

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.*

May 2025

**Mental Health Awareness Month**  
**Paruresis Awareness Day - Sun. May 18**  
**Distraction Inaction**  
**Workshops are Rockin'!**  
**The "Holding Your Pee" Award Goes To...**  
**From the Inbox: David Lynch's Urinal and More**



[Mental Health America](#) founded Mental Health Month in 1949 and has led the effort every May to promote mental wellness nationwide in the US. Learn how to take action to improve your personal mental health or as part of the larger mental health movement with their [Mental Health Month Action Guide](#).

For Mental Health Month, the IPA selects one day in May each year to spotlight shy bladder syndrome by sponsoring **Paruresis Awareness Day**. This year we've targeted **Sunday, May 18**. We're encouraging our [local support groups](#) to host a meet-up in their areas.

Also, we'd like each shy bladder syndrome sufferer to **think about just one person that they can share** their challenge with on that day. You'll find resources on how to do that at [this special webpage](#). As IPA Co-founder Carl Robbins says, "You can have your secret - or you can have your life!" Consider stepping out of your comfort zone on May 18th.

To cap off the day, the IPA will be hosting a special webinar open to all. Learn more below. We hope you can join us!

### Paruresis Awareness Day Webinar

Sun. May 18, 2025 • 7 p.m. ET, 4 p.m. PT  
Free and Open to All featuring . . .





IPA Member David Levine will share his recovery journey which enabled him to appear on Season 4 of Lego Masters!



IPA Women's Coordinator Andrea Weyant will be along to let our sister sufferers know that there are resources for you, too!



Plus, a visit from Dr. Jared Worchel, who will update us on his IPA-funded research project into the mechanisms of Paruresis.

and, we'll have video visits from IPA Co-Founder Dr. Steve Soifer and IPA President Dan Rocker. Click the button below to register. Participation is free. Don't miss out!

Register

**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

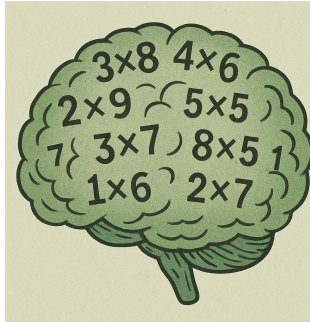
Platinum  
Transparency  
2025

Candid.

Current and past members can check donation history and membership status [here](#). Your username is "First\_Last". Thank you!

### "The Internet Says . . ." Tsk, Tsk

[Here's a nugget](#) from Caleb & Traci at Sunny 101.5 (April 22, 2025). Take a quick listen to what they "report" about "what the internet says" on how to overcome shy bladder. If it were only this easy, we wouldn't need the IPA! It's another example of why we need to be diligent in following what people share in the media about our condition. Distraction may work temporarily, but according to **Shy Bladder Center member, Ruth Lippin**, in her fabulous supplement to the soon-to-be released 3rd edition of Dr. Steve Soifer's best-selling "The Secret Social Phobia":



*When I began working as a clinician, the research indicated that if the therapist could teach sufferers how to distract themselves from their anxiety symptoms, they would overcome their avoidance behaviors and/or no longer need to engage in compulsions. **Therapists, including myself, taught their clients "distraction" techniques.** We would have our clients count backward from one hundred by three, list girls' names from A to Z, play solitaire, listen to music, count the tiles on the bathroom floor, etc. It would often work in the short term. But what clinicians and researchers started to notice was that, eventually, the **distraction techniques would lose their "power."** At that point, the sufferer would be unable to ward off the anxiety using distractions and, would again, be unable to enter the feared situations and/or resist engaging in compulsions.*

*Researchers concluded the problem was that if the sufferer remained afraid of the anxious feelings, they were extremely susceptible to relapse. Based on this new understanding, **treatment for phobias, anxiety disorders, and OCD shifted from "distraction" to "acceptance"** of these anxious feelings...*

Click [here](#) to hear the conversation. Shy Bladder discussion runs from 16:27-17:50. Watch for the 3rd Edition of "The Secret Social Phobia" coming soon! Ruth will be a guest on IPA Women's Coordinator Andrea Weyant's upcoming virtual support group. See the note below.

