

Paruresis Awareness Day

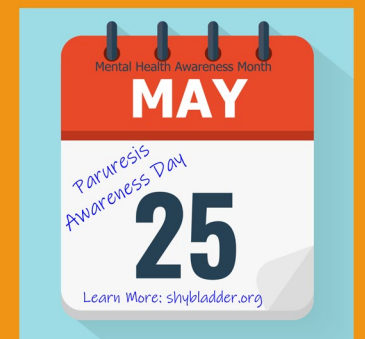
An informational presentation for family members and friends of shy bladder syndrome sufferers from the International Paruresis Association.

What is Paruresis?

What causes Paruresis?

Is there a cure?

How can I help?

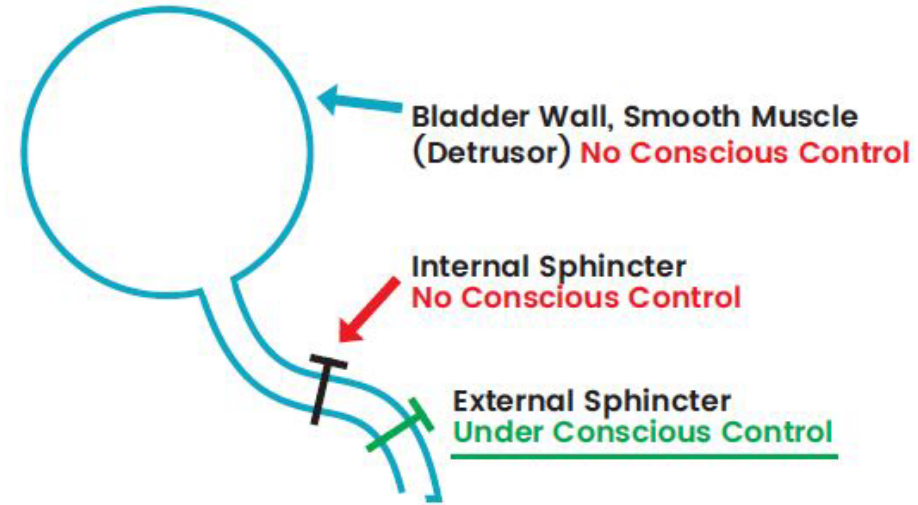


What is Paruresis?

Not being able to relieve yourself in the presence of others is called Paruresis

- (“par-YOU-ree-sis”)
- A legitimate medical condition
 - 7% of the population worldwide
 - 20 million in US; 2 million in Canada
- Diagnostic and Statistical Manual of Mental Disorders (DSM-5 300.23)
- Those suffering from this phobia often live uncomfortable, severely restricted lives
- Treatable with Cognitive Behavioral Therapy helping 4 out of 5 sufferers.

THE BLADDER/LOCKUP



	Bladder Wall	Internal Sphincter	External Sphincter
Normal Need To Go	Squeezes	Open	Closed
Normal Peeing	Squeezes	Open	Open
Under Threat	Relaxes	Closed	N/A

“What causes Paruresis?”

Triggering event?

Reinforced by avoidance behaviors

Genetics?

Constellation of Characteristics

- Conscientious
- Sensitive to needs of others

“Is there a cure?”:
We call them “recovery methods”

4

Catheter

Graduated
Exposure

Breath-
Hold

Self-
Acceptance

Telling
Others



“How can I help?”

