JOSEPH MARON, LPC
THERAPY FOR COMPLEX HUMANS

FOR PATIENTS IN PRIMARY CARE

When something about sex has been on your mind

Health conditions, medications, stress, and relationships can all change sex. Sex therapy can work alongside your primary care.

Does any of this sound familiar?

"I've wanted to bring this up with my doctor but never found the moment."

"Since my diagnosis, sex hasn't felt the same."

"I think a medication changed my sex drive."

"Erections aren't what they used to be, and it's on my mind a lot."

"I'm not having sex right now, and I miss it."

"Low mood or stress has pushed desire off the list."

"Something that happened to me still gets in the way of sex."

"Sex hurts, and I'm not sure who to ask."

Your health and your sex life are connected

Sex involves your body, your mind, and your relationships all at once. When one changes, like a new diagnosis, a new medication, or a hard stretch at home, sex often changes too. That's common, and it's worth talking about.

It's okay to bring this up. New, sudden, or painful changes deserve a medical check, and your primary care clinician is a good place to start.

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 primary care

UNDERSTAND

See the whole picture

Look at how your health, medications, mood, and relationships fit together, with your medical care in the loop.

PRESSURE

Take the pressure off

Work with worry, avoidance, and unhelpful beliefs about sex, at a pace that feels okay.

ADJUST

Adapt to changes

Find what feels good as your body, health, or treatment changes. Penetration and orgasm aren't the only measures of good sex.

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 primary care still matters

Sex therapy doesn't replace medical care. With your permission, I coordinate with your primary care clinician. If you think a medication 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.

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