

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

1996 • CELEBRATING OUR 30TH YEAR • 2026

IPA INTERNATIONAL PARURESIS ASSOCIATION

*Shy Bladder Syndrome Education, Treatment
& Recovery – A nonprofit organization
dedicated to healing paruresis worldwide.*



“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 2026

30th Anniversary Events Announced
US DOT Oral Fluid Drug Testing: When?
Detroit has seats!
You've bought the book, now review it!
Female Pee Buddies Needed
Quick Hits: "Ted Lasso" and the "PeeSport"

Upcoming Important Dates

Support Group Leaders/Contact People Meeting - March 31
Research Update - Members Only - April 28
30th Anniversary Workshop - Detroit - May 1-3 special pricing ends April 1
Paruresis Awareness Day - Info for Friends and Families - May 19
All About Catheters with UroNurse Vic Senese - Members Only - June 16

Just announced Members Only Anniversary Events!:

IPA 30th Anniversary Online Conference - October 3
IPA 30th Anniversary Board Meeting - October 17

Watch your email - and your spam folder - for registration links to come! Not a member? Make a \$100 [donation](#) for event access, savings on workshops, and more.

The International Paruresis Association to the US Federal Government: "When?"

On March 4, the IPA sent a letter to the senior administrator at the Substance Abuse and Mental Health Services Administration (SAMHSA). Why? It has been more than two and a half years since the US Federal Government approved oral fluid specimens for use in employment drug testing. However, since then, **the US has not certified ANY labs to do the testing.** The rule exists, but the mechanism to execute it does not. We feel that this implementation period has been more than long enough. In addition, the IPA sent a copy of the letter to our home Senator from Maryland, Angela Alsobrooks. Join us in this advocacy action to get labs approved. You can find the list of Senators on the oversight Senate Committee on Health, Education, Labor, and Pensions (HELP) [here](#). If your representative is listed there, **reply to this newsletter and we'll send you content to share with them.** We're so close. Help us keep the pressure on.



Rerunning this item from last month, as we still have room for you in Detroit!

Detroit Rock City!

Shame on us for not fully appreciating what has taken place over the past 26 years. The data we've recently unearthed is truly astounding:

From 2000 to 2019, Detroit hosted 19 IPA workshops—missing only 2002. PostCOVID, workshops returned again in 2022 and 2024. Across that entire span, more than **297 seats were filled by 138 different participants**. If any city deserves to host the official "**30th Anniversary IPA Weekend Workshop**," it's Detroit. (Sorry, Chicago and Baltimore!)

With the encouragement and support of our local leader, Patrick, we're excited to offer **special anniversary pricing** to celebrate 30 years of the IPA.

IPA Co-founder, Dr. Steve Soifer will be in Detroit from Friday, May 1 to Sunday, May 3 to lead a special weekend workshop.

Here is the registration link: [IPA Live Weekend Workshop – Detroit, MI: May 1–2, 2026](#)



The **earlybird base price is only \$350**. On top of that, members and returnees can stack their usual benefits:

- Members save **\$100** with a promo code
- Returnees receive **\$100 back after the event**

That means members who have attended before will pay a net cost of **just \$150**.

We want you at this Anniversary event to be held downtown at the Atheneum Hotel. (Sorry, accommodations aren't included.) It is already officially a "GO!" Please note that after April 1, this special pricing ends and the base price will return to the regular **\$795**.

Don't miss this historic celebration.

Donate to the IPA

Donor Center

Members Only Site

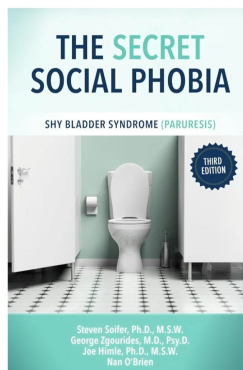
Click this button to manage your donation account from our official portal provider "CharityEngine." Your username is "First_Last". Gifts of \$100 or more give you access to the Members Only site. →→→

Click this button to access the members only site with lots of classic IPA resources (audio, video, and print) as well as find workshop promo codes and the link to the monthly support Zoom. Sign in with your email address.

You've bought the book. . . Now write a review

Thank you to everyone who has purchased a copy of the latest edition of **The Secret Social Phobia**, the world's bestselling book on shy bladder syndrome. Now that you've had a chance to read it, please don't forget to visit [Amazon](#) and [Goodreads](#) to leave a rating or review. As you probably know, Amazon royalties won't make even a tiny dent in our budget—so this isn't about revenue. It's about ensuring that people who need this resource can find it. Your review genuinely helps others discover the support they've been looking for.

