JOSEPH MARON, LPC
THERAPY FOR COMPLEX HUMANS

When sex isn't feeling the way you want it to

Desire, comfort, and closeness can shift with birth, hormones, health, stress, and relationships. Sex therapy can work alongside your gynecologic care.

Does any of this sound familiar?

"I just don't feel much desire anymore, and it bothers me."

"Sex hurts, or I brace for it to hurt."

"Since having a baby, my body and sex life feel different."

"Menopause changed things, and I don't know where to start."

"It's hard for me to get aroused or to orgasm."

"Something from my past gets in the way of feeling close."

"Hormones or surgery changed my body. I want sex to feel like mine."

Desire doesn't always come first

For many people, desire shows up in response to touch, closeness, or the right setting, rather than out of the blue. Stress, exhaustion, pain, and relationship strain can all quiet it. That's common, and it's something you can work on.

SPONTANEOUS

Desire → **Arousal and pleasure**

Both are normal.

RESPONSIVE

Touch and closeness → **Arousal and pleasure** → **Desire**

Changes in sex are common, and not a personal failing. New, sudden, or painful changes should be checked by your gynecologic provider.

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

JOSEPH MARON, LPC
THERAPY FOR COMPLEX HUMANS

How sex therapy can help, alongside your gynecologic care

UNDERSTAND

See the whole picture

Explore how your body, hormones, mood, stress, and relationships fit together, with your medical care in the loop.

DESIRE

Work with desire as it is

Learn how your desire works and take the pressure off it. Mindfulness and body-awareness practices can be part of this if they fit you.

COMFORT

Ease pain and pressure

If sex hurts, work on the fear–tension cycle at your pace. Nothing is expected that you haven't agreed to, and penetration isn't the measure of success.

CONNECTION

Find the words

Practice talking about needs, preferences, and limits. 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 gynecologic care still matters

Sex therapy doesn't replace medical care. With your permission, I coordinate with your gynecologic provider. If you think a medication or birth control may be 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

Joe Maron Therapy · NJ License 37PC01328100 · PA License PC017785 · Doctoral student in human sexuality, Widener University · Certificate in Affirmative Therapy for Transgender Communities · ADHD-Certified Clinical Services Provider (ADHD-CCSP) · LGBTQ+ affirming care