## 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 where you'll find all the

registration links. Sign up early so we can meet our 5-person minimum for each event! **Go/no go dates are coming up soon for Dallas, Los Angeles, and New England.** Don't procrastinate, re-learn how to urinate!

Date	Location	Format	Leader(s)	Notes
Aug. 23	Online	Virtual	Dan Rocker	Registration is open!
Apr. 4-6	Chicago	Weekend	Dan Rocker	Success!
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	This is a go! Join us.
Jun. 7	Vancouver	Hybrid	Paul Cosulich	This is a go! Join us.
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, June 8, 2025**

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 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, May 5 @ 7:30 p.m. ET. featuring Ruth Lippin**

*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.*

Women's Reddit Channel:

#### Live Workshop Notes

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 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 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

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

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

<https://www.reddit.com/r/paruresisin/women/>

**PEE BUDDIES SOUGHT in these locales:**

[Your City Here!](#)

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

**Dallas (John):**  
dallas@support.paruresis.org

**Melbourne, AUS (Jeremy):**  
melbourne@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.

### The "Holding Your Pee" Award Goes To . . .

Here's the text of the note the IPA sent to Senator Cory Booker recognizing his record-breaking 25-hour speech on the Senate Floor, March 31-April 1, 2025:

*On behalf of the membership of the International Paruresis Association ([shybladder.org](http://shybladder.org)), we applaud your stamina on the Senate floor during your record-breaking speech. As a community of sufferers from the legitimate social phobia known as Shy Bladder Syndrome, we know full well the challenge of "holding it" for an extended period of time. Several members contacted me to ensure that you are familiar with the device known as the "Stadium Pal" for your next marathon. It's a better solution than your reported dehydration. You'll find our President and Licensed Clinical Social Worker Dan Rocker describing it here: <https://paruresis.org/stadium-pal-gal/>. Shy Bladder is no joke and neither is this message. Again, bravo.*

- Tim Pyle, MS Ed, MBA, Executive Director - IPA



## QUICK HITS from the IPA Inbox

Have a mention of our condition that you'd like to share?  
Email it to [getinfo@paruresis.org](mailto:getinfo@paruresis.org).

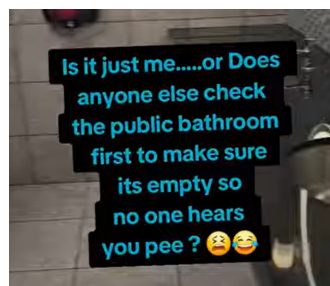
### And, now, the funny stuff

We may have lost film auteur David Lynch this past January, but not before he posted this little gem about his sink-urinal combo. "[What is David Working on Today? 5/29/20](#)" (1.5 mins.)



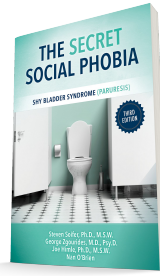
### Time for one more silly one?

You know you've sung this song or a variation of it. . . earworm trigger warning. "I need my privacy [#public](#) [#bathroom](#) [#funny](#) [#paruresis](#) is" 18 secs. (P.S. You know a lot of these come in from Dr. Steve, right?)



**COMING SOON! - 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](mailto: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.**

International Paruresis Association, Inc.  
P.O. Box 21237 • Catonsville, MD • 21228  
[getinfo@paruresis.org](mailto:getinfo@paruresis.org) • 844-ICANTPEE • 844-422-6873

© 2025 International Paruresis Association, Inc. All Rights Reserved

Image credits for first use (source): "Mental Health Month" base graphic provided by Mental Health America; "Brain" by ChatGPT AI/Abacus; "Stadium Pal" property of biorelief.com. For images and graphics, IPA uses Pixabay ([pixabay.com](https://pixabay.com)) a free service (support these artists!) and Adobe Stock (through an Adobe Creative Cloud subscription; [stock.adobe.com](https://stock.adobe.com)). AI images by Microsoft's Co-pilot and Abacus.ai. Corporate and product logos are property of their respective owners.