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IPA INTERNATIONAL PARURESIS ASSOCIATION

1996 • Celebrating 29 Years • 2025

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 2025

To JIC or not to JIC . . .
Steven Jackson's "Pee Shy" World Premiere
Great Nonprofits - Aren't We?
Workshops - Treat Yourself!
Agree to Disagree on Urinals
The Funny Stuff
"Feeling the Flow" Coming Soon

Is going to the bathroom "Just in Case" bad for you?

For many sufferers, this situation can be one of the foundational pillars of our shy bladder syndrome. The New York Times article ["Is Going to the Bathroom 'Just in Case' Bad for You?"](#) Ask Well columnist Jackie Delamatre (June 3, 2025) explores how frequent "proactive voiding" can negatively impact bladder health. While occasional "just in case" bathroom breaks are fine, doing it often can disrupt the bladder-brain feedback loop, leading to reduced bladder capacity and potential overactivity. This habit can also strain pelvic floor muscles. The article suggests that bladder habits can be retrained using techniques like deep breathing and mindfulness. This aligns with the IPA's advice of keeping a log of when you get the "first ping" of needing to go, then going off and focusing on other things, then noticing when you get the "second ping." By confirming for yourself how long you can actually wait, and waiting until you regularly get to an urgency level of 7 or 8 out of 10, you can improve your paruresis symptoms.



"Just try for me before we get in the car." Yikes!

"Pee Shy" World Premiere!

IPA Member Steven Jackson's new documentary ["Pee Shy"](#) achieved its world premiere at New Zealand's "DocEdge" film festival this past weekend. Stay tuned for future announcements about its US and other premiere dates. Congratulations Steven on this wonderful achievement. Hear more from the filmmaker on this [Kiwi podcast!](#) (11 min.)



2026 Giving Year Starts July 1!

The IPA needs you!
We are a 100% small
donor supported
organization, so your
gift of any amount
helps to make our
work possible
around the world.
Donate today to
keep our motto true:
"You are not alone!"

DONATE

Platinum
Transparency
2025

Candid.

Current and past members can check donation history and membership status [here](#). Your username is "First_Last". Thank you!

Are we a "Great Nonprofit"? We think so!

Along with Candid's "GuideStar," (see our Platinum sticker above), GreatNonprofits is one of the top platforms for rating nonprofit organizations like the IPA. We're looking to renew our seal for 2025. To achieve this distinction once again, we need 10 new five-star reviews. If the IPA has been a help in your personal shy bladder journey, please click [here](#) to post your story today. If anonymity is important to you, be sure to create a username that is not personalized to you. Thank you in advance!



Click above to read all
our great reviews!

UPCOMING WORKSHOPS and EVENTS

For up-to-the-minute event and registration information, see the *Shy Bladder Workshop Schedule* page on the IPA Website. Registration links for the second half of 2025 will be posted by July 15. August 23rd's Virtual Workshop Portal is open. Join us!

Date	Location	Format	Leader(s)	Notes
Aug. 23	Online	Virtual	Dan Rocker	Registration is open!
Jun. 27-29	Brisbane, AU	Weekend	Rom Noonan	This is a go! Join us.
Sept. 6	Detroit	Hybrid	Dr. Steve Soifer	Registration link soon.
Sept. 12-14	Baltimore	Weekend	Dan Rocker & Daniel Chazin	Registration link soon.
Sept. 20	Charlotte	Hybrid	Roger Merritt	Registration link soon.
Nov. 1	Phoenix	Hybrid	Roger Merritt	Registration link soon.
Nov. 7-9	Newark	Weekend	Dan Rocker & Ruth Lippin	Registration link soon.

Can't commit to a full weekend? New for 2025: Hybrid Workshops

A "hybrid" workshop is a **one-day in-person** event with pre- and post-event virtual support group sessions. The week prior to the in-person meet-up, participants meet online for the "getting to know you" and life-story sharing activities, along with learning how the exposure process will work on Saturday in-person. The following week, after real-world practice on your own, another virtual session is held to see how the new concepts are "sticking" in your life. The cost of a hybrid registration is about 2/3 that of a full weekend. Consider this new format today.

