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1996 • Celebrating Our 30th Year • 2026

IPA INTERNATIONAL PARURESIS ASSOCIATION

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.

October 2026

Huddle Up w/Tim & Hassan
New Drug Testing Comment Period Ends Soon!
Shy Bladder Talk Podcast w/Dr. Steve
Workshop Calendar Shaping Up for 2027
New Support Groups/Contact People
More from the IPA Inbox: Toilet Timers?



Tim & Hassan's Weekly YouTube Feature

These guys aren't scary: IPA Executive Director Tim Pyle and Program Associate Hassan Alameedi have started a new regular YouTube feature that they call the "Huddle Up." To coordinate their activities across the continent - Tim is in Baltimore and Hassan is in Seattle - they have a daily Zoom meeting - and they want you to be a part of it. Once a week, they are recording a brief 10-minute feature of what's on their minds. If you want to know the latest in shy bladder recovery info and IPA happenings, subscribe and like - of course! Click here or head over to YouTube.com and search "ShyBladderIPA."

Your voice is needed by November 2: DOT is reviewing how shy bladder cases are handled in drug testing.



You recently received an email from the IPA about the new comment period for US Federal drug testing rules. The deadline for comments is just a few days away. We need your voice.

The IPA has spent years pressing federal agencies to

recognize that being unable to urinate on demand is not the same as refusing a drug test.

That work has produced real progress. In 2023, the US Department of Transportation (DOT) adopted rules authorizing oral fluid testing, in part because of the collection difficulties faced by people with shy bladder syndrome. But more than three years later, there is still not a single HHS-certified oral fluid laboratory, so the alternative remains out of reach. That is why we launched our “When?” campaign, and why we continue to press SAMHSA, HHS, and Congress for a clear timeline.

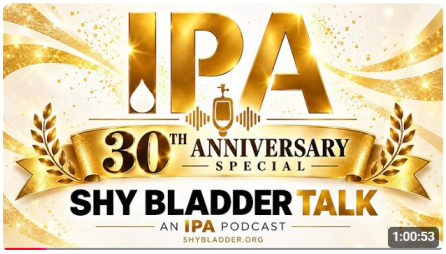
A new opportunity to be heard

On October 1, 2026, DOT published a notice of a petition for rulemaking in the Federal Register (Docket No. DOT-OST-2026-3664, 91 FR 62409). The petition addresses the medical review process for employees who cannot produce a sufficient urine specimen under 49 CFR Part 40. DOT is accepting public comments, and the deadline is November 2, 2026.

IPA is supporting the petition and has prepared a formal comment asking DOT to adopt five practical safeguards. Head over to our special webpage to learn how you can help today.

Shy Bladder Talk: Our 30th Anniversary Episode!

IPA Co-founder Dr. Steven Soifer sat down with IPA Program Associate Hassan Alameedi on the 30th Anniversary of our founding to talk all things shy bladder: past, present, and future. Check it out here.



Our next live event will be streaming on Giving Tuesday, December 1 featuring IPA Co-founder Carl Robbins. All are invited. Watch for your invite.

QUICK LINKS

Talk Back Here!

How are we doing? *Click the button below to let us know - good or bad. Help the IPA get better for sufferers around the world! Also, if you've reached out to us in the past, watch for our anonymous survey to help us learn more.*

Local Support Groups

Not seeing anyone near you? *Reach out to executive director Tim Pyle to learn more about being a local resource. Support Group Leaders and local Contact People run the gamut from those who coordinate very active groups and workshops, to volunteers who simply want to let folks in their area know that they are not alone. Thank you again to all our support leaders around the world!*

Donor Center

Click this button to manage your donation account from our official portal provider "CharityEngine." Your username is "First_Last". Gifts of $100 or more give you access to the Members Only site. →→→

Members Only Site

Click this button to access the members only site with lots of classic IPA resources (audio, video, and print) as well as find workshop promo codes and the link to the monthly support Zoom. Sign in with your email address. Not a member? Smash that donate button below.

Donate to the IPA

UPCOMING IMPORTANT DATES

2027 Workshops Will Change Lives!

The workshop calendar for 2027 is shaping up. Check out the future line up

on the schedule page here. Perth, Charlotte, Chicago, Los Angeles, Melbourne, and Baltimore dates are posted. Minneapolis, Detroit, Toronto, St. Louis, and New York are in the planning stages - dates soon. Also, our usual January and August virtual dates are set as well.

Workshop pricing remains the same for 2027 - plus, early bird savings on weekend workshops will be increased to **$200 off** for signing up at least one month in advance! Members still save an additional(!) $100 as usual. Remember, workshops are NOT a money-making venture for the IPA, but a service we run at a loss. Scholarships are available.

