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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.*

September 2025

**Making a Difference for Sufferers!**  
**Are We a "Great Nonprofit"? Only if you say so!**  
**Your new pee-buddy?**  
**From the Archives: "Choking at the Bowl"**  
**Just Released: "Feeling the Flow"**

### The IPA is there when sufferers need us!

Doing a little summer clean-up here at the IPA and we came across this thank you note from a few months ago. We're committed to making sure that an inability to pee on demand never impacts anyone's employment. Here's what James had to say after we provided supporting documentation:

I wanted to update you on how this resolved. Shortly after receiving this

Test for drugs –  
not my ability to pee!



information, I forwarded it, along with a statement affirming my entitlement to accommodations under the ADA, to my HR contact. Later that day, they escalated me to the compliance team, who was able to get the ball rolling on getting me access to a hair test. I'm happy to report that I provided the hair sample on Wednesday, which has hopefully resolved my drug test process. Although I was a little frustrated at how easily this was able to be resolved after about a month of just trying to get my foot in the door, I really think what did it was just asserting my legal right to accommodations. Along with the letter, I provided a link to the following EEOC letter [to the IPA] which supported my assertion. <https://www.eeoc.gov/foia/eeoc-informal-discussion-letter-225>

Regardless, thank you for providing the information that you did, and for the work the Association does in general. There's already so few resources out there for men's health - and that goes doubly so for such an oft-unrecognized and overlooked condition.

- James

**2026 Giving Year Has Begun**  
**July 1, 2025 to June 30, 2026**

The IPA needs you!  
We are a 100% small donor supported organization, so your gift of any amount helps to make our work possible

**DONATE**

**Platinum**  
**Transparency**  
**2025**

around the world.  
Donate today to  
keep our motto true:  
"You are not alone!"

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.



*Click above to read all our great reviews!*

## UPCOMING WORKSHOPS and EVENTS

For up-to-the-minute event and registration information, see the *Shy Bladder Workshop Schedule* page on the IPA Website. Registration links for the second half of 2025 are open. Join us!

Date	Location	Format	Leader(s)	Notes
Sept. 12-14	Baltimore	Weekend	Dan Rocker & Daniel Chazin	THIS IS A GO!
Nov. 1	Phoenix	Hybrid	Roger Merritt	Registration is open!
Nov. 7-9	Newark	Weekend	Dan Rocker & Ruth Lippin	Registration is open!
Jan. 24	Online	Virtual	Dan Rocker	Registration is open!

#### Can't commit to a full weekend? New for 2025: Hybrid Workshops Just one more left this year: Phoenix, November 1.

A "hybrid" workshop is a **one-day in-person** event with pre- and post-event virtual support group sessions. The week prior to the in-person meet-up, participants meet online for the "getting to know you" and life-story sharing activities, along with learning how the exposure process will work on Saturday in-person. The following week, after real-world practice on your own, another virtual session is held to see how the new concepts are "sticking" in your life. The cost of a hybrid registration is about 2/3 that of a full weekend. Consider this new format today.

[What is a Shy Bladder Workshop? Learn More.](#)

Sunday, September 21, 2025

1 pm US ET | Noon 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.*

**WOMEN'S** Virtual Support Group Meetings

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

**Next Meeting: Tues., Sept. 30 @ 7:30 p.m. ET.**

*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:**

Phoenix, AZ area

Nepal

[Your City Here!](#)

*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**  
**THIS SUNDAY Sept. 7!**

**Hudson Valley** (Dr. Steve):  
hudsonvalley@support.paruresis.org

**Maine** (Mike):  
maine@support.paruresis.org

**Dallas** (John):  
dallas@support.paruresis.org

**Melbourne, AUS** (Jeremy):  
melbourne@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.

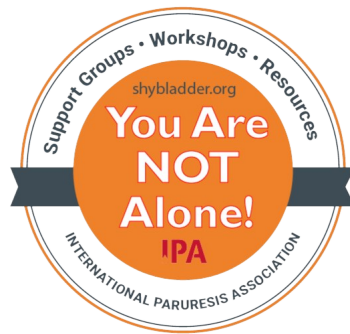
## QUICK HITS from the IPA Inbox

*Have a mention of our condition that you'd like to share?  
Email it to [getinfo@paruresis.org](mailto:getinfo@paruresis.org).*

For your graduated exposure practice . . .

From the Archives: Why Men "Choke" at the Bowl

This figure is reportedly at a wax museum in Niagara Falls, Canada. The comments on reddit are pretty hilarious about how it could assist with graduated exposure. Check it out, just not too closely! [Click](#) for reddit link.

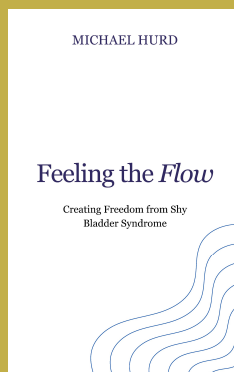


It's hard to believe that an article from 2002 could be considered "archival", but here it is. The article explains that men often fail to urinate at ballparks not just from paruresis, but also from two physical causes: alcohol-induced prostate swelling and overly stretched bladders from excessive drinks. Both conditions disrupt the normal flow of urine, making it difficult even without anxiety. Together with shy bladder syndrome, these factors make stadium restrooms a uniquely tough environment for many men. No duh! Short read [here](#).



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

*Send in your blurb about how this book changed your life and maybe it will make it in print!*  
[getinfo@paruresis.org](mailto:getinfo@paruresis.org)



#### JUST RELEASED!

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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