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1996 • CELEBRATING OUR 30TH YEAR • 2026



**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.*

**November 2025**

**2026 Appeal  
Triple Your Impact  
3rd Edition Release Party - FREE!  
IPA Coming Soon to Spotify  
2025 Workshop Wrap-up  
Tasty Encouragement**

### **Our 2026 Fundraising Appeal**

Hi, my name is Mike, and I'm asking for your support of the International Paruresis Association (IPA). Before becoming an IPA Board member and Shy Bladder Center coach, I struggled with shy bladder syndrome for over five decades. The IPA changed my life.

In November 2023, I found the IPA website and was stunned to learn that others shared my condition—and that real help existed. For the first time, the words I read and videos I watched gave me hope.



*Mike Hurd: author, business and life coach, IPA Board member, and Shy Bladder Center member. Learn about Mike's book below.*

I reached out to Tim Pyle, IPA's Executive Director, who connected me with proven resources for paruresis. I dove in fully. In under two months, I:

- Attended IPA-sponsored virtual workshops,
- Read “The Secret Social Phobia” and applied its techniques,
- Watched every video on the IPA site,
- Attended an in-person IPA workshop,
- Practiced consistently.

My experience began to shift. I could “go” in situations I'd never imagined. My outlook transformed from dread to confidence—even while traveling. A lifelong mental burden lifted.

I'm eternally grateful to the IPA and to people like you who made this possible. Support funded the workshops, awareness, and free resources that changed my life. Inspired by this impact, I became an IPA Board member and official Shy Bladder Center coach to help others reclaim theirs.

Please consider supporting this remarkable organization, which has helped thousands directly and indirectly on their shy bladder journeys. Your gift today can bring hope to someone suffering as I once did—so they don't have to endure decades of isolation. Thank you.

**Click Here to Donate!**

matching gift, every new donation to the IPA will be matched 2for1 —**turning \$100 into \$300**. Returning donors can triple their increased amount as well. For example, if you gave \$100 last year and give \$200 this year, the \$100 increase will be matched 2for1. Become a new donor—or increase last year's gift—today and help us maximize the \$25,000 matching pool. And a special thanks to our amazing matching gift sponsors who have made this program possible for the past several years!

## TRIPLE YOUR IMPACT

2x Matching Gift Opportunity

\$25,000 Match Available



### We're now on Spotify!

In 2026, the IPA will be pulling out all the stops on social media to spread our message of support and care across the internetosphere! As a part of that effort, you'll find new content on Spotify. For now, we have a little intro/placeholder show. Click the Spotify logo nearby and please bookmark our show so not to miss out on upcoming resources posted there. We'll "see" you there in 2026!



See all our social links in the footer of this email.

### It's Here! Well, almost . . .

Celebrate the upcoming 3rd edition of the bestselling Shy Bladder recovery book, **"The Secret Social Phobia: Shy Bladder Syndrome (Paruresis)"**! Join us for a free SSP3 release party on Tuesday, December 2 at 7:30 p.m. ET. This special event is open to all featuring Dr. Steven Soifer, primary author and the driving force behind the IPA, and Dan Rocker, SSP3 contributor and IPA President. **They'll read excerpts from the brand-new content added to this edition, followed by an open Q&A to answer your recovery-related questions.**

Don't miss it. Click the graphic below to register.

The graphic is a promotional poster for the book 'The Secret Social Phobia: Shy Bladder Syndrome (Paruresis)'. At the top, it says 'Register today at bit.ly/SSP3-Release'. The title 'The Secret Social Phobia' is in large white letters, with 'Shy Bladder Syndrome (Paruresis)' below it. On the left is the book cover, which shows a toilet in a room. In the center are two headshots: Dr. Steven Soifer, PhD, MSW, Primary Author and Co-Founder of the International Paruresis Association, and Dan Rocker, LCSW, MA, IPA President and 3rd Edition Contributor. To the right is the IPA logo. At the bottom, it says '3rd Edition Release Party' and 'Tuesday, December 2, 2025 at 7:30 pm. ET'. A small text box on the right says 'Join us for this FREE event featuring readings of brand new content and Q&A with Dr. Steve and Dan!'.

**Own a Kindle?** Pre-order your copy of the book today [at this link](#). Just \$9.99 for the "Swiss Army Knife" of recovery with content for those just beginning their recovery journey, for those deep on the road, and for family members, friends, and medical or mental health professionals looking for the best resources in the world on Paruresis.

