

IPA INTERNATIONAL PARURESIS ASSOCIATION

1996 • Celebrating 28 Years • 2024

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.

September-October 2024

The Bathroom Edition

**Accommodation Request Card: Will It Work?
New Bathroom Habits Study
Happy to Report . . .
Uro-Jet ® - Ask for It by Name!
Next FREE Virtual Support Group Info
Gamers have Bathrooms on their Minds**

October means the IPA is celebrating its 28th birthday. Dr. Steve Soifer and Carl Robbins, thanks for birthing this lifeline for sufferers around the world!

Will this work?



Disability Notification

ADA Accommodation Request

Please direct me to your private restroom.

IPA INTERNATIONAL
PARURESIS
ASSOCIATION
shybladder.org

**American Restroom
Association**
americanrestroom.org

Notice of Disability and ADA Accommodation Request: Not all disabilities are visible. The person noted below suffers due to a condition over which they have no control. The name of this anxiety disorder is Paruresis or Shy Bladder Syndrome. They have severe difficulties using a bathroom in the presence of others. Paruresis is a social phobia mentioned in the DSM-5 (Diagnostic and Statistical Manual of Mental Disorders, fifth edition), under the category 300.23 (F90.10). According to a National Co-Morbidity Study, an estimated 7% of the US population suffers from this illness to some degree. The United States Equal Employment Opportunity Commission (EEOC) in 2011 noted that an individual may have their Paruresis qualified as a disability under Americans with Disabilities Act as Amended (ADA/AA) definitions. Please support them in their request to use a private restroom. If it was not a legitimate emergency, they certainly would not ask. Our organizations can help you establish policies to avoid potential fines and legal inquiries regarding your business practices as most public building codes require the provision of restroom facilities. Please contact the IPA or ARA for more info.

Disabled Person: _____
Date: _____

For more information:
getinfo@paruresis.org
getinfo@americanrestroom.org
844-422-6873

A person on reddit's [r/Paruresis](#) public forum made an offhand comment about "wouldn't it be cool if there was a card?" to request a private bathroom. We happily obliged. After a quick consult with our friends at the American Restroom Association and, of course, the lawyers (ours is quite nice, actually!), the card you see above was created. Click there to download your own copy.

The question is, "Will it work?" The problem, as the ARA will tell you, is that public restroom availability rules fall under the local building codes. The codes and enforcement could be for a full state or down to the local town. A frustrating situation not only for those with paruresis but those who suffer from other maladies that require immediate access to facilities. When they are denied, well, you get the messy picture.

We can't guarantee that the card is going to work, so use at your own risk. But, if you do, send in your stories, please! getinfo@paruresis.org Good luck! Interested in becoming an advocate for improvements in America's restrooms? Reach out to the [American Restroom Association](#).

What are your bathroom habits?

The IPA recently learned of a fascinating new study we think you'll be interested in. The Menninger Department of Psychiatry and Behavioral Sciences at Baylor College of Medicine are researching bathroom behaviors. The [study](#) will help them understand bathroom norms and other behaviors. The results could be very helpful in the IPA's ongoing research into Paruresis.

The survey will take approximately 20-30 minutes to complete. You will be asked about how you

Baylor
College of
Medicine

SCHOOL OF
MEDICINE

perform tasks in the bathroom and how long they take, such as bathing, peeing, etc. Your participation may benefit the broader community by building our understanding of how most people perform tasks in the bathroom.

If you have any questions, please contact Dr. Caitlin Pinciotti (Baylor College of Medicine) or Dr. Jeffrey Szymanski, founder of Next Level Consulting, at bathroomstudy@gmail.com. Click the graphic nearby to participate.

Happy to Report . . .

You may remember a raw and real video from Kyle over the summer on YouTube showing his frustration with the drug testing policy at a potential employer. At first, they were inflexible regarding providing him an alternate testing method. We helped guide him through this process with the potential employer, and here's a happy coda to his story courtesy IPA President Dan Rocker. Kyle reports that he was given the option of a hair follicle test and he was hired. No bathroom needed. Justice prevails! If you are having trouble getting a fair deal due to your shy bladder syndrome. Let us know. You are not alone and we can help. You'll find EEOC guidelines nearby. Not in the US? Still reach out to us! getinfo@paruresis.org



How to File a Charge of Employment Discrimination | U.S. Equal Employment Opportunity Commission

<https://www.eeoc.gov/how-file-charge-employment-discrimination>

What if the IPA wasn't "on the case"?

