

Trouble reading in your inbox? Click [here](#) for a web version.
Reading a shared copy? Subscribe [here](#).

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.

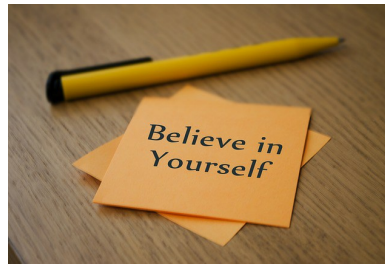
March 2025

Reminders to Be Good to Yourself!

Research Grant Awarded
Workshop Registrations Open
Women's VSG THIS Monday!
Making Olympic Runners Pee
New Reddit Women's Channel

Reminders from a Sufferer

Discord is a social media platform that is an excellent place for sufferers to simply vent in the moment and get real time support from the IPA and others with Paruresis. Discord member "Follow Jesus" shared this excellent post, and we wanted to encourage you



with it in its entirety here. Want to join the discussion? Here's the [invite link to Discord](#) and the reminders . .

Some Helpful Reminders: When you feel the urge to pee and feel anxiety, here are some things you can say to yourself: Remember to breathe deeply...

- *'This is a natural, human need. It's okay to feel this way.'*
- *'I'm safe and secure in my body. I can trust this sensation.'*
- *'Peeing is a normal, healthy function. I embrace this part of myself.'*
- *'I am in control. I can choose when and where to pee.'*
- *'I accept this feeling without judgment. It's just a sensation, not a threat.'*
- *'If anyone does judge me for being able (or not not being able to pee), then it says more about them than it does me. They do not understand personal space or boundaries.'*
- *'I can handle this. I am stronger than my fears and anxieties.'*
- *'I am worthy of comfort and compassion, especially when I'm struggling.'*
- *'I choose to pee peacefully.'*
- *'I can choose to surround myself with compassionate people who understand my pee struggle.'*
- *'I am proud of myself for facing this challenge with courage and grace.'*
- *'I trust my body's wisdom and listen to it. It knows what it needs.'*
- *'I am learning to love and accept every part of myself, even the parts that feel scary or uncomfortable.'*
- *'I am not alone in this. Many people quietly struggle with similar fears and insecurities. I does not make me less of a human or unworthy.'*
- *'Each time I face this fear, I become stronger and more resilient.'*
- *'I am grateful for the opportunity to practice self-compassion and self-care in this moment.'*
- *'I am worthy of love, respect, and kindness, especially from myself.'*
- *'The past does not dictate the future, unless I let it. Their power to change is completely in my hands.'*

Be good to yourself each and every day!

IPA Research Grant Awarded

The IPA Board of Directors has approved a grant of up to **\$10,000 for research** toward "Unveiling the Mechanisms of Micturition Inhibition in Public Restrooms." IPA Member and physician Dr. Jared Worchel, DO from Reno, NV will be spearheading the work. This project is a research effort to investigate the physiological and biochemical factors that contribute to micturition inhibition in public settings, with the **ultimate goal of identifying a medications** to allow people to freely urinate in public. The grant will primarily be used to secure scanning time on medical imaging technology. Best of luck, Jared. We're excited to see where this research can take us!



This effort and others like it are only made possible through the gifts of individual donors like you!

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

UPCOMING WORKSHOPS and EVENTS

The 2025 schedule is out and most registration sites are open. Click the schedule to be connected to our workshop page with all registration links. Sign up early so we can meet our 5 person minimum for each event!

Date	Location	Format	Leader(s)	Notes
Aug. 23	Online	Virtual	Dan Rocker	Registration is open!
Apr. 4-6	Chicago	Weekend	Dan Rocker	This is a go! Join us.
May 3	San Francisco	Hybrid	Steven Soifer	This is a go! Join us.
May 10	Toronto	Hybrid	Dan Rocker	This is a go! Join us.
May 30-Jun 1	Perth, AU	Weekend	Rom Noonan	Go/no go: April 30
Jun. 7	Vancouver	Hybrid	Paul Cosulich	Go/no go: May 7
Jun. 7	Dallas	Hybrid	Roger Merritt	Go/no go: May 7
Jun. 14	Los Angeles	Hybrid	Dr. Robert Yeilding	Go/no go: May 14
Jun. 14	New England	Hybrid	Mike Hurd	Go/no go: May 14
Jun. 27-29	Brisbane, AU	Weekend	Rom Noonan	Go/no go: May 27
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!

Sunday, April 27, 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 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. See the graphic above.

All of our workshop leaders and IPA Executive Director Tim Pyle would

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: THIS MONDAY, March 31 @ 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.

PEE BUDDIES SOUGHT in these locales:

[Your City Here!](#)

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.

LOCAL MEETINGS

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

San Francisco (Chris):
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

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

Maine (Mike):
maine@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



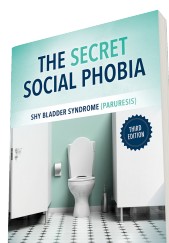
[Click Here for Info and to Register](#)

Help us reach our minimum registrations to make this a "go!" Just 3 more needed. Women: we have a female sufferer on-board so a women's only breakout and practice group is guaranteed.

QUICK HITS from the IPA Inbox

COMING SPRING 2025 - The 3rd Edition of the #1 Selling Shy Bladder Book. We've pushed back the release date to add even more new content! Watch this space.

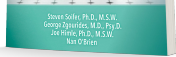
Send in your blurb about how this book changed your life and maybe it will make it in print!
getinfo@paruresis.org



[What's It Like to Be Drug Tested? The New York Times asked Three Olympic Runners](#)

Here's an article from last summer during the Olympics where New York Times reporter Scott Cacciola tracked down [see what we did there] three runners to find out what their drug testing experiences are like. What can we learn from them? The biggest takeaway is how they've accepted the testing as just a regular part of their lives. If they can survive this process, there is hope for shy bladder sufferers to accept public restrooms as well. 3 min. read. Click [here](#).





In other book news: "The Secret Social Phobia" is now available in Turkish - now 11 total languages with Russian and Portuguese next up! Learn more [here](#).



[New Reddit Channel for Women](#)

If you haven't checked out the social media platform Reddit, it is a vibrant forum-type community for shy bladder information sharing, emotional venting, and encouragement. Moderator and friend of the IPA "Jay_luv_37" has created a new women's subreddit called "Paruresis in Women". Visit today!



Look below for all our active social media links.

[More on Drug Testing](#)

National Drug Screening is one of the largest contractors for drug testing in the US. The IPA has spoken several times with staff members there and has found them to be very helpful in understanding the drug testing process. You'll find this article clear and concise in outlining the challenges from the side of the employer. 3 min. read. Click [here](#).



[Before you "go":](#)

Our man in Finland, Eero, had his response posted to a recent shy bladder article in "Keski-suomalainen" by Mikko Lundell. Thanks Eero for flying the IPA flag over your home country! Download Eero's response [here](#). [Google Translated].



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.

International Paruresis Association, Inc.
P.O. Box 21237 • Catonsville, MD • 21228
getinfo@paruresis.org • 844-ICANTPEE • 844-422-6873

© 2025 International Paruresis Association, Inc. All Rights Reserved

Image credits for first use (source): "[Believe](#)" by Pixabay (Pixabay); "[Runner](#)" by Stock_Snap (Pixabay) For images and graphics, IPA uses Pixabay (pixabay.com) a free service (support these artists!) and Adobe Stock (through an Adobe Creative Cloud subscription; stock.adobe.com). AI images by Microsoft's Co-pilot and Abacus.ai. Corporate and product logos are property of their respective owners.