



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.*

May 2023

New DOT Drug Testing Rules | IPA Book Club Night  
Paruresis Awareness Day - May 25  
News You Can Use: Reasonable Time Limit  
StuffThatWorks - Sufferer Insights Released  
For Your Paruresis "Mix Tape"  
Fresh Workshop Updates | Virtual Support Group SUNDAY



International Paruresis Association Declares  
Victory in New US Dept. of Transportation  
Oral Fluid Drug Testing Guidelines

### DOT Oral Fluid Testing Rules Victory: Our Full Press Release

The US Department of Transportation released new rules on May 2, 2023 allowing for the use of oral fluid specimen drug testing for the first time. After a thorough examination, the International Paruresis Association (IPA) is pleased with the recognition the DOT has given shy bladder syndrome and the IPA, as well as the encouragement to employers to provide this alternative.

### Live Workshops

Toronto: May 26-28  
(Dr. Steve)

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

Atlanta: June 23-25  
(Roger Merritt)

• Pre-registration open.  
Need 2 more! Money Back Guaranteed.

Steven Soifer, Ph.D., IPA senior consultant and co-founder said: **“We’ve been working for the past 27 years for fairness in drug testing. We’re not all the way there yet, but these new rules bring us closer to the finish line.”** Soifer added: “We have to be patient since it will be some time before the DOT certifies labs to conduct oral testing, and we remain concerned that employers still have no mandate to allow oral fluid testing. Employers continue to have the option to restrict testing to urine only. This situation needs to be addressed. Only if the employee gets to choose the testing method can each person’s human and constitutional rights be assured.”

Chicago trucker Phil Jones (not his real name) lost his trucking license after 20 years as the result of a failed drug test. The only problem: he wasn’t on drugs. He simply couldn’t provide a urine sample as a result of a “shy bladder.” **“I own my own company, so that means I haven’t worked for more than two months. I always took the full three hours allowed before, but this time, I couldn’t go. Now, I’m out of work – and forced to go to a substance abuse program if I want a chance to get it back.”** Thousands of others like him now have renewed hope with the new regulations. Added Jones, “It may be too late to help me, but I’m very hopeful that in the near future, others will be spared the embarrassment and lost money that I’ve experienced. It’s long past time to humanize this system.”

Shy Bladder Syndrome, technically known as Paruresis (“par-you-ree-sis”) is a social phobia mentioned in the DSM-5 (Diagnostic and Statistical Manual of Mental Disorders, fifth edition), under the category 300.23 (F40.10). According to studies, an estimated 7% of the US population suffers from this illness. The United States Equal Employment Opportunity Commission (EEOC) determined in 2011 that Paruresis should qualify as a disability under Americans with Disabilities Act as Amended (ADAAA) definitions.

Dr. Soifer added: “This ruling represents a significant change in the drug testing landscape and a full acknowledgement that oral fluid testing is a reasonable accommodation for those suffering from our disability. The DOT agrees this

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

• *Pre-reg. opens soon.*

**Austria: September 1-3**  
**(Dan Rocker)**

• *Pre-registration open!*

*For info:*

*office@paruresis.at*

**Vancouver: September 8-10 (Paul Cosulich)**

• *Pre-registration open.*

*We need a minimum of 3 more attendees to make this a "go!" Money Back Guaranteed.*

