JOSEPH MARON, LPC
THERAPY FOR COMPLEX HUMANS

FOR PEOPLE IN PHYSICAL THERAPY, REHAB, OR PAIN CARE

When your body has changed, and so has sex

Pain, injury, illness, and recovery can change how sex and closeness feel. Sex therapy can work alongside your rehab and pain care.

Does any of this sound familiar?

"I'm afraid sex will set off my pain or undo my progress."

"Pain leaves me too tired to even think about sex."

"Since my injury, I avoid touch because I don't know what's safe."

"My body doesn't do what it used to, and I miss feeling desirable."

"My partner treats me like I'm fragile now."

"I don't know how to talk about what I can and can't do."

"No one on my care team has asked about sex."

"I want sex to fit the body I have now."

Sex can adapt, too

Rehab helps your body adapt to movement. Sex and intimacy can adapt as well, with different pacing, kinds of touch, and ways of being close. Worry about pain or injury is common, and it's something you can work on. Your care team can advise on what's physically safe.

Your pain is real, and it isn't "all in your head." Sex therapy works on how pain and change affect intimacy, while your care team treats your body.

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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How sex therapy can help, alongside your rehab and pain care

WORRY

Ease the fear

Sort out worries about pain, flares, or injury, and replace myths with accurate information from your care team.

CLOSENESS

Come back to touch

Rebuild touch step by step, at a pace your body allows. Structured touch exercises, done at home, can be part of this if they fit you.

PLEASURE

Widen what counts

Sex doesn't have to mean penetration or one kind of activity. Explore what feels good in the body you have now.

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 rehab and pain care still matter

Sex therapy doesn't replace your physical therapy or medical care. With your permission, I coordinate with your physical therapist or pain team. If 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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