

1996 • Celebrating 26 Years • 2022

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 .

May 2022

**Reader Beware | DOT Comment Wrap-Up
Paruresis Awareness Day - May 25
You are Not Alone: Virtual Support Group - This Sunday!
Virtual and Live Workshops Continue**

Reader Beware

Was it "fake" news? Not really. It was just sloppy reporting. A second-tier news source pulled some information from our website and decided to publish it as a "life hack" to deal with Paruresis. Another source that picked up on that article headlined it as "tricks" to get over bathroom "stage fright." Well, they didn't quite get it right. They completely misrepresented "breath-hold," how to do it, and our opinions about it.



The web is full of these so-called journalists and web scrapers who use other people's work and repackage it as their own. When we are a primary source for an article, a representative of the IPA has spoken to the author or a researcher for a source that is the publisher. Oftentimes, we'll be asked to review what they have written before publication, or we are connected enough that they'll correct after the fact. In the case of these articles, it's like pissing in the wind (if we could) to try to get a change made.

For clarity, we'll repeat it here: **Our research shows that cognitive behavioral therapy using graduated exposure is the tried-and-true method for dealing with Paruresis, helping 90% or more of sufferers; a**

catheter - while uncomfortable and an invasive mechanical method - will work for 99% of people; and lastly, the breath-hold method works for about 10% of people although it can be difficult to master. We're thankful that breath-hold can be in many people's toolkits. We are mindful to present realistic facts about it and help folks understand that there are specific steps to mastering the method. There just are no quick fixes. If we hear of one, we'll be sure to tell you!

So, reader beware. The IPA is where you will find the research-based facts and the real support for Paruresis sufferers around the world. Have a question about something you've seen on the web? [Send us a note](#) and we'll give you the real scoop.



DOT Wrap Up

The proposed rules for the addition of Oral Fluid Specimen Testing for Drugs for the US Department of Transportation (DOT) closed for comment on April 29. The Paruresis community made its voice heard loud and clear as many late posting organizations took

specific note in their submissions of the comments the IPA and fellow sufferers had previously posted.

417 comments were logged. Click the talk bubbles above if you'd like to read them. How long will it take for new rules to be issued? Your guess is as good as ours. We'd say somewhere between 12 and 18 months, but we can't see it being as far out as 2024. A heartfelt thank you to all who posted. Stay tuned!



Mark Your Calendar!

*To mark Mental Health Awareness Month, we've commandeered Wednesday, May 25 as "**Paruresis Awareness Day.**"*

We're challenging all sufferers to tell one person that is important to them about their situation that day. Stay tuned for resources that will be coming out to support you on that day!

"You can have your secret, or you can have your life!"

- IPA Co-Founder, Carl Robbins

What's on tap? THIS Sunday's Virtual Support Group. Registration Open for Seattle (it's a "go"), Denver, Vienna, and Baltimore Live Workshops. Next Virtual Workshop - July 16.



Virtual Support Group Meeting - FREE!

**THIS Sunday, May 22, 2022
9 pm US ET | 8 CT | 7 MT | 6 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.

**LIVE Workshop
Registration Links**

[Seattle: June 3-5](#)
[Baltimore: September 9-11](#)
[Denver, CO \(Aug.12-14\)](#)
[Vienna, Austria \(Sept. 2-4\)](#)

Coming Soon links for:
Houston, TX (Sept. 9-11)
Winston-Salem, NC (Oct.14-16)
Los Angeles, CA (Nov. 18-20)
Miami/ Ft. Lauderdale (Dec. 9-11)



**Women's
Virtual Support Group Meetings - FREE!**

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.

What is a Workshop?

Learn more about workshops on our "[What is a Workshop](#)" page. All registrations handled by our official registration partner, eventbrite.

LIVE Early Bird Pricing:
First-Timers save \$50 off \$695
Returnees save \$95 off \$395
See the eventbrite registration pages for expiration dates.

[Next Virtual Workshop • Saturday, July 16, 2022 • 10 a.m. to 6 p.m.](#)

This event is hosted by IPA Executive Director Tim Pyle and led by IPA President and Licensed Therapist Dan Rocker. A Live Workshop too far away or too daunting a prospect? Then this is the event for you. Members save \$70 off \$199. Click [here](#) to register.

A note about Workshop logistics: Boring but Important

We set two minimums when we are planning for workshops. For live, in-person events, we need a minimum of five registrations at least 30 days prior to the scheduled date. Why? We contract with host hotels that have a cutoff on when we can cancel and still get our money back. For virtual Saturday events, we need at least eight registrations by the end of the

Wednesday prior. Why? This number of participants is needed to have the virtual breakout sessions work for the best. For both live and virtual, if we don't meet these minimums, we need to cancel or reschedule the event. **We understand that our community has as one of its characteristics "avoidance" which means it's hard for attendees to register.** But please register as early as you can so that we can call each event a "go" as early as possible. If you have any questions about the status of any event, or if you'd like to know more details, email getinfo@paruresis.org.



Lastly, we want you to know that workshops are part of our nonprofit mission. Yes, we charge registration fees for them. Many of our other programs are offered at no cost. These programs – and all our operations – are made possible by the generous gifts of our donors. We make every effort to make these events affordable while also being good stewards of IPA funds. You'll find 20+ years of IPA financial reports at [this link](#). Thank you for investing in the IPA and in yourself when you register.



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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