**Baltimore: Oct. 6-8**  
**(Dan Rocker)**

• *Pre-registration open!*

*Money Back Guaranteed.*

**Long Island, NY: Oct. 27-29 (Dr. Steve)**

• *Pre-registration open!*

*Money Back Guaranteed.*

**Dallas or Austin**

**Las Vegas: In planning.**

• *Fill out our workshop interest form with your locale.*

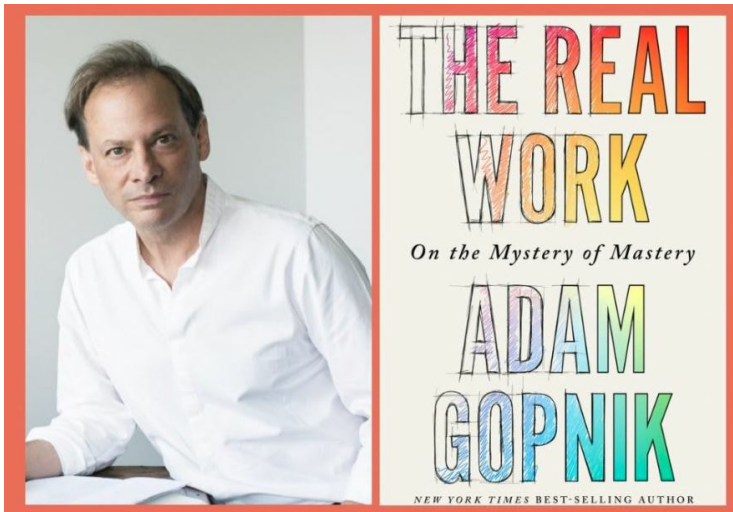
*All of our workshop leaders and IPA Executive Director Tim Pyle would be very happy to connect with you in advance of any workshop. Head over to the Contact the IPA form and we'll arrange it! Also, you'll find links to videos of leaders under their entries on the Shy Bladder Center page. They are fantastic experts and advocates for Paruresis sufferers around the world.*

alternative is as accurate in identifying drugs as urine testing and that the new oral procedure is much more cost effective overall. We hope that practicality and fairness will win over employers who might hesitate to change their ways. **We stand ready to assist any person who continues to be treated unfairly in this respect when an easy solution is fully approved.**"

### Members Only Event: Save The Date

Save the date for the first IPA Members Only "Book Club" event **Saturday, June 24 at 10 a.m.** US ET. We'll be joined by New York Times Best Selling Author Adam Gopnik. As you may know, Adam's work with IPA President Dan Rocker is featured in Adam's most recent release, "The Real Work: On the Mystery of Mastery."

This event will be available for free to the first 100 members who sign on, and by recording on the members site to all current members shortly thereafter. Mark your calendars as Adam and Dan discuss not only the chapter "Relieving," but also Adam's impressions as he traveled the world promoting his book and sharing his Paruresis story. You won't want to miss it.



[DONATE](#) | [JOIN](#) | [RENEW](#)



### Paruresis Awareness Day

Everything has its "day" so we've commandeered May 25 as Paruresis Awareness Day each year. The day fits nicely into what the National Alliance on Mental Illness has called [Mental Health Awareness Month](#).

"What should I do on May 25th as opposed to any other day?" The IPA recommends that you tell at least one person who is important to you about your Paruresis! Visit our Paruresis Day page for resources for both you and the person you tell. Then head over to our reddit page to post how it went.

[r/ShyBladderIPA](#)



**News You Can Use: Suggested Language for Drug Testing**

While the news about DOT drug testing rules is great, it will take some time for the labs to be approved and for the new processes to be adopted. Other companies - **we're talking to you Ford Motor Company** - still haven't grasped the benefits of oral testing.



The IPA's advice is to be proactive about letting your Human Resources department know about your disability. Plus, offering to pay for any difference in cost between urine and oral fluid testing will stop that excuse in its tracks (there really isn't a major difference in cost anyway).

If you find yourself still in a situation where you have to attempt a urine sample, **be sure to ask for what you need** Some drug testing technicians think that there is a time limit on how long you have to pee. Even the DOT rules state that the employee is to be given a "reasonable amount of time" with no specific number mentioned. Try this . . .

