

IPA INTERNATIONAL PARURESIS ASSOCIATION

1996 • Celebrating 28 Years • 2024

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-July 2024

The "Independence" Edition

Mastering Your Mental Images
Share to "Declare"
Australia and Portugal are GO!
Baltimore, Dallas, Las Vegas on Tap
Women's Event Scheduled
Clear Dividers? Kelly Ripa and more . . .

As the US prepares to celebrate its Independence Day, we offer up a few ideas for gaining your independence from your struggles with Paruresis!

Joanna Grover, a cognitive therapist and fellow of the Harvard Institute of Coaching, as well as co-author with psychologist Jonathan Rhodes of "The Choice Point: The Scientifically Proven Method to Push Past Mental Walls and Achieve Your Goals," published this past week by

Mastering Your Mental Images Can Make Your Day

Hachette, highlighted a few main ideas very relevant to sufferers of paruresis, in an article for the Wall Street Journal. Here are a few key takeaways:

Functional Imagery Training (FIT) is a technique that uses mental imagery to help people achieve their goals. It is based on the idea that our thoughts can shape our behavior and that mental imagery can trigger physical responses in the body. The technique works by helping people develop positive mental images of themselves achieving their goals. These images can include sights, sounds, smells, tastes, and feelings. By rehearsing these images in their minds, people can increase their motivation and self-efficacy. She reports studies have shown that FIT can be effective for a variety of goals, such as weight loss, exercise, and overcoming phobias.

The article also discusses how to train your imagery abilities. This includes setting aside a specific time of day to practice imagery, connecting your imagery to your core values, and using physical and mental cues to trigger imagery. She concludes by discussing the benefits of FIT, which include increased resilience, improved problem-solving abilities, and **reduced stress and anxiety**. Sounds like another tool for the recovery toolbox! Read more [here \(7 min. read\)](#).

DECLARE YOUR INDEPENDENCE BY SHARING YOUR STRUGGLES

Join other sufferers by contributing to a free crowdsourced portal of health conditions called "[Stuff That Works](#)." The idea is that the treatments and techniques that are

reported to be successful will rise to the top. The more contributions, the better the insights will be. Currently on the paruresis page there are 90 participants, so more are needed to continue to improve the quality of insights.

We'll admit that some of the questions posted to the broader community -

Stuff That Works.

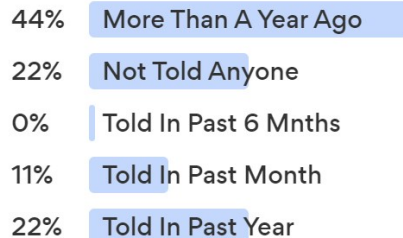
"How concerned are you about sun exposure?" - don't apply, but all participants have the opportunity to post their own questions (like the one we posted nearby). A key benefit is that you get regular reminders to check in and report how you are feeling and to post progress. Click [here](#) to start your participation today!



IPASupport • Created 2d

Shy Bladder Syndrome (Paruresis)

How are you doing sharing your paruresis with those who care about you? When did you last tell someone who didn't know your cond.?



9 Answers

UPCOMING PARURESIS SUPPORT EVENTS & NEWS

Next Virtual Support Group Meetings - FREE!

Sunday, July 14, 2024
Sunday, Aug 25, 2024

1 pm US ET | Noon 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 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.

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.

LOCAL MEETINGS

These locales hold regular in-person events. Reach out to them today!

San Francisco (Chris):
sanfrancisco@support.paruresis.org

Live Workshops

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.

