

IPA INTERNATIONAL PARURESIS ASSOCIATION

1996 • Celebrating 28 Years • 2024

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 2024

May 25th is Paruresis Awareness Day
Can CBT Change Our Minds?
ARA Program Manager Sought
Last Chance: MN and DET - it's not too late to join in!
Fall Workshop Schedule is set
Golfing, Coffee, and More . . .



The International Paruresis Association – yes, that's us – has established May 25 each year as Paruresis Awareness Day. If you google "paruresis awareness day," our handy-dandy website paruresis.org/May25 pops up. But, if you ask Gemini or ChatGPT, they seem confused about the whole thing. So, your task this weekend is to share as many of our social media posts as possible about May 25. Oh, and to tell just one other person you have Paruresis!

But really, why May 25th? In the US, Mental Health America has promoted May as Mental Health Awareness Month, and we're piggy backing on that. Plus, as the 25th is close to the unofficial start of the US holiday season, what better time to share with family and friends as summer trips peek over the horizon.

What to do on the 25th? Well, really there is nothing being encouraged for the 25th that can't be done on any other day but take comfort in the fact that many of our fellow sufferers will be stepping out of their comfort zones with you on that day. IPA President Dan Rocker has as one of his three nuggets of recovery: "if your paruresis is going to impact someone else, tell them." We're not saying you have to tell everyone - just those who care about you and you for them. Let their kindness fuel you!

Check out our special informational page <https://paruresis.org/May25>. It's a great resource for the person you open up to when they say, "I've never heard of such a thing before. I've never even thought about it." This page will make things a bit clearer.

Some potential language:

Hey, did you know May is mental health awareness month? I just read an article that said the rates of anxiety are starting to come down from their

**How to Tell
Someone You
Have Paruresis
and . . .
Survive!**

covid highs. How would you say you've been feeling? [listen and reply sincerely; you'll get what you give . . .]

I completely understand that. The trouble I have is that the kind of anxiety that I have is actually a little more difficult to deal with as we've been getting out in public more. It's kind of hard to talk about, but I'd really like to share it with you. Is that okay? It's a big deal to me. [plant your feet firmly on the floor; take a deep breath, etc. Go for it!]

I suffer from shy bladder syndrome. It's not like a little stage fright here and there, it's a full on "I really don't want to pee anywhere but home" kind of thing. It runs and ruins my life, but I'm working on it. It has a technical name as almost 7% of people struggle with it: "par-you-ree-sis." Actually, telling you today, is just another step on my recovery. Thanks for letting me share this with you.

Use Saturday, Paruresis Awareness Day to take this next step in your recovery and tell just one more person. You'll be glad you did! Click below for the special May 25th resource page.

Family & Friends Webinar

An informational presentation for family members and friends from the International Paruresis Association.

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- What is Paruresis?
- What causes Paruresis?
- Is there a cure?
- How can I help?

CAN CBT CHANGE OUR MINDS?

About 1.2 million people pay to read "The New Yorker," so given that it is a somewhat exclusive club, we pass along an interesting article here from July 2023 by Joshua Rothman, "[Can cognitive behavioral therapy change our minds?](#)" After all, that's the therapy we highlight here at the IPA.



Rothman presents a thoughtful review of CBT as a technique in relation to his own cognitive challenge. And, he reviews the history of CBT and discusses its strengths and weaknesses through the lens of several practitioners he connects with. A longish, but very interesting read. Click the brain nearby for the full version.

"The mind is an alien place; it's impossible to describe anyone's completely and accurately. This only makes it more powerful when a therapeutic model offers you a way of describing yourself to yourself. Do we really have "core beliefs"? Are we really shaped by our "automatic thoughts"? Simply by proposing such ideas, we can make them almost true. It's by believing in descriptions that we allow therapy to slide from theory into practice. Scaling the rock face of our own problems, we can carve the rock in fresh ways, inventing handholds; we can create new routes where none seemed to exist."



American Restroom Association

PART-TIME PROGRAM MANAGER SOUGHT

Our friends at the American Restroom Association (ARA) seek a passionate and dedicated individual to fill the role of part-time Program Manager (10-15 hours per week). As part of its mission to advocate for clean, safe, and accessible restroom facilities nationwide, the successful candidate will be responsible for researching and developing best practices in restroom design, maintenance, and accessibility. Collaborating with stakeholders,

including government agencies, businesses, and advocacy groups, the Program Manager will work with the ARA board to implement its strategic plan and raise funds. Strong communication skills, attention to detail, and a commitment to inclusivity are essential for success in this role. Please get in touch with IPA and ARA co-founder Dr. Steven Soifer at steve@americanrestroom.org for more information or to apply. Learn more about the ARA at <https://americanrestroom.org>.

