trouble peeing on planes!"

Is this you? Many IPA members and sufferers lament the fact that their travel choices are severely limited because they struggle on airplanes (see Adam Gopnik above!). Check out this bit of news from UponArriving.com: [New Study Reveals Most Bathroom Friendly Airlines in the US](#). "In a January 2023 poll of the general public, UponArriving found that 74% of respondents 'actively avoid' going to the bathroom during flights and 70% acknowledged using the bathroom during a flight was a 'stressful' experience." More evidence for our motto "You are not alone!" (4 min. read with charts!)



Reminder! Take the survey: 4-minutes!!



## UPCOMING PARURESIS SUPPORT EVENTS & NEWS

### Virtual Support Group Meeting - FREE!

Sunday, July 9, 2023

8 pm US ET | 7 CT | 6 MT | 5 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 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.

*Next meeting will be August 13 at the euro-friendly 1 p.m. US ET.*

### Women's

### Virtual Support Group Meetings Your Host: Andrea Weyant

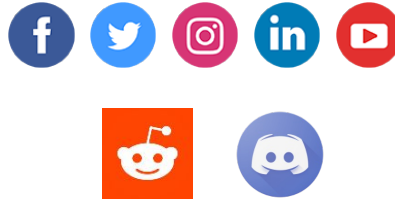
**Ladies:** Many of our women members say they would prefer a sharing environment geared toward women. Shy Bladder Center member and certified health coach Andrea Weyant has been holding intermittent evening meetings for you! Use the [Contact the IPA](#) form to connect with Andrea and learn about the next Zoom gathering.

DONATE NOW THROUGH

Network  for Good®

Office Hours: Monday - Friday 10:00 a.m. to 6:00 p.m. ET  
800-247-3864 or 443-315-5250 (call or text)  
[getinfo@paruresis.org](mailto: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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