



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.

October 2023

**Men's Health Education Efforts
Accomplishments and Awards | In the Crowd
Workshops and Support Groups | It Helps to Laugh!**

Ladies, go grab a cup of coffee while we chat with our male readers for a quick second . . .



Wear Blue Day - 3rd Friday of the Month

The Men's Health Network (MHN) is continuing a campaign they began in the summer in which they encourage men to wear blue every third Friday of the month. The idea of the campaign was to stimulate the conversation, "You Ok, Bro?"

Paruresis sufferers can certainly relate to this message from MHN: "The stigmas around men's mental health were already an obstacle for many men who need care. The internal shame, or the perception that reaching out for behavioral help, somehow diminishes a man's strength, has been an insurmountable and lingering barrier that



Movember is the global Men's Health Month

Movember is a month-long global campaign that encourages men to grow mustaches (or "Mo's") and engage in activities to raise awareness about men's health. It aims to challenge the stigma around men's health issues, spark conversations, and promote early detection and intervention.

Movember originated in Australia in 2003 when a group of friends decided to grow mustaches to raise awareness about prostate cancer and

perpetuates suffering. The result is a huge segment of the population of men with untreated depression, anxiety, grief and/or addiction that manifests in failed relationships, reduced productivity, divorce, alcoholism, drug abuse, and even suicide. Each one of these misery markers was made more malignant by the pandemic and have exacerbated racial and political strife and violence that have dominated the last several years."

Learn more at youokaybro.org.

depression in men. It has since evolved into a global movement with millions of participants and supporters. Movember has funded numerous men's health projects and initiatives and has become a symbol of solidarity and awareness.

Over the years, Movember has contributed to significant advancements in men's health research and has encouraged men to take charge of their well-being.

*Copy courtesy awarenessdays.com

Accomplishments and Awards - IPA Achieves High Ratings

As we approach the end of the calendar year, if you aren't already a member of the IPA, you will begin receiving our annual fundraising appeals. How can you know that along with being the world's best resource on Paruresis research and recovery, that the International Paruresis Association is one of the best run and most respected of all nonprofits? Two cases in point: **the IPA is among the top 1% of all US nonprofits** in achieving the Platinum Transparency badge from Candid - perhaps the most thorough nonprofit rating org out there. And, once again, thanks to your reviews, the IPA is one of the first to achieve the Top-Rated badge from GreatNonprofits. That means you can trust that we are putting your donations to fantastic use. Don't take our word for it, click on the badges below. Won't you join the IPA for 2024 by making a US tax-deductible donation of \$100 or more? Members get access to a special members only site, workshop discounts, videos, publications, and more. [Join today!](#) Need more info? Click [here](#) for a full list of IPA Accomplishment for 2023. And, feel free to reach out to IPA Executive Director, Tim Pyle, through our contact form [here](#).

Platinum
Transparency
2023

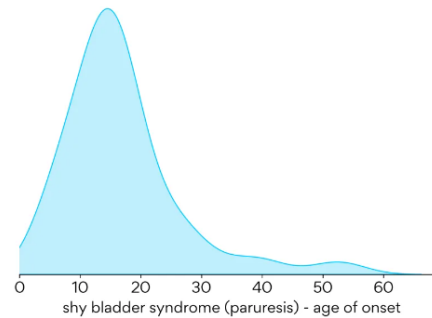
Candid.



Reminder: Stuff That Works
health data crowdsourcing

Join others that suffer from Paruresis on the crowdsourced health site, "Stuff That Works." Currently, 80 people have added their anonymous details regarding their shy bladder syndrome. As more people sign on, more insights - like the ones posted here - will be generated. A benefit for users is gentle reminders for participants to evaluate their current symptoms and feelings. It's a great way to nudge you into thinking about your ongoing practice. The site is free. Learn more [here](#).

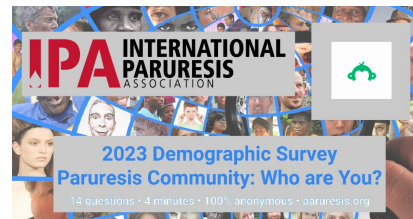
50% of members experienced first shy bladder syndrome (paruresis) symptoms between ages of 12 and 18



Do you have problems urinating even behind closed doors if you think someone might hear you?



As far as the IPA's own survey goes, we reached our goal of 500 participants! A full report on the results will be released soon. Thank you to everyone who participated - 508 in all who completed the entire instrument. It was important to us to try and reach 10% of our known 5,000+ followers. This level of participation will impress our potential funders as we look to expand our offering through grant support. Stay tuned in the coming months for details on what we learned from the Survey! Haven't taken the survey yet? Feel free by clicking [here](#). The more the merrier!



UNPRECEDENTED WORKSHOP OPPORTUNITY! Dr. Steve AND Dan Rocker AND Andrea Weyant TOGETHER at the New York Metro event December 1-3!

Live Workshops

Each live workshop needs a minimum of 5 pre-registrations to make it a "go!" 100% Money Back Guaranteed if we don't make our minimum. Sign up today.

Las Vegas, NV: Nov. 3-5
(Dr. Steve)

• ***This is a "go!"*** A few seats remain. Members save \$100 with promocode **IPA2023-Orange**.

Austin, TX: Nov. 10-12
(Roger Merritt)



Nearby you'll find the most up-to-date IPA Workshop offerings list. What you don't want to overlook is the **first-time ever mash up of Dr. Steve, Dan Rocker, and Andrea Weyant** at the New York Metro Area event December 1 to 3 in White Plains. This event is close to selling out!