UPCOMING PARURESIS SUPPORT EVENTS & NEWS

Next Virtual Support Group Meeting - FREE!

Sunday, June 9, 2024

1 pm US ET | Noon 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 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

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.

LOCAL MEETINGS

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

San Francisco (Chris):
sanfrancisco@support.paruresis.org

Chicago/Milwaukee (Dave):
davidk@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](#).

PEE BUDDIES SOUGHT IN

Live Workshops

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.

DETROIT Live Weekend Workshop *This is a GO! Female pee-buddy needed.*

Fri. Jun. 7 to Sun. Jun. 9, 2024
Kickoff Fri. 7 p.m.; Sunday 'til 2 p.m.
Leader: Roger Merritt, LCMHC
\$795; \$695 for IPA members
[Click here for details and register.](#)

MINNEAPOLIS Live Weekend Workshop *This is a GO!*

Fri. Jun. 7 to Sun. Jun. 9, 2024
Kickoff Fri. 7 p.m.; Sunday 'til 2 p.m.
Leader: Roger Merritt, LCMHC, MA
\$795; \$695 for IPA members
[Click here for details and to register.](#)

AUSTRALIA Live Weekend Workshop **Gold Coast, Queensland**

Fri. Aug. 2 to Sun. Aug. 4, 2024
Kickoff Fri. 7 p.m.; Sunday 'til 2 p.m.
Leader: Rom Noonan, Clinical Psychologist
AU\$795; AU\$695 for IPA members
[Click here to sign up for announcements.](#)
[Registration link coming soon.](#)

MEDITERRANEA One-Day Intensive **Lisbon, Portugal**

Sat. Aug 17, 2024; 9 a.m. to 2 p.m.
Leader: Dr. Steven Soifer, Ph.D., MSW
€265; €195 for IPA members
[Click here to sign up for announcements.](#)
[Registration link coming soon.](#)

BALTIMORE Live Weekend Workshop

Fri. Sep. 13 to Sun. Sep. 15, 2024
Kickoff Fri. 7 p.m.; Sunday 'til 2 p.m.
Leader: Dan Rocker, LCSW, MA
\$795; \$695 for IPA members
[Click here to sign up for announcements.](#)
[Registration link coming soon.](#)

DALLAS Live Weekend Workshop

Fri. Sep. 27 to Sun. Sep. 29, 2024
Kickoff Fri. 7 p.m.; Sunday 'til 2 p.m.
Leader: Roger Merritt, LCMHC, MA
\$795; \$695 for IPA members
[Click here to sign up for announcements.](#)
[Registration link coming soon.](#)

VIENNA, AUSTRIA **Live Weekend Workshop**

TBA August/September
Hosted by Austrian Paruresis Association
[Click here to sign up for announcements.](#)
[Registration links coming soon.](#)

Also to be scheduled for October: **Women's Weekend Workshop**

[Click here to sign up for announcements.](#)
[Registration links coming soon.](#)

Don't see your town listed?

these locales:

Fort Collins, Colorado
Albany, California
Columbus, Ohio
[Your City Here!](#)

• [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.

Next Virtual Workshop

Saturday, August 10, 2024
10 a.m. - 6 p.m. US ET

Leader: *IPA President, Dan Rocker, LCSW, MA*

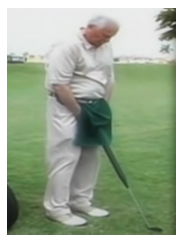


[Learn More and Register](#)

QUICK HITS from the IPA Inbox

The UROClub

"Peaceful Warrior" from our Discord channel sent this in. I'm thinking the "Stadium Pal" might be a better way to "go" than the UROClub. For entertainment purposes only! ;-) Click below for a 30-second video laugh.



Coffee Myth

IPA Co-founder Carl Robbins was kind enough to pass along this snippet from "5 Myths About Coffee" on YouTube. Is it AI-generated? Probably. Good to know? Yes. The IPA Keurig thanks you. "Myth 2: Coffee is Dehydrating." Full video 4:45. Take a sip and enjoy.



Dr. Hen "Fictional Doctor" says . . .

Apologies we can't remember where this little gem came from, but check out this Instagram account from Dr. Hen an "Animated fictional doctor. Raising health awareness & fighting misinformation." Follow #Drhensays.



Office Hours: Monday - Friday 10:00 a.m. to 6:00 p.m. ET
844-ICANT-PEE • 844-422-6873 • 443-315-5250 (call or text)
getinfo@paruresis.org



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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