When sex is the hardest thing to talk about

Couples therapy works on the relationship. Individual sex therapy gives you space to work on your own sexual concerns, alongside it.

Does any of this sound familiar?

"We keep circling the same fight about sex."

"I want sex more, or less, than my partner does, and it feels like my fault."

"I'm not sure what I actually want, sexually."

"Something from my past comes up when we're intimate."

"It's hard to say this in front of my partner."

"My body isn't responding the way I'd like, and I feel embarrassed."

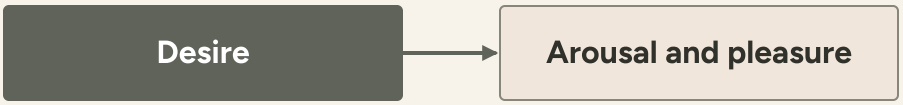
"I feel pressure to want sex a certain way."

"I'm figuring out my identity, kinks, or the relationship I want."

Desire doesn't always come first

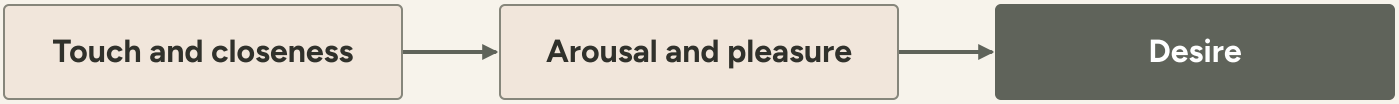
Desire differences are among the most common things couples face. For many people, desire shows up in response to closeness or touch, not out of the blue.

SPONTANEOUS



Both are normal.

RESPONSIVE



A difference in desire doesn't mean something is wrong with either of you.
Understanding your own desire can make those conversations easier.

Joseph Maron, MS, LPC · Joe Maron Therapy · Telehealth for adults in New Jersey and Pennsylvania

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More on the back

JOSEPH MARON, LPC
THERAPY FOR COMPLEX HUMANS

How individual sex therapy can help, alongside your couples work

DESIRE

Understand your own desire

Learn how your desire works, what helps it, and what gets in the way, without having to defend it in the moment.

SAFETY

Work through what's hard

Explore shame, past experiences, or body concerns at your own pace, in a space that's just yours.

IDENTITY

Get clear on what you want

Explore identity, fantasies, kinks, or relationship structure without judgment.

CONNECTION

Bring it back to the couple

Find words for what you've learned so it's easier to talk about in couples sessions. A partner can join some sessions, coordinated with your couples therapist.

What sex therapy is

Sex therapy is talk therapy about sexuality, intimacy, and relationships. There is no touch, no exam, and nothing physical happens in sessions.

Your couples therapy still matters

Individual sex therapy doesn't replace couples therapy. With your permission, I coordinate with your couples therapist. Our sessions are confidential; if there's something you haven't told your partner, I help you decide whether and how to share it yourself.

GETTING STARTED

Request a free 15-minute consult at JosephMaron.com
Call 908-505-5182 or email Joe@JosephMaron.com

Telehealth for adults in New Jersey and Pennsylvania. Private pay; superbills provided for out-of-network reimbursement.

I'm Joseph Maron, MS, LPC, a sex therapist. I work with adults on sexuality, relationships, identity, and ADHD.

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Scan to get started