If you are new to the IPA, here's a little background: Dr. Steven Soifer, Ph.D., LCSW is the co-founder of the IPA and the author of the best-selling book on Paruresis, ["The Secret Social Phobia: Shy Bladder Syndrome \(Paruresis\)."](#) Now in its second edition, Dr. Steve is the unarguable foremost expert in the world on Paruresis and Paruresis recovery.

Dan is no slouch either! Dan Rocker, LCSW, MA is the IPA Board President and rivals Dr. Steve - if not surpasses him - in the number of one-on-one therapy sessions he's held with clients seeking recovery from our condition. He's been featured on numerous podcasts and was spotlighted in the recent book by New York Times best-selling author, Adam Gopnik, ["The Real Work: On the Mystery of Mastery."](#)

Andrea is a certified health coach and

- **This is a "go"!** A few seats remain. Members save \$100 with promocode IPA2023-Orange.

White Plains, NY: Dec. 1-3 (Dr. Steve AND Dan Rocker!!)

- This is a "go"! A few seats remain. Members save \$150 with promocode IPA2023-Orange-EB until Nov. 1.
- **Just announced - women's coordinator, Andrea Weyant will also attend. Women's only breakout guaranteed!**

Detroit/Windsor: Jan. 26-28, 2024 (Dr. Steve)

- Pre-registration open. Money Back Guaranteed. Members use Promocode IPA2024-Orange-EB to save \$150.

Red Deer, Alberta: April 12-14, 2024 (Dr. Steve)

- Pre-registration open. Money Back Guaranteed. Members use Promocode IPA2024-Orange-EB to save CA\$150.

Next virtual workshop is set for January 20, 2024. Click [here](#) to register.

Help us plan for 2024 events! San Fran, Phoenix, Chicago, and your town?

- **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.

2024 Membership Drive is Underway!

IPA Women's Coordinator. The IPA takes great pride in our live and virtual workshop events that feature THE top experts in Paruresis recovery. To have these three experts together to help you kickstart or continue your recovery efforts is a gathering you won't want to miss. Women this is your best chance to attend a workshop.

Click [here](#) to register. Members save \$150 before October 31. Learn more about all three leaders by heading to our [Shy Bladder Center page](#) and clicking on the links beneath their photos.



Donate \$100 to Become a Member Renew • Volunteer
100% Anonymity Assured!

From the IPA Inbox: Random Stuff People Send Us

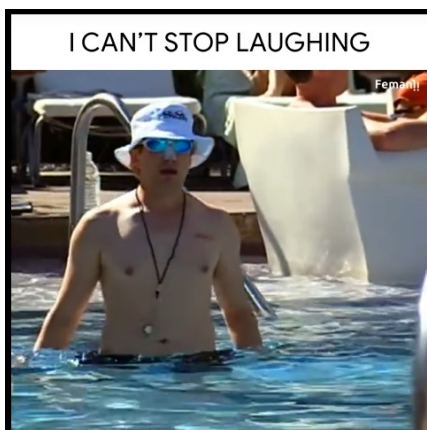
Bathroom Numbers

Two comedic videos in one issue? Sure, why not? Is a pee a number "1" or a number "81"? For us, probably a "#4". You decide. . (2:21)



A new "high water" mark for a goal regarding peeing in public?

A little humor as a lifeguard closes the pool so he can take a "natural" break. (1 min. video).



"Should men sit down while urinating?"

David Cox of **The Irish Examiner** weighs in on this ongoing debate on "going."

"It's thought to be better for the bladder, and it's certainly far more hygienic, but despite this, men who choose to sit down to urinate still endure scorn and ridicule in many parts of the globe." Read more [here](#). (5 min. read)



You'll find lots of helpful videos, plus all of the humorous ones we have found so far, in our YouTube Channel playlists [here](#).

UPCOMING PARURESIS SUPPORT EVENTS & NEWS

Virtual Support Group Meeting - FREE!

Sunday, December 3, 2023
1 pm US ET | 12 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.

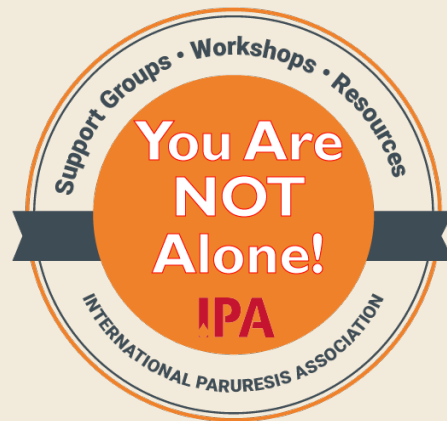
No meeting in November. Use that time to go holiday shopping and practice while you are there!

DONATE NOW THROUGH

Network for Good®

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.



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

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.

Copyright © 2023 International Paruresis Association, Inc. All Rights Reserved.

Image credits for first use (source): "Movember Mug" by Jo Panuwat D (Adobe); "Toilet Rocket" by Nomad Soul (Adobe). For images and graphics, IPA uses Pixabay (pixabay.com) a free service (support these artists!) and Adobe Stock (through an Adobe Creative Cloud subscription; stock.adobe.com). Corporate and product logos are property of their respective owners.

International Paruresis Association, Inc. | P. O. Box 21237, Catonsville, MD 21228

Unsubscribe_getinfo@paruresis.org

[Constant Contact Data Notice](#)

Sent bygetinfo@paruresis.orgpowered by



Try email marketing for free today!