## UPCOMING WORKSHOPS and EVENTS

For up-to-the-minute event and registration information, see the [Shy Bladder Workshop Schedule](#) page on the IPA Website. Join us at a life changing event soon!

IPA workshops continued worldwide this year—from Toronto, across Canada and the U.S., all the way to Perth, Australia, and right at home on Zoom. Across 11 events, 96 men and women with Shy Bladder Syndrome took what many expected to be the most challenging step of their lives—and were astonished by how much they improved in such a short time. And in keeping with 29 years of IPA workshop history, despite the nerves, no one "died!"



From our post-workshop surveys, here are just few responses to the question, **"What was the single most valuable thing you learned during the workshop?"**

*Probably the most important experience for me was being able to share with others who actually understand and feel seen and understood and not feel so ashamed. The most important learning for me was understanding how this is an avoidance behavior and learning about the processes in which we can change course on that behavior and recover.*

*I'll give 3--stop avoidance behaviors, wait for full bladder, and keep practicing.*

*This problem can be overcome with practice and a positive attitude.*

*That with practice I would not fear using public washrooms ever again.*

*All people have misfires and it is ok.*

*The "shame attacking" exercise where Dan went and stood at the urinal for 20 minutes. I joined him for the last 7. It was illuminating. Nobody cared!*

Curious what it's like to attend an IPA Workshop? Reply to this email to reach out to IPA Executive Director, Tim Pyle. He can connect you with past participants and the leaders of any upcoming workshop you're considering. We're here to support you every step of the way—so you can attend and say, like so many before you, **"Why did I wait so long?"**

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

What is a Shy Bladder Workshop? [Learn More.](#)

### **Next Monthly Virtual Support Group Meeting - FREE!**

**Saturday,** December 6, 2025

2 pm US ET | 1 CT | 12 MT | 11 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 Saturdays at 11 a.m. PT/ 2 p.m. ET! [followup@support.paruresis.org](mailto:followup@support.paruresis.org)*

### **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](mailto:sanfrancisco@support.paruresis.org)

**Milwaukee** (Dave):  
[davidk@support.paruresis.org](mailto:davidk@support.paruresis.org)

**WOMEN'S** Virtual Support Group Meetings

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

**Next Meeting: Nov. 24 at 7 p.m.**

*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:  
<https://www.reddit.com/r/paruresisinwomen/>

**PEE BUDDIES SOUGHT in these locales:**

Detroit, MI  
Long Island, NY  
Puerto Rico  
[Your City Here!](#)

**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

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

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



## Next Virtual Workshop

Saturday, January 24, 2026  
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!" Women: we promise a female pee-buddy or your registration fees returned.

We are a 100% small donor supported organization, so your gift of any amount helps to make our work possible around the world. We appreciate you helping to keep our motto true: "You are not alone!"

**Donate Today**

Platinum Transparency 2025

**Candid.**

Gifts of \$100 or more qualify you for IPA Member status for 2026 and includes access to the members only site, free resources, and savings on workshops.

## 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).

### Need tasty encouragement?

The Baltimore workshop is always a little extra special since it's our home event. In recent years, we've found some tasty encouragement: Dove Promises chocolates include inspirational sayings inside the wrappers. It's a great moment when someone opens one and the message perfectly fits the work

**Clinical psychologist, author, and blogger, podcaster (jeez, have we missed anything?) Ellen Hendricksen serves up "7 Little-Known Ways Social Anxiety Can Show Up in Everyday Life" including Shy Bladder**

IPA President Dan Rocker chimed in on the comments feed with applause for the article, so be sure to scroll



underway. Grab a bag to stay motivated in your recovery work. (No, the IPA did not get a donation for this promo!)



down for that. Check it out. [5 min. read on Substack.](#)



MICHAEL HURD

### Feeling the Flow

Creating Freedom from Shy Bladder Syndrome



### Don't Miss!

IPA Shy Bladder Center Coach and Board Member Mike Hurd's new book, **"Feeling the Flow: Creating Freedom From Shy Bladder Syndrome"** has beaten Dr. Steve's book to press. Available through Amazon (\$5.99 Kindle/\$12.95 paperback).

Get your wonderful new contribution to the Shy Bladder literature today. Here's Mike on the "Infinite Abilities" podcast (Spotify, 27 min.)



**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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