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1996 • Celebrating Our 30th Year • 2026

INTERNATIONAL PARURESIS ASSOCIATION

Shy Bladder Syndrome Education, Treatment & Recovery – A nonprofit organization dedicated to healing paruresis worldwide.

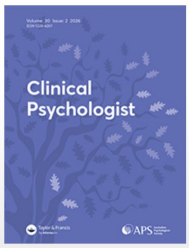
"Freedom Press" eZine

The newsletter for people suffering from paruresis, the loved ones who care about them, and the mental health and medical professionals who support them.

September 2026

The Results are In!
What's Next for Research?
Upcoming Event Dates
Naturist Camp Cure?
Stephen King?
Challenging Situations

15 Years in the Making: Our Latest Research Article



From 2004-2019, IPA co-founder Dr. Steven Soifer collected more than 300 anonymous participants pre- and post-workshop surveys regarding their IPA in-person, weekend workshop experience.

The aggregated survey data has been analyzed and published in the Australian peer-reviewed journal *Clinical Psychologist* by IPA Board Member Dr. Phillip Yang, IPA member Dr. Inna Soifer (a.k.a. Dr. Steve's "better half"), and Dr. Steven Soifer.

The results show that sufferers saw a significant reduction in their paruresis symptoms. Below is a summary of the results:

1. "Participation in 2-day group exposure workshops was associated with significant improvements in paruresis severity, and specifically, fear of being heard and fear of being seen while urinating."
2. "Exploratory findings suggest that greater workshop benefit may be associated with identifying a specific triggering experience for paruresis and with male gender."
3. "Group graduated exposure for paruresis can be effectively delivered through community-based, therapist-led weekend workshops."

IPA Members can request their free copy of the study at this link. Not a member? Join today here.

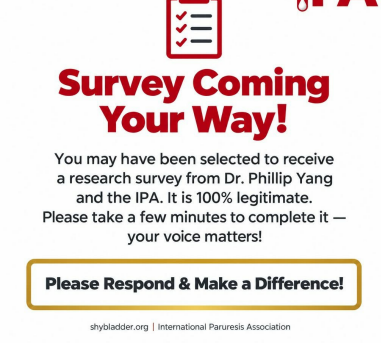
Welcome to Fall

Autumn is a time of change, but don't change your good habits if you are getting out and practicing. Or, now IS the time to change habits and start your latest efforts toward recovery. You got this!



What's Next for Research?

Dr. Phillip Yang is currently conducting a comprehensive survey of shy bladder syndrome sufferers. Be on the lookout for your invite. It has been sent to a random selection of IPA contacts, so not everyone will receive the invite from Dr. Yang, the University of California, San Francisco, and Qualtrics. Please respond!



Dr. Jared Worchel continues to seek out your narrative stories of recovery, remedies you've tried, what's worked, and what hasn't. Click here to submit your findings. His data along with the new published paper will inform the IPA's next steps in research.

New Virtual Men's Group: Paruresis, Masculinity, and Shame hosted by IPA President Dan Rocker & Psychologist, Professor, and Author Michael Addis



An advanced psychotherapy and discussion group for men with prior paruresis treatment or workshop participation exploring masculinity, competence, vulnerability, secrecy, and shame. Six 90-minute sessions ($250 per session). For more info: fill out our contact form here.

