

1996 • Celebrating 27 Years • 2023

Our Vision: To Champion Paruresis Awareness.

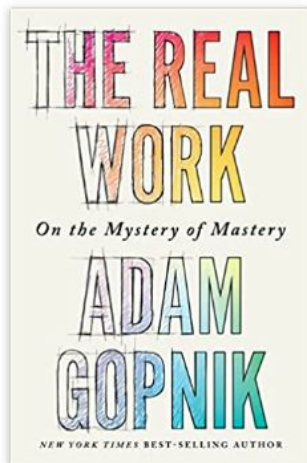
IPA "Freedom Press" eZine

The newsletter for people suffering from paruresis, the loved ones who care about them, and the mental health and medical professionals who support them.

March 2023

Best Seller? | Your Weirdest Fears Podcast
FRESH Workshop Updates!
Help for Women | New Shy Bladder Center Expert
Jonah Hill and "Stutz"

Virtual Support Group - April 16 | Women's Support Group



The best help for a non-sufferer to understand Paruresis yet?

Just released this week: ["The Real Work: On the Mystery of Mastery"](#) by New York Times Best-Selling Author and New Yorker contributor Adam Gopnik. *The Globe and*

Mail says,

"His "hardest mastery of all," though, is with a cognitive behaviour therapist who conquered his own severe case of paruresis – the inability to urinate in public facilities – a condition from which Gopnik has been a lifelong sufferer."

Who is his therapist and expert? None other than the IPA's own Dan Rocker. So, kudos to you

FRESH UPDATES!
Live Workshops

Charlotte: March 24-26
(Roger Merritt)

• *This is a "go!" for next weekend. A few seats remain.*

Toronto: May 26-28
(Dr. Steve)

• *This is a "go!" A few seats remain.*

Detroit: July 21-23
(Tentative, Dr. Steve)

Dallas: Summer? (Roger Merritt)

Baltimore: October 6-8/13-15
(Tentative, Dan)

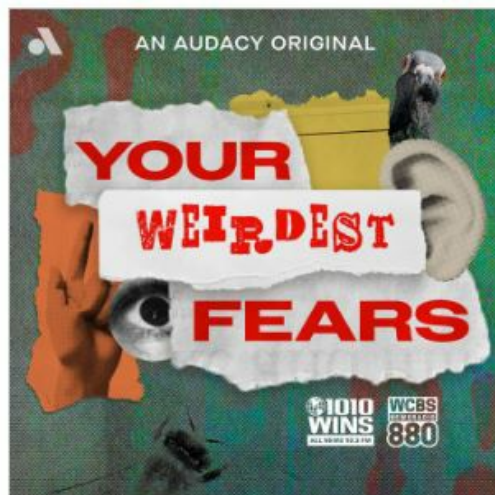
• *Date to be finalized in mid-May*

Adam Gopnik for sharing your struggles and successes with the world. Keep an eye out for future announcement of our next **"Members Only" event this Spring featuring a reading from the author** and a conversation among Adam, Dan, Dr. Steve, and others. It will surely be a can't miss event.

Members: this next item is the link that was broken in the last member letter . . . apologies!

The next best description for a non-sufferer to understand Paruresis?

Special thanks to longtime member Don M. for turning us on to a podcast called **"Your Weirdest Fears."** **Host Larry Mullins and IPA President Dan Rocker bring you** the most complete and entertaining introduction to Paruresis for the uninitiated than has ever been done before in 10 minutes. I'm posting it on the member site only for your listening pleasure - right next to the famous Howard Stern interviews with IPA co-founder, Dr. Steve. Click the graphic to listen! Not a member? [Join with a donation today for this and many other classic IPA resources!](#)



Long Island, NY: Fall? (Dr. Steve)

Vancouver: September 8-10 (Paul Cosulich)

• *Pre-registration open. We need a minimum of 4 more attendees to make this a "go!" Money Back Guaranteed.*

Atlanta: Fall? (Roger Merritt)

Austria: September 1-3 (Dr. Steve)

• *Pre-registration opens soon!*

Southwest USA: What city works for you? Las Vegas, San Francisco, San Diego, Phoenix? [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.

There is Help for Women!

We've been remiss in spotlighting all the resources that the IPA has available to help our sisters on their walk with Paruresis. What better time than Women's History Month? As far as IPA history goes, we are deeply indebted to the pioneer in this area, **Carol Olmert**. Check out Carol's book: [Bathrooms Make Me Nervous: A Guidebook for Women with Urination Anxiety \(Shy Bladder\)](#). Then, catch up with our current women's coordinator and Shy Bladder Center coach Andrea Weyant. Andrea shares a



heartfelt message in our latest blog post.

Ever since I was six years old and was walked in on while on the potty by a neighbor boy, who announced with exuberant laughter "I hear you peeing!", I have had bathroom issues. These issues snowballed over the years into a full-blown case of primary and secondary paruresis. When I was in a bathroom out of my comfort zone I would often feel like I was sitting on a time bomb that could go off at any moment. I had better be ready to run if someone knocks on that bathroom door or starts jiggling the handle. It was a feeling of being unsafe. Logically I knew that wasn't true, but try telling that to . . . (Click here to read more!)

From the IPA Inbox

Please welcome our newest Shy Bladder Center expert from "Down Under" - Rom Noonan!

The IPA is pleased to welcome Romney Noonan, Clinical Psychologist, BA (Hons), M Psych (Clin), MAPS to the ranks of Shy Bladder Center experts. Rom supported Dr. Steve in our recent live workshop in Australia. Rom is contributing lots of helpful resources that we'll be making available soon. The Shy Bladder Center is a virtual hub for those we consider the foremost experts in Paruresis treatment in the world. [Click here to find your expert today!](#)



Everybody Has a Shadow

Check out the new film "**Stutz**" by actor Jonah Hill in which he turns the spotlight on his therapist, Phil Stutz. Rotten Tomatoes summarizes the audience reaction: "Stutz demonstrates the value of therapy in a way that will move you -- and could even change the lives of some viewers." Highlighted here is a short clip on YouTube where Stutz discusses a component of ourselves he calls, "The Shadow." Join the discussion on our [reddit](#) channel or over on [Discord](#).



STILL WAITING! Wondering about the **Department of Transportation's new rules** for Oral Fluid Specimen drug testing? We are too! The end of April will be one year since the [comment period](#) closed. We'll keep you posted on any developments, but for now, like last month, still waiting . . .

UPCOMING PARURESIS SUPPORT EVENTS & NEWS

Virtual Support Group Meeting - FREE!

Sunday, April 16, 2023

1 pm US ET | 12 CT | 11 MT | 10 PT

Your Host: Dave Kliss

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.

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

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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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