

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.

October 2022

The "Money Back Guarantee" Issue

Money Back Guarantee for New Members
Women's Live Weekend Workshop Breakouts
25+1 Celebration Agenda for THIS Saturday
No Guarantees re: Your Kidneys | Guaranteed Useful Link
Virtual Support Group - Nov. 6 | Women's Support Group

Money Back Guarantee for Brand New Members

We want you to attend our 25+1 Anniversary Celebration! We're so confident that you are going to be impressed with the IPA, that if you make a donation of \$50 or more and **become a first-time member before Noon ET on Friday, October 28, 2022** – in order to attend the live online event Saturday – that if you ask for your donation back on Monday, we'll return it to you. What's holding you back from supporting yourself and other sufferers by joining IPA? Don't miss out on this historic event!



Live Workshops

Los Angeles, CA

- Nov. 4-6
- This is a "go!" with at least **2 women in attendance**, one who is willing to share a room.

West Palm Beach, FL

- Dec. 9-11
- Need 4 more before Nov. 7!

Next Virtual Workshop

- Jan. 21, 10-6 ET

Melbourne, Australia

- Jan. 27-29, 2023
- This is a "go!" Details below

Click on the links above to learn more through the eventbrite registration portal.



Women's Breakout Guaranteed for LA

Our weekend live workshop in Los Angeles is coming up quickly - November 4-6. **Women! This is your chance** to attend a live workshop and be guaranteed that you'll have a female pee-buddy to partner with for breakout practice sessions. This opportunity has only come up sporadically so sign up today! [Registration through eventbrite at this link.](#)

All of our 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.



25th + 1 Anniversary Celebration Line Up

Not yet a member, but want to attend? Click below now!

Session I: 11:30 a.m. US ET - 1 p.m. ET

- Welcome - IPA Executive Director, Tim Pyle
- "State of the IPA" - IPA President, Dan Rocker
- Updates - IPA Executive Director, Tim Pyle
- Main Event - A Video Conversation with IPA Co-Founders, Dr. Steven Soifer and Carl Robbins

Session II: 1:30 p.m. US ET - 3ish?

- StuffThatWorks Crowdsourcing Paruresis Data Platform
- Paruresis-Friendly Urologist Database Beta
- A Video Conversation with Simon Knowles, University of Swinburne (Melbourne, Australia) regarding his research into the underlying causes of Paruresis.
- A Live Panel Discussion hosted by Dr. Steven Soifer featuring AI

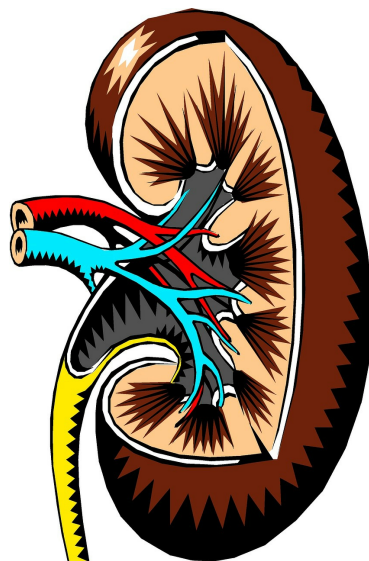
Goldyne and Philip Yang on how the bladder works and what the future of research looks like into the physical and mental processes of Paruresis.

Current members (donated since July 1, 2021) should have received the link by email and will receive a reminder with link Saturday morning. See you then!

Join IPA anonymously with a Donation Today!

**We can't guarantee you
won't get kidney failure if
you overcome your shy
bladder syndrome...**

But "holding your water" can have negative physiological effects. Check out this article from a popular Turkish website RailyNews.com: "[Don't Get Kidney Failure While Avoiding The Toilet.](#)" The translation is a little off, but you'll get the idea:



Guaranteed Useful Link

The IPA continues to fight to make sure that Paruresis is not a reason for someone to suffer employment discrimination. If your failure to provide a sample resulted in a negative action, [here's a link to file an Equal Employment Opportunity discrimination charge](#). While our Legal Defense Fund is fully committed at this time, we'll help in any other way we can. [Reach out to us here](#).

*Test for drugs –
not my ability to pee!*



UPCOMING PARURESIS SUPPORT EVENTS & NEWS

**Virtual Support Group Meeting -
FREE!**

**Sunday, November 6, 2022
8 pm US ET | 7 CT | 6 MT | 5 PT
Your Host: Dave Kliss**

All: This meeting is a great start for someone looking to connect with others for support, advice, and

**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

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.

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.

DONATE NOW THROUGH

Network  for Good®

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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