Need more info? Hit reply to this email for details.

Next Monthly Virtual Support Group Meeting - FREE!

Sunday, November 29, 2026

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 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 most **Sundays** at 10 a.m. PT/ 1 p.m. ET! hassan@paruresis.org*

*Also, reach out to Chris about his **Wednesday night** sessions at 7:30 p.m. ET. idaho@support.paruresis.org.*

WOMEN'S Virtual Support Group Meetings

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

Next Meeting: TBD

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/

Local Support Groups

Find your local support group or contact person here.

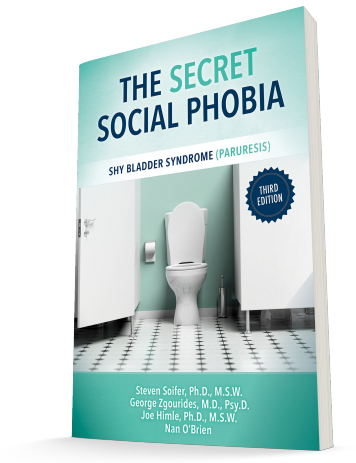
Lots of new groups were added in 2026. Please check the updated list. Don't see your area? Volunteer!

Toronto, MetroNY, Baltimore, St. Louis/S. Illinois, San Francisco, Chicago, Wisconsin, and others meet regularly in-person and online.

Live/Hybrid Workshop Notes

Each live/hybrid 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.

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.



3rd Edition now available in Italian!

QUICK HITS from the IPA Inbox

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



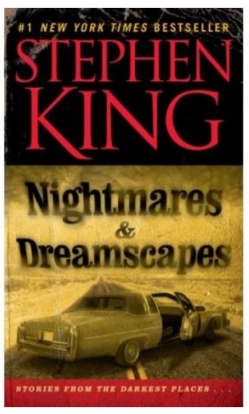
~~Challenging~~ Scary Situations

Is this a good or bad thing? We've been receiving reports - here's one from The Independent-UK - of public

Therapy in a Nutshell

Longtime member Victor recommended a mental health website called **Insight Timer** - it's similar to Calm or Headspace, but it's a more open website or hub where therapists and meditation experts can share their content.

One participant we discovered there is Emma McAdam, LMFT. Check out this post from her on her website, "How to Do Exposure Therapy for Fears and Anxiety." It's worth the read. And check out more resources at insighttimer.com.

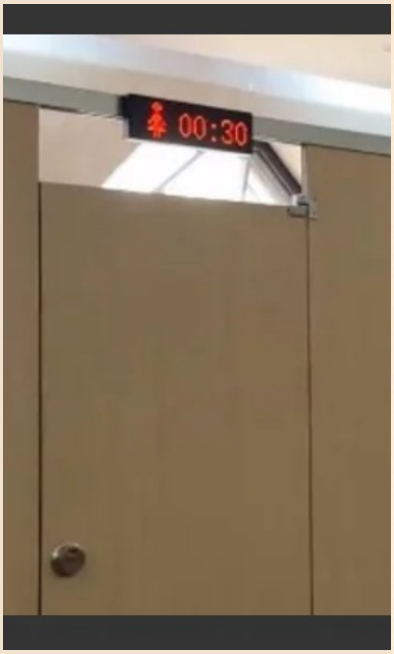


Nightmares & Dreamscapes Redux

[We should have saved this one for this issue, so excuse the repost for Halloween!] Thanks to the eagle eyes of IPA Board Member Steven Weinraub, we've uncovered a Stephen King short story titled, "The Moving Finger" in which the protagonist questions his shy bladder. Is SK part of our club? I think anyone is allowed a lingering "stage fright" if they have experienced a disembodied finger coming up out of the drain as they are trying to pee. If you can find a copy of his anthology, "Nightmares & Dreamscapes," you'll find the story there. Thanks(?!), Steven?!

restrooms having a visible timer that shows how long they have been occupied. Another article behind the paywall at NWI Times, relates how new "Throne" public toilets enforce a **10-minute time limit** from the inside. Once you hit the 10-minute mark, internal lights begin flashing and an audio warning plays in English and Spanish (*"Attention. Your use time has expired. The door is opening now."*). After a final 30-second grace period, the doors automatically unlock and open to prevent lingering, drug use, or extended "stall-hogging."

We're going to look at it from another angle: now you can be confident that you have 10 solid minutes to take care of business and that until then no one is thinking you're taking too long! Feel the flow!!



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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