JOSEPH MARON, LPC
THERAPY FOR COMPLEX HUMANS

FOR PEOPLE IN MENTAL HEALTH CARE

When how you're feeling gets in the way of closeness

Sex and intimacy are part of mental health too. Sex therapy can work alongside the care you already have.

Does any of this sound familiar?

"My medication changed my sex life, and I'm not sure who to tell."

"When I'm depressed or anxious, desire just disappears."

"Touch sometimes brings back things I'd rather not feel."

"My mind wanders during sex, and it's hard to stay present."

"Switching gears into intimacy is hard when my mind is elsewhere."

"Some kinds of touch feel like too much, even when I want closeness."

"My sexual behavior feels out of my control, or out of step with what I want for my life."

"I feel ashamed of what I want, or of what I don't want."

Many things can shape desire and closeness

Mood, medication, past experiences, and how your brain handles attention and sensation can all affect desire, touch, and connection, often several at once. Sorting out which ones are involved helps point to what will help.

None of this means you're broken. Mind, body, and relationships are always involved together. New or sudden changes deserve a medical check.

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

Free 15-minute consult: JosephMaron.com · 908-505-5182

More on the back

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THERAPY FOR COMPLEX HUMANS

How sex therapy can help, alongside your mental health care

UNDERSTAND

Sort out what's going on

We look at mood, medication, past experiences, and your relationships one at a time, so you know what's actually driving the change and what to do about it.

SAFETY

Go at a pace that feels safe

If past experiences show up in sex or touch, work at your own pace. Nothing happens that you haven't agreed to.

FIT

Make intimacy fit you

Attention, energy, transitions, and sensory needs may shape intimacy. Build around them instead of fighting them.

CONNECTION

Talk it through

Find words for needs, limits, and desires. A partner can join some sessions if you'd like, or you can do this work on your own.

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 mental health care still matters

Sex therapy doesn't replace your therapy or psychiatric care. With your permission, I coordinate with your therapist or prescriber. If you think a medication is affecting your sex life, talk with your prescriber before making changes.

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.

Scan to get started

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