Understanding Primary Paruresis vs. Secondary Paruresis

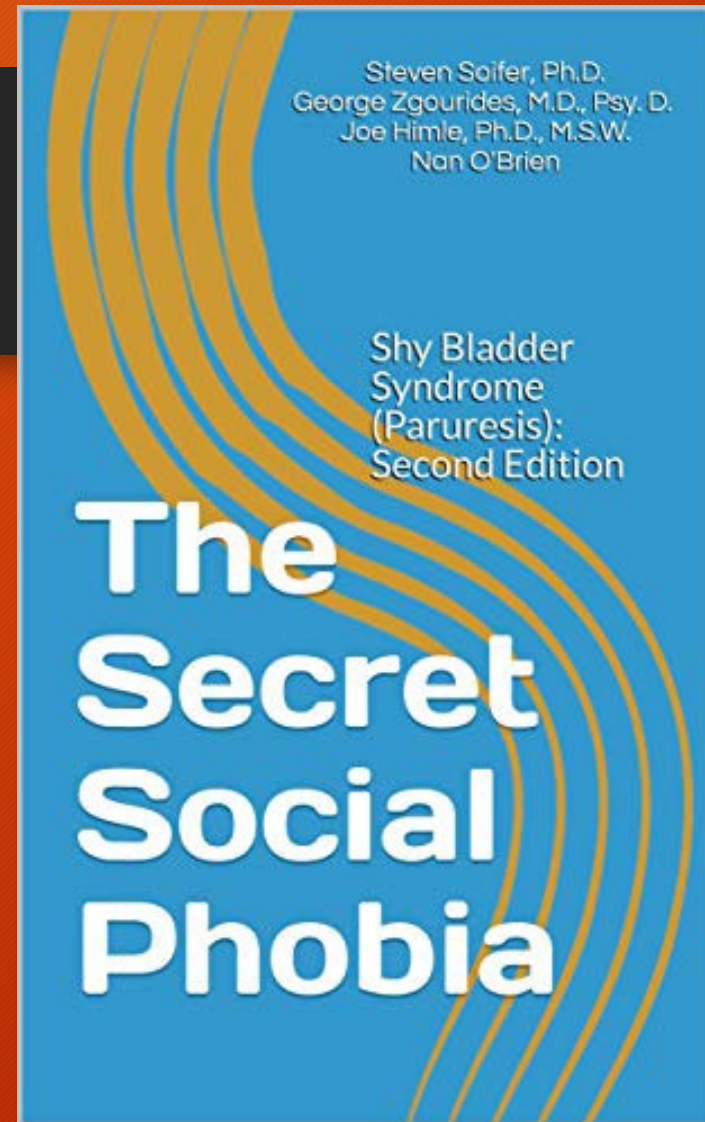
Encouragement, support, listening

“Pee Buddy”

Not a “failure”, just a “lock up” or “mis-fire”

Education

- **Dr. Steven Soifer**
 - Co-founder
- **Dan Rucker**
 - IPA President
- “Shy Bladder Center”
- Urologist/Mental Health Outreach
- Paruresis A to Z



6



Support Groups

Int'l: 16 Countries
USA: 20 States • 29 Groups

7

- Virtual
- In-Person
- Women
- Family & Friends



Workshops

8

- **Virtual**
 - Saturday 10 a.m. - 6 p.m.
- **Women's Mini-Virtual**
 - Saturday 1 p.m. - 5 p.m.
- **Live Weekend**
 - Across the USA and Vienna, Austria
 - Friday 7 p.m. - 10 p.m.
 - Saturday 9 a.m. - 5 p.m.
 - Sunday 9 a.m. - 2 p.m.
- **Story Sharing**
- **“You are not alone”**
- **“Paruresis 101”**
- **Yes, live discreet practice peeing near others.**



About the IPA



9

Mission:

- The IPA is Dedicated to Supporting People With Paruresis, Providing Information and Recovery Strategies and Advocating in the Mental Health, Medical and Legal Communities.

Vision:

- To Champion Paruresis Awareness.

Focus Areas:

- Education
- Support Groups
- Workshops
- Drug Testing Advocacy

The International Paruresis Association (IPA) was founded in 1996 to raise public awareness about paruresis, provide support, and give out the latest information. Most of IPA's members and leadership are treatment professionals, people suffering from paruresis or recovering from it, and their loved ones. Membership is open to anyone touched by paruresis as well as those with an interest in supporting others with paruresis, advocating for their rights, and advancing scientific knowledge about the disorder.



Contact

10

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Vision: To champion paruresis awareness.