What is a Shy Bladder Workshop? Learn More.

Next Virtual Support Group Meetings - FREE!

Saturday, July 19, 2025

Sunday, August 17, 2025

Sunday, September 21, 2025

1 pm US ET | Noon CT | 11 MT | 10 PT

Your Hosts: David Kliss (Support Coordinator) and Steven Weinraub (West LA Support Leader)

Live Workshop Notes

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. 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

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.

WOMEN'S Virtual Support Group Meetings

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

Next Meeting: TONIGHT, June 30 @ 7:30 p.m. ET.

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/>

PEE BUDDIES SOUGHT in these locales:

Vancouver, BC
[Your City Here!](#)

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.

LOCAL MEETINGS

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

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

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

Chicago (Brian):
chicago@support.paruresis.org

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

Toronto (Jim):
toronto@support.paruresis.org
Next Meeting July 6!

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

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

Dallas (John):
dallas@support.paruresis.org

Melbourne, AUS (Jeremy):
melbourne@support.paruresis.org

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

Next Virtual Workshop

Saturday, August 23, 2025
10 a.m. - 6 p.m. US ET

Leader: IPA President, Dan Rocker, LCSW, MA



Click Here for Info and to Register

Help us reach our minimum registrations to make this a "go!" Women: we promise a female pee-buddy or your registration fees returned.

QUICK HITS from the IPA Inbox


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

And now, the funny stuff

Thanks to IPA Member and Illinois Contact Tom M. for these gems!

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REST ROOM USAGE			
EMPLOYEE	TRIPS TODAY	MONTHLY TOTAL	AVG. LENGTH OF STAY
CLARK	3	47	2 min.
FRAWLEY	6	52	4.6 min.
PATERSON	2	29	3.1 min.
MORRISON	0	4	.2 min.
MIELKE	19	33	12 min.
ROBB	13	102	34 min.
LEONARD	9	73	17 min.



Agree to Disagree . . .

IPA Toronto's Support Group Leader Jim sent this article over from the conservative National Post, "[Standing up for urinals amid the gender-neutral washroom craze.](#)" (Peter Shawn Taylor, June 3, 2025).

The article argues that the move toward gender-neutral washrooms is leading to the disappearance of urinals, which are efficient, save water and space, and benefit both men and women by reducing wait



Management felt that the new chart was helpful in detecting employees who were abusing rest-room privileges.



times and mess.

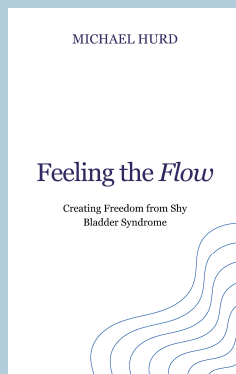
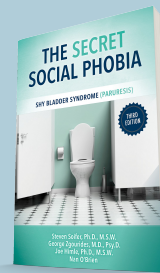
Taylor says, removing urinals in favor of all-stall, unisex bathrooms is seen as an attempt to achieve “potty parity” and inclusivity, but research suggests it may actually worsen wait times and cleanliness for everyone, especially women.

Interested in joining the fight for potty parity and more Single-Occupancy All-Gender toilets?

Reach out to our friends at the [American Restroom Association!](https://americanrestroomassociation.org) americanrestroom.org. Their research shows the efficiency in space savings and traffic flow rebuts this argument.

COMING SOON! - The 3rd Edition of the #1 Selling Shy Bladder Book. We've pushed back the release date to the Fall to add even more new content! Watch this space.

Send in your blurb about how this book changed your life and maybe it will make it in print!
getinfo@paruresis.org



COMING SOON! Part Deux

IPA Shy Bladder Center Coach and Board Member Mike Hurd's new book, "**Feeling the Flow: Creating Freedom From Shy Bladder Syndrome**" will beat Dr. Steve's book to press. Keep an eye out for this wonderful new contribution to the Shy Bladder literature later this summer. Here's Mike on the "[Infinite Abilities](#)" podcast (Spotify, 27 min.)



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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