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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.

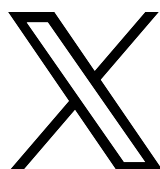
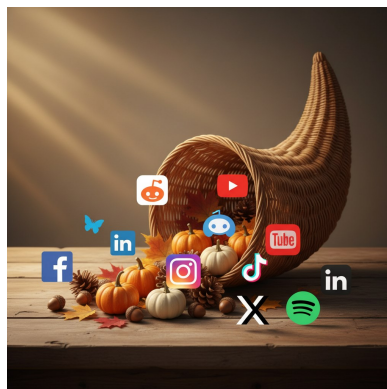
October 2025

**Social Media Cornucopia
3rd Edition Release Party
The IPA needs you!**

**Last Chance for 2025 Workshops
The Most Stylish, Disturbing, and Mysterious Toilets in the
Twin Cities**

A Cornucopia of Social Media

Thanks to the talent and enthusiasm of IPA Program Assistant - and Board Member - Melanie, you'll be seeing IPA content across more social media outlets in the months to come. Soon you'll be able to find IPA news and updates right in your personal favorite feeds. We'll be adding additional short-form video content, plus our Spotify Show "Shy Bladder Talk" will be ramping up, too. Be sure to comment, like, and share! Here are all the links you'll need to keep up with IPA happenings as we start celebrating our 30th year!

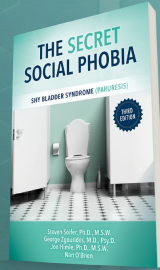


Register today at bit.ly/SSP3-Release

The Secret Social Phobia

The Secret Social Phobia

Shy Bladder Syndrome (Paruresis)



Dr. Steven Soifer, Ph.D. MSW
Primary Author and Co-Founder
of the International Paruresis
Association



Dan Rucker, LCSW, MA
IPA President and
3rd Edition Contributor



Join us for this FREE event
featuring readings of brand
new content and Q&A with
Dr. Steve and Dan!

3rd Edition Release Party
Tuesday, December 2, 2025 at 7:30 pm. ET

Open to All! Join us for a FREE webinar to celebrate the release of the third edition of the world's bestselling shy bladder recovery book. Watch for the announcements of how to get your very own copy on December 2! Click the graphic above for an invite to the event.

IPA Fundraising Season is Underway

As October comes to a close, your inbox and mailbox are likely filling up with year-end appeals. **As you consider your giving, please keep the IPA in mind.**

In next year's budget, our growth goal is to increase hours for our amazing part-time program managers. Hassan has expanded our on-demand support offerings, and Melanie is spearheading our social media efforts. Your gift will help us sustain and grow these resources.

Watch your email for a heartfelt letter from IPA Board Member Mike Hurd soon. **To make a difference today—and reduce the need for future appeals—please click below to donate.**

Thank you in advance for your support!

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.

Not sure of your membership status for 2026? Current and past members can check donation history and membership status [here](#). Your username is "First_Last". Thank you!

Are We a "Great Nonprofit"? Only if you say so!

Along with Candid's "GuideStar," (see our Platinum sticker above), GreatNonprofits is one of the top platforms for rating nonprofit organizations like the IPA. We're looking to renew our seal for 2025. To achieve this distinction once again, we need 10 new five-star reviews. If the IPA has been a help in your personal shy bladder journey, please click [here](#) to post your story today. If anonymity is important to you, be sure to create a username that is not personalized to you. Thank you in advance! **Time is running out for this year's award.**

LAST CHANCE!



Click above to read all
our great reviews!

**Deadline for 2025 is
October 31!**

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!

Phoenix - Nov. 1

NJ - Nov. 7-9

It's not too late to participate in the Phoenix Hybrid Workshop - but almost. Click the button for details. **This event is a GO!** Online pre-session is THIS Tuesday followed by in-person practice Saturday at the Desert Ridge Marriott.

Find Out More - PHX

Our concurrent men's **and women's** weekend workshop featuring Dan Rocker and Ruth Lippin is **also a GO!** Join three women and seven men as they continue their recovery journeys. We have space for you at our Meadowlands venue!

Find Out More - NJ

*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

WOMEN'S Virtual Support Group Meetings

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

Next Meeting: TBA

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:

Netherlands

Denver, CO

Detroit, MI

Long Island, NY

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
*Next Meeting
Sunday, November 9!*

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

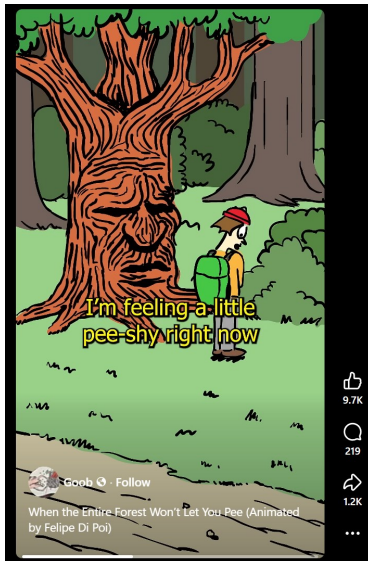
Help us reach our minimum registrations to make this a "go!" Women: we promise a female pee-buddy or your registration fees returned.

QUICK HITS from the IPA Inbox

Have a mention of our condition that you'd like to share?
Email it to getinfo@paruresis.org.

As if going outside wasn't challenging enough for many sufferers...

By the way, animals and trees can't talk, thankfully. [Click](#) for Facebook "Reels" link.



It is October, so here's one scary story before you head out for treat-or-treating:

"The Most Stylish, Disturbing, and Mysterious Toilets in the Twin Cities: Touring, rating, and appreciating the local porcelain thrones." from "Racket's" Alexa Kocinski.

Perhaps a field trip is in order for the MN support group - twincities@support.paruresis.org? Categories include:

- Most Positive, Life-Affirming Graffiti
- Most Difficult to Process When You're Drunk
- Most Mysterious
- Most Bunker
- Most Haunted, among others.



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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