JOSEPH MARON, LPC
THERAPY FOR COMPLEX HUMANS

When sex has become something to worry about

Erections, ejaculation, and desire involve your body, your mind, and your relationships all at once. Sex therapy can work alongside your urologic care.

Does any of this sound familiar?

"I get so anxious about my erection that I can't enjoy anything."

"The pills help, but sex still doesn't feel like it used to."

"I finish faster than I want to, and I dread it."

"I've started avoiding sex, and sometimes even affection."

"Since treatment, I'm not sure what sex looks like for me now."

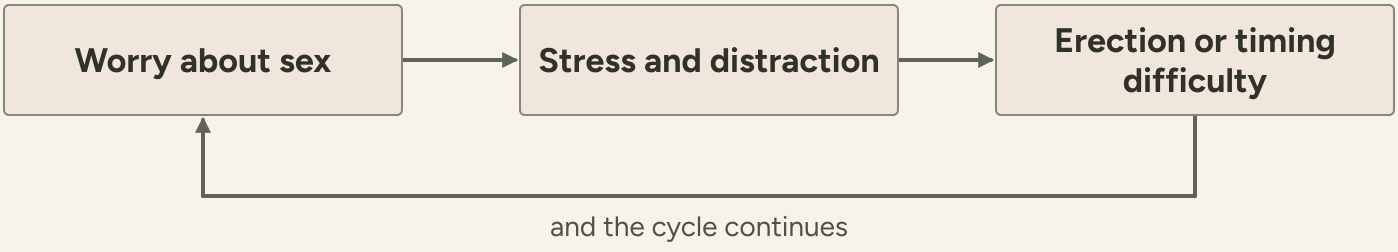
"I feel embarrassed, like something is wrong with me."

"It's hard to talk about this with my partner."

"Hormones or surgery changed my body. I want to find what feels good now."

Worry and sex can feed each other

When sex hasn't gone the way you hoped, it's natural to worry about next time. Worry pulls attention away from pleasure, which can make things harder. The cycle is common, and it can be interrupted.



This doesn't mean it's "all in your head." Body, mind, and relationships are always involved together. New or changing symptoms deserve a medical check.

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

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