Starts October 14, 2026

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

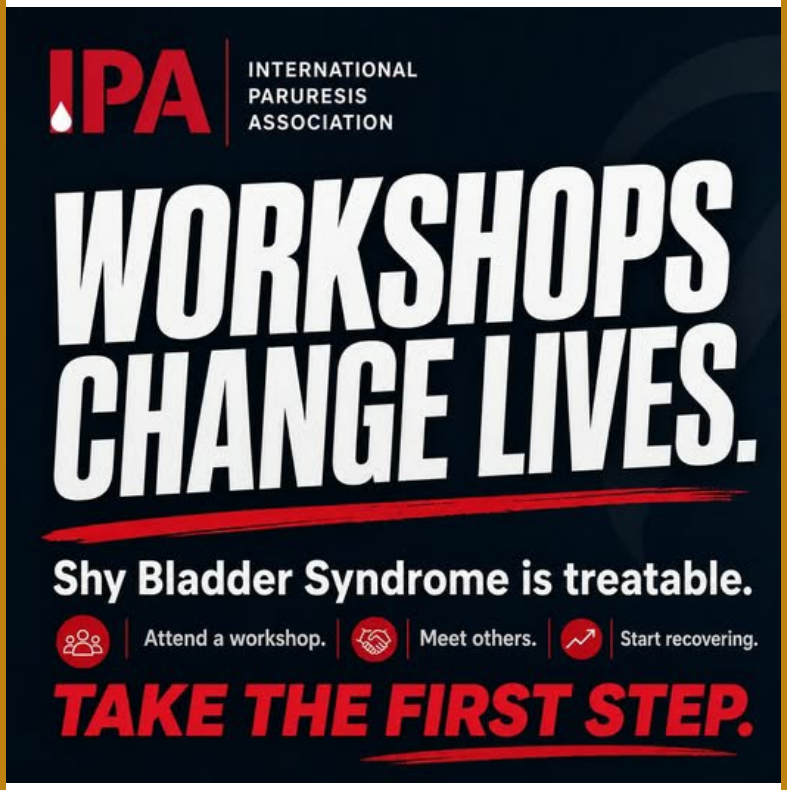
October Anniversary Events for Members:

- **IPA 30th Anniversary Online Conference** - Saturday, October 3 - featuring keynote by Psychologist, Professor & Author Michael Addis.
- **IPA 30th Anniversary Board Meeting** - Saturday, October 17 - Chicago

Workshops:

- **Atlanta Hybrid Workshop - November 7**
- **New York Metro Hybrid Workshop - November 14**

Workshop links here. Watch your email - and your spam folder - for member event registration links to come! Not a member? Make a $100 or more donation for event access, savings on workshops, and more.
Need more info? Hit reply to this email for details.



Next Monthly Virtual Support Group Meeting - FREE!

Sunday, October 25, 2026
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 **Saturdays** at 11 a.m. PT/ 2 p.m. ET! hassan@paruresis.org*

*Also, reach out to Chris about his **Wednesday night** sessions at 7:30 p.m. MT. 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

Local Support Groups

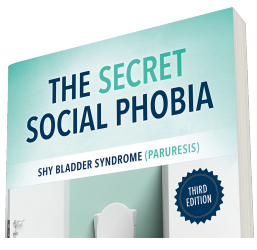
Find your local support group or contact person here.

New groups forming in **Philadelphia, Hampton Roads (VA), Indiana, South Carolina, and more.**

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

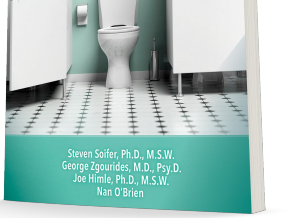
Live/Hybrid Workshop Notes
Each live/hybrid workshop needs a minimum of 5 pre-registrations to make it a "go!" We'll return all your funds if we don't make our minimum. Sign up today. See the graphic above.

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.



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/



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.



"A moment that changed me: I spent a day with some naturists - and it cured my shy bladder."

The IPA would like to assure everyone that future workshops will not be held in the nude! We would like to hear your comments on this article from *The Guardian* (9/9/26). We're hoping to have Robert on a future podcast!

"For decades, I had been haunted by paruresis, an inability to urinate in public toilets. But that day of nakedness suddenly, surprisingly, led me to shed my inhibitions." Read more here.



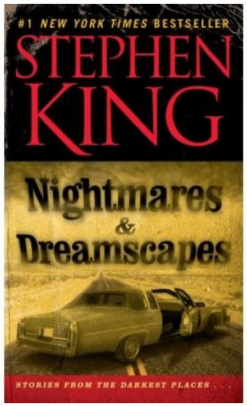
Challenging Situations

One of our anxiety experts, and good friend of the IPA, (who we'll leave nameless in this instance) sent this photo in from Johannesburg, South Africa. Not a sufferer himself, he remarked, "Even I got intimidated about somebody walking in while I was still waiting for my flow to begin. (It's the price I pay for getting the wisdom of age: waiting for the flow.)" From Prince Harry to even anxiety experts, EVERYONE can understand what we go through and provide empathy and accommodation. Tell a close friend today.



Nightmares & Dreamscapes

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?!



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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