*"I suffer from shy bladder. For me, a reasonable time limit is 10 minutes. Please do not knock on the door or address me verbally at any time except to tell me 10 minutes is up otherwise we're going to be here all day and neither of us wants that. Can you do that for me?"*

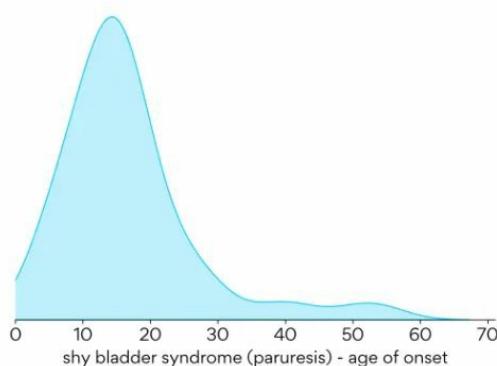
Do you find yourself in this predicament? [Contact us](#) for a personalized letter of support that you can deliver or we'll be happy to send on your behalf. Forewarned is forearmed! Keep your rights intact.

## Before You "Go" - This and That

### StuffThatWorks Paruresis Community Insights Released

Have you joined the Paruresis community on the crowdsourced platform StuffThatWorks? The number of members just reached the point where they have published a few insights from the data participants have shared. Here's a sample:

50% of members experienced first shy bladder syndrome (paruresis) symptoms between ages of 12 and 18

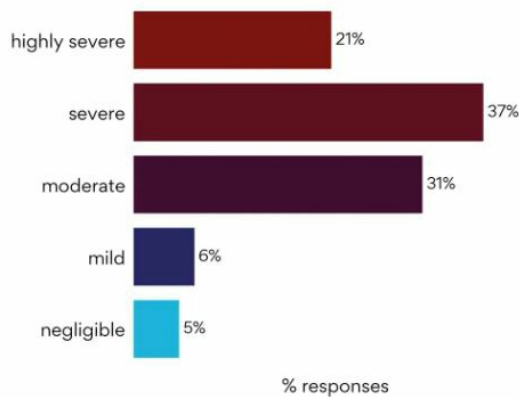


### Speaking of Data:

#### Watch Your Inbox for the IPA's New Demographic Survey!

As the IPA continues to seek out grants for potential research projects, a key question we are asked is "What is the demographic make-up of your population?" To that end, we'll be sending out a short 14-question (4 minute) survey that will ask your anonymous response to those typical kinds of

58% say their shy bladder syndrome (paruresis) is currently severe



questions. Please help us by fully answering this 100% anonymous survey.

*Watch your inbox - and especially your spam filters for this important invite coming soon!*



Sign up today so we can continue to grow this valuable FREE resource.

Click to participate at StuffThatWorks

### For Your Paruresis "Mix Tape"? Okay, playlist!



From Tim T. in Australia: "A reasonably famous Aussie punk band called **Regurgitator** actually wrote a song called "**I Piss Alone**" about 25 years ago. The album was huge at the time, and actually won ARIA album of the year (like the Grammys, but Australian..)" Punk certainly captures the raw emotion! [Lyrics here](#) you'll need them.



#### "Paruresis" by LiterallyWize

Maybe techno is more your jam? No lyrics, but again, an emotional wall of sound that captures the frustration of Paruresis.



#### Maybe ambient is what you are looking for?

5 minutes of simply public restroom sounds from **Global Audio Studios** for your positive visualization sessions or at home practice. Thanks to Byshadow on our Discord channel.



## UPCOMING PARURESIS SUPPORT EVENTS & NEWS

Virtual Support Group Meeting - FREE!

Women's Virtual Support Group Meetings

Sunday, May 21, 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.

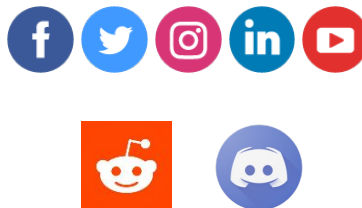
Your Host: Andrea Weyant

**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.



Office Hours: Monday - Friday 10:00 a.m. to 6:00 p.m. ET  
800-247-3864 or 443-315-5250 (call or text)  
[getinfo@paruresis.org](mailto: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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