AUSTRALIA Live Weekend Workshop Gold Coast, Queensland

Fri. Aug. 2 to Sun. Aug. 4, 2024
Kickoff Fri. 7 p.m.; Sunday 'til 2 p.m.
Leader: Rom Noonan, Clinical Psychologist
AU\$795; AU\$695 for IPA members
[This event is a "GO!" A few seats remain.](#)
[Click here to learn more and to register.](#)

MEDITERRANEA One-Day Intensive Lisbon, Portugal

Sat. Aug 17, 2024; 9 a.m. to 2 p.m.
Leader: Dr. Steven Solfer, Ph.D., MSW
€265; €195 for IPA members
[This event is a "GO!" A few seats remain.](#)
[Click here to learn more and to register.](#)

BALTIMORE Live Weekend Workshop

Fri. Sep. 13 to Sun. Sep. 15, 2024
Kickoff Fri. 7 p.m.; Sunday 'til 2 p.m.
Leader: Dan Rocker, LCSW, MA
\$795; \$695 for IPA members
[Pre-registration now open. 5 needed by 8/13. Click here for details and to register!](#)

DALLAS Live Weekend Workshop

Fri. Sep. 27 to Sun. Sep. 29, 2024
Kickoff Fri. 7 p.m.; Sunday 'til 2 p.m.
Leader: Roger Merritt, LCMHC, MA
\$795; \$695 for IPA members
[Pre-registration now open. 2 more needed by 8/27. Click here for details and to register!](#)

VIENNA, AUSTRIA Live Weekend Workshop

TBA August/September
Hosted by Austrian Paruresis Association
[Click here to sign up for announcements.](#)
[Registration links coming soon.](#)

LAS VEGAS Live Weekend Workshop

Chicago/Milwaukee (Dave):
davidk@support.paruresis.org

Baltimore (Bill):
baltimore@support.paruresis.org

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

Hudson Valley (Dr. Steve):
hudsonvalley@support.paruresis.org

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

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

PEE BUDDIES SOUGHT in these locales:

Fort Collins, Colorado
Albany, California
Columbus, Ohio
Kent, Ohio

[Your City Here!](#)

Next Virtual Workshop

Saturday, August 10, 2024
10 a.m. - 6 p.m. US ET

Leader: IPA President, Dan Rocker, LCSW, MA

DOUBLE HEADER!!

This event will feature special content for repeat/"advanced" attendees.

Fri. Nov. 1 to Sun. Nov. 3, 2024
Kickoff Fri. 7 p.m.; Sunday 'til 2 p.m.
Leaders: Dr. Steven Soifer, Ph.D., MSW,
Dan Rocker, LCSW, MA,
and Roger Merritt, LCMHC
Early Bird Prices \$745; \$645 for IPA members

[Click here to learn more and to register.](#)
[We need 5 by Oct. 1 to make this a "go"!](#)

LAS VEGAS Women's Workshop
This event will feature special content for female attendees.

Fri. Nov. 1 to Sun. Nov. 3, 2024
Kickoff Fri. 7 p.m.; Sunday 'til 2 p.m.
Leader: Ruth Lippin, LCSW, JD with special guest Dr. Steven Soifer, Ph.D., MSW
Early Bird Prices \$745; \$645 for IPA members

[Click here to learn more and to register.](#)
[We need 5 by Oct. 1 to make this a "go"!](#)

Don't see your town listed? [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. They are fantastic experts and advocates for Paruresis sufferers around the world.



Learn More and Register

QUICK HITS from the IPA Inbox

"Futurist"

@WaltJackman on "X". Futuristic? We hope not.



Kelly Ripa: "I'm panic stricken!"

From people.com June 24, 2024:
"Kelly Ripa is revealing her secret anxiety. On Thursday's episode of Live With Kelly and Mark, Ripa, 53, told husband and co-host Mark Consuelos why she struggles to use public restrooms after being recognized by fans.

"When [I] go into the restroom, and I will hear, 'That's Kelly Ripa!' Now, I can't go," she said. "Even though I have to go desperately." Read more [here](#).

DONATE

The IPA's 2025 Giving Year has



begun! Click above and make a donation of \$100 to enjoy members only site access and workshop savings. Donations of any amount appreciated. Give Today!



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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