



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.*

**September 2023**

**Oral Fluid Testing Update • Thanks for the Data  
Paruresis Rock Stars: Dr. Steve and Dan Rocker Together  
Reader Beware: Bots! • Don't Pee on Russia  
Video Rerun • UKPT  
Support Group and Workshop Updates**

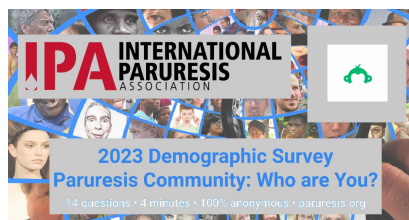
### **ORAL FLUID TESTING UPDATE: Still Waiting!**

In May, the Department of Transportation released new rules for drug testing that included the ability for employers to choose to provide the option of oral fluid testing instead of urine. The next step in the process to make this a reality is the certification of labs (Quest, LabCorp, and the like) to actually do the tests. Our contacts tell us that it is unlikely this process will be complete until 2024. In the meantime, we'll be patient, but dissatisfied like Spanky here (boomer reference!) until oral fluid tests are available. Need to get caught up on what's transpired so far? Visit our testing information page [here](#).



### **SURVEY GOAL REACHED!**

We anticipated it would take all summer, but that's okay, because we reached our goal for the number of participants we wanted for our Paruresis Community Demographic Survey. 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 TOGETHER at the New York Metro event December 1-3!**



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 pairing of both Dr. Steve and Dan Rocker** at the New York Metro Area event December 1 to 3 in White Plains. 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](#)."

The IPA takes great pride in our live and virtual workshop events that feature THE top experts in Paruresis

**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.*

**Baltimore, MD: Oct. 6-8 (Dan Rocker)**

- This is a "go"! A few seats remain.

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

- This is a "go"! A few seats remain.

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

- Pre-registration open! Money Back Guaranteed. Need 3 more sign-ups by October 10.

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

- Pre-registration open! Money Back Guaranteed. Need 2 more sign-ups.

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

- Pre-registration open. Money Back Guaranteed.

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

- Pre-registration open. Money Back Guaranteed. Need 4 more sign-ups.

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

**Help us plan for 2024 events!**

**• 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.*



recovery. To have Dr. Steve and Dan together to help you kickstart or continue your recovery efforts is a gathering you won't want to miss.

2024 Membership Drive is Underway!

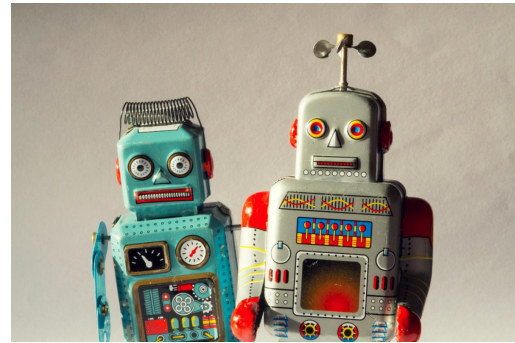
Click [here](#) to register. Members save \$150 before October 31. Learn more about Dr. Steve and Dan by heading to our [Shy Bladder Center page](#) and clicking on the video links beneath their photos.



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

### READER BEWARE: AI-generated Articles on Paruresis are "No Bueno"!

Our board members - and especially Dr. Steve - are always on the lookout for articles that discuss Paruresis. Regularly, we receive links from our avid readers, too. It's a good thing we're all looking out because lately articles have been popping up about our affliction that are clearly AI-generated. None that we've seen have given bonkers advice (yet), but the whole story is not clearly presented in these articles regarding the causes and recovery steps needed. So reader beware.



Is this really happening? Check out this article from Time.com by Alana Semuels (August 10, 2023) about an urgent care clinic that is part of the problem: ["This Urgent Care Clinic Is Flooding the Internet With Nonsensical Posts. Is AI to Blame?"](#) (4 min. read) Need more proof? Since I retrieved this article, "How to cure shy bladder," from Medical Health Authority, they have taken it down. They call themselves "the premier destination for accurate and accessible health information, created with cutting-edge artificial intelligence." Pfft!

Never fear! You can count on the IPA for the full picture. Don't hesitate to send us your questions regarding anything you read about Paruresis. Our experts will share the real, human-evaluated truth. You'll find our contact form [here](#) or post on the official IPA subreddit [r/ShyBladderIPA](#).