Dr. Steven Soifer
The Secret Social Phobia: Shy Bladder Syndrome (Paruresis)
5.0 ★★★★★ (1)
Top New Release in Anxieties & Phobias



Compare with similar

Set price alert ↕

Is it a set

IPA Program Assistant, Hassan, came up with this brilliant idea: "Now that I have my 3rd Edition, what do I do with my 2nd edition?" Donate it to your local library. We're pretty sure they don't have one on their shelves! Thanks, Hassan!!

Finances a problem?
Inquire about the status of scholarships
by completing our online form [here](#).

What is a Shy Bladder Workshop? Learn More.

Women! Female pee buddies needed in Australia and in Detroit.
Click the image below for details. Charlotte, Seattle, Virtual, and Baltimore registration pages now open!

Date	Location	Format	Leader(s)	Details
Mar. 20-22	Philadelphia	Weekend	Dr. Daniel Chazin	Registration Open. This is a GO!
Apr. 10-12	Chicago	Weekend	Dan Rocker & David Kliss	Registration Open. This is a GO!
Apr. 24-26	Sydney, Australia	Weekend	Rom Noonan	Registration Open. This is a GO! <i>Female pee buddy needed!</i>
May 1-3	Detroit 30th Anniversary Event	Weekend	Dr. Steven Soifer	Registration Open. This is a GO! <i>Special Low Price exp. Apr. 1!</i> <i>Female pee buddy needed!</i>
May 22-24	Vienna, Austria (hosted by ATPA)	Weekend (English)	Johannes Lanzinger	Contact office@paruresis.at for full list of English or German offerings.
June 6	Boston	Hybrid	Mike Hurd	Pre-registration Open
June 13	Charlotte	Hybrid	Roger Merritt	Pre-registration Open
July 17-19	Seattle	Weekend	Roger Merritt	Pre-registration Open
Aug. 8	Online	Virtual	Dan Rocker	Pre-registration Open
Sept. 11-13	Baltimore	Weekend	Dan Rocker & Daniel Chazin	Pre-registration Open
Nov. 7	Atlanta	Hybrid	Roger Merritt	Pre-registration Opens Soon!
Nov. 14	NY	Hybrid	Dan Rocker	Pre-registration Opens Soon!
TBA Q4	Perth, Australia	Weekend	Rom Noonan	Planned

Next Monthly Virtual Support Group Meeting - FREE!

Sundays, Mar. 22, Apr. 26, May 17

1 pm US ET | 12 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 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. Feel free to leave your camera off and not talk if that's a good first step for you.

Weekly Virtual Practice-FREE!

IPA Program Assistant, Hassan, holds weekly online graduated exposure practice sessions. Join him most Saturdays at 11 a.m. PT/ 2 p.m. ET! followup@support.paruresis.org

WOMEN'S Virtual Support Group Meetings

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

Next Meeting: TBA

Ladies: Many of our women members say they would prefer a sharing environment geared toward women. Shy Bladder Center member and certified health coach



Is not being able to pee on airplanes your main challenge?

The IPA is in the process of developing an airborne workshop program for you. Fill out [the contact form](#) if you'd like to share your thoughts on what this program should contain. Your ideas are welcome and needed. No obligation to attend.

Live Workshop Notes

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 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.

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:

Looking for a Hebrew-speaking sufferer to connect with someone in Israel.

[Your City Here!](#)

An independent group is available on Facebook. Click the logo to connect.



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
Most second Sundays

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

Metro NY (Dr. Steve):
metroNY@support.paruresis.org

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

Southern Ill./St. Louis (Tom)
illinois@support.paruresis.org

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

QUICK HITS from the IPA Inbox

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

Ted Lasso: S02E08 Disclosure begets Disclosure

We're a little late getting on the "Ted Lasso" train here at the IPA, so excuse the delayed shoutout. Check out Season 2 Episode 8 at about the 30-minute mark. It's a great example of the adage "Disclosure Begets Disclosure." What does that mean? We are deathly afraid of others learning our secret. However, most sufferers find that when we share, others share their struggles, too. In this episode, Ted finally shares with his fellow coaches that he suffers from panic attacks. Their reactions are perfect. They chime in with their secrets! Check it out on Apple TV.



Shark Tank promotes "Pee Sport"

The episode: "Urine for a Surprise" aired January 7, 2026, and featured what we'd say is a glorified empty sports drink bottle! However, we're thankful that a widely seen outlet has promoted a need that not only have shy bladder sufferers felt, but that pretty much everyone has at one time or another. Is it worth the price? You be the judge and reply to let us know what you think. Click the image below to see Kevin O'Leary touting his investment.





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

© 2026 International Paruresis Association, Inc. All Rights Reserved

Image credits for first use (source): "Ted Lasso" courtesy Apple TV Press.
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 also by Abacus.ai and Co-pilot. Cartoons and screenshots copyright their respective artists. Corporate and product logos are property of their respective owners. Use of the term "member" or "membership" refers to donors above \$100 each July 1 to June 30 period and does not convey any legal or ownership rights in IPA.