



Are you a sufferer who is fluent in English and in another language? We need you! The IPA continues to work diligently on its translations of IPA co-founder Dr. Steve Soifer's "The Secret Social Phobia," the world's best-selling book on Paruresis. With Spanish, French, German, Chinese, and Russian texts either released or in production, we're planning ahead for the next versions. We're looking for partners to translate this essential resource into Arabic, Malay, Portuguese, Japanese, Persian, Swahili, Italian, Korean, or Turkish. A small stipend is available. Help us continue to spread the message that "You are not alone!" around the world.

*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.*



## **Speaking of the world . . . How about a Live Weekend Workshop Down Under!**

After too long of a hiatus, Dr. Steve will be in Melbourne for our next Australian live weekend workshop. Interest is so high for this Southern Hemisphere Summer event that we've already met our minimum to declare this event a "go" for January 27-29, 2023. [Sign up today as seats are going quickly.](#)



## **Speaking of Australia . . . 25th + 1 Anniversary Celebration Line Up Grows**

The IPA is proud to announce one of our featured speakers for the IPA's 25+1 Anniversary Celebration will be Dr. Simon Knowles, Associate Professor at Swinburne University in Melbourne, Australia. Simon is a recognized leading expert in the field of Psychogastroenterology, which is the application of psychological science and practice to gastrointestinal health and illness. Simon's clinical and research interests relate to the mind-gut connection and how to ease the significant impact of living with chronic gastrointestinal conditions through psychological interventions. Because people suffering from these conditions also have anxiety about public restrooms, his work has expanded to include Paruresis. Check out his site [bba.mindovergut.com](http://bba.mindovergut.com) to participate in his ongoing study.

Our anniversary celebration will be streamed live on **Saturday, October 29 beginning at 11:30 a.m.** US Eastern Time. The morning agenda will include an organizational update for current members plus a video visit with IPA co-founders Dr. Steve Soifer and Carl Robbins. The afternoon session will be focused on the state of research into Paruresis and include our conversation with Dr. Knowles. Members attend free, so save the date!



**Join IPA anonymously with a Donation Today!**

### Conversation Starter?

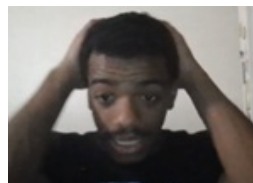
Long-time live workshop attendee Brandon shared this fantastic idea at a recent workshop. "I've just left my copy of Dr. Steve's book on my coffee table. When we have visitors, a really easy and informative conversation seems to always take place." What a great idea! Give it a try to share your story with people who are important to you.



### Join the Conversation with Snoo and Clyde!

We're not sure why the logos for the latest conversation/forum apps have to have names, but we'll go along with it. In red, meet "Snoo" the mascot for the public online forum reddit. Over 400 sufferers have joined our [r/ShyBladderIPA](#) for the latest official updates and announcements from the IPA. Also, be sure to join nearly 3,000 strong [r/Paruresis](#) subreddit for a lively and frank independent conversation, too. Next, meet Clyde. Clyde is the mascot for an open, real-time conversation platform called Discord. It's the perfect place just to blow off immediate steam and get a few on-the-fly supportive comments. Connect with the [Paruresis Discord channel](#) today!

### Conversation Starter #2: Deipnophobia: Food and Eating Anxiety in Public



We recently came across a fascinating video of a young man discussing his fear of eating in public. Why not [share this video](#) with a friend and ask for their thoughts? They will probably say, "I don't have that, but I can really understand what that guy is going through." Then you follow-up with, "well there is something that I suffer with that not a lot of people



understand . . ." Boom, conversation started! (Thanks to YouTuber "Freddie Lovelady".)



## Powerful Self-Talk? What if it is okay to be "bad" at something?

Fascinating article in the Wall Street Journal recently entitled, "[The Case for Allowing Yourself to Be Bad at Something](#)" (Rachel Feintzeig, 9/12/22). It's subscription only, so we'll try to do it justice briefly here without getting any lawyer's drawers in a bunch.



*"So many of us are terrible at being terrible...faced with evidence of our own mediocrity, we wilt in embarrassment, **avoid the thing or quit altogether.**" [emphasis added]*

*"It's such a relief not to have to be good,' says Karen Rinaldi, a Manhattan-based publishing executive and confessed horrible surfer. After 20 years on the board, she is still bad, and she loves it.*

*"We used to be better at being lousy. A recent study found that average levels of social perfectionism—the sense that you have to show the world you're flawless—among more than 41,000 college students increased by about a third from 1989 to 2016."*

In summary, maybe we'd be in a better place if we let ourselves off the hook. This concept is about self-acceptance of our primary paruresis and easing our negative feelings and secondary paruresis. We're not quitting our efforts of improvement and exposure, we're just relaxing about it. So, try this powerful self-talk, "I struggle to urinate in public, so what?!"

## UPCOMING PARURESIS SUPPORT EVENTS & NEWS

### Virtual Support Group Meeting - FREE!

**Sunday, September 25, 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 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

### 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.

link.

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800-247-3864 or 443-315-5250  
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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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