[Click Here to Donate](#)

Uro-Jet® - Ask for It by Name!

One of the benefits of the fact that paruresis can affect just about anyone means that shy bladder syndrome is also experienced by medical professionals, too! One of those professionals, an emergency room physician, attended our recent Baltimore workshop and had this advice to share: if you are going to be subject to a **catheter or urethral procedure, make sure to request a lidocaine numbing** solution that goes by the brand name "Uro-Jet." It seems like a "no-brainer" yet, a busy provider might overlook this necessary step to ensure your comfort. Thanks Dr. G for this advice!



**Uro-Jet®
Prefilled Syringe for:**

- Catheterization
- Urethral Dilation
- Cystoscopy

UPCOMING WORKSHOPS and EVENTS

We've wrapped up our workshops for 2024. Thank you to all who gave us your confidence and attended this year in Boston, Chicago, Minneapolis, Detroit, Australia, Portugal, and online from around the world! The IPA Board will be meeting soon to plan our schedule for 2025. In the meantime, consider joining us for our next Virtual Workshop on January 25, 2025 (see below).

Next Virtual Support Group Meetings - FREE!

Sunday, Oct. 27, 2024

Sunday, Dec. 1, 2024

1 pm US ET | Noon CT | 11 MT | 10 PT

Live Workshops
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.

WATCH THIS SPACE

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.

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.

PEE BUDDIES SOUGHT in these locales:

[Your City Here!](#)

for 2025 Dates!

[Don't see your town listed? 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.

LOCAL MEETINGS

These locales hold regular in-person events. Reach out to them today!

San Francisco (Chris):
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

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 25, 2025
10 a.m. - 6 p.m. US ET

Leader: IPA President, Dan Rocker, LCSW, MA



Click Here for Info and to Register

QUICK HITS from the IPA Inbox

Speaking of Bathrooms . . .

"Flush Rush 3D" from YZ Games is now available to torture owners of Android devices. What will they think of next? Click below for a YouTube preview.



More from Gamers . . .

Bathrooms are on gamers' minds this month. Check out this conversation between two streamers. Our guess is 50% of the people on this video are sufferers. (Explicit language; 41 sec.) "It's like a war . . .

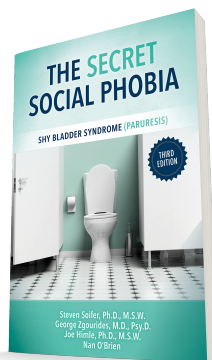




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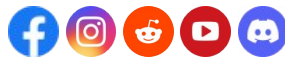
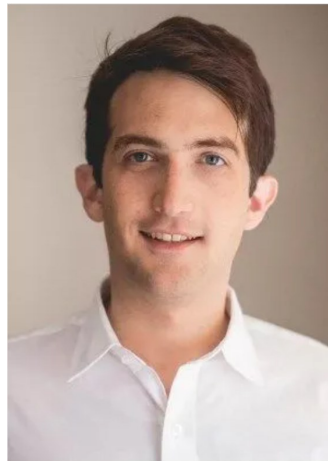
The IPA's 2025 Giving Year has begun! Click above and make a donation of \$100 to enjoy members only site access and workshop savings. Donations of any amount appreciated. Give Today!

COMING SPRING 2025 - The 3rd Edition of the #1 Selling Shy Bladder Book. We've pushed back the release date to add even more new content! Watch this space.



Welcome Daniel Chazin to the Shy Bladder Center!

Please welcome Daniel Chazin, PhD, ABPP, A-CBT and Director: Center for Anxiety, OCD, and Cognitive Behavioral Therapy in Philadelphia to the ranks of the Shy Bladder Center. Daniel led incredible sessions at the recent Baltimore workshop and we're looking to have him on a members only webinar soon. Click his photo to learn about his approach to Paruresis recovery.



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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