### From the IPA Inbox: Random Stuff People Send Us

**If you are going to practice,  
no peeing toward Russia!**

From "The Barents Observer" (August 26, 2021) by Thomas Nilsen:

**UK Paruresis  
Trust**

Ok, maybe this isn't so much as "random stuff"

**Don't pee on Russia - It will cost you, Norway says insulting Russia by peeing towards the border could cost you from 3,000 kroner and up. And be aware, Norway's military border guards are watching via CCTV cameras.**

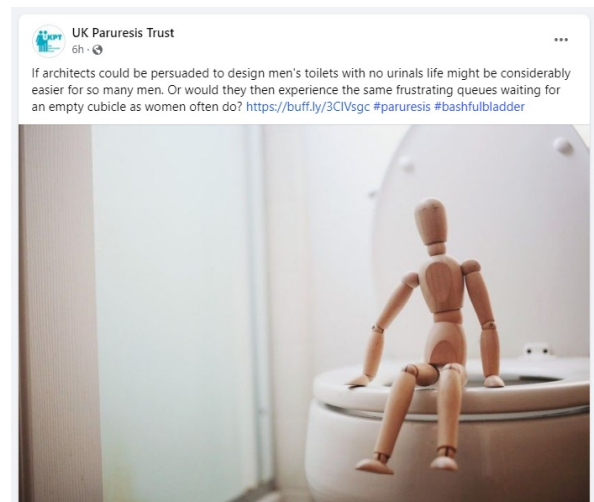
*A new sign is set up at one of the most frequently visited spots where visitors use to stop to take selfies. A Russian border pole is clearly visible on the opposite side of the creek. The "No peeing towards Russia" sign on the road towards Grense Jakobselv is considered a preventive message. The borderline runs in the middle of the creek and at low water, the distance from the riverbank is only a few meters. Norway's Border Commissioner, Jens Høilund, says to the Barents Observer that he isn't aware of any "specific events in recent times" leading to the need for such a sign. Høilund says the military border guards are often in this area warning visitors before "such attempts turns into an incident". Read more [here](#). (2 min. read, photo credit: the author)*



as a reminder of great stuff you'll see if you follow the [UK Paruresis Trust](#) on social media.



Andrew, Ian, and the team are prolific in sending out thoughtful and informative articles and links. If you are a Paruresis sufferer, their resources are not to be missed.



*Dr. Steve loved this so much, he wanted a re-run this month!*

**A pee-shy man must survive a busy public toilet | Shanks - a short comedy film by Darren Fisher**

According to the YouTube description this short film was made a few years ago but recently re-posted. If you enjoy the comedic representations of Paruresis, this one's for you. NSFW, of course. (7 min. video.)





## UPCOMING PARURESIS SUPPORT EVENTS & NEWS

### Virtual Support Group Meeting - FREE!

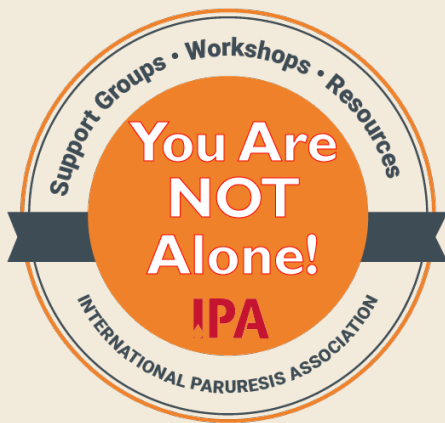
Sunday, October 22, 2023  
8 pm US ET | 7 CT | 6 MT | 5 PT  
Your Hosts: David Kliss (Support  
Coordinator) and Steven  
Weinraub (West LA Support  
Leader)

**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®**



### In-Person Support Group Meeting in Chicago - FREE!

Sunday, October 22, 2023  
11 am - 1 p.m. CT  
Your Host: David Kliss  
(IPA Support Coordinator)

Dave Kliss will be leading an in-person support group Sunday, October 22 at a local Chicago venue.

Email: [davidk@support.paruresis.org](mailto:davidk@support.paruresis.org) for details.

*We continue to add Local Support Groups and Contact People each month in the US, Canada, and around the world - hello Sweden, Buffalo, NY and more! Other groups - yes, San Francisco - are back in full swing. Check out the current list [here](#). Don't see your locale listed? Then step-up and be a volunteer. We'll provide training and an anonymized email. Interested? Use the contact form [here](#).*

### 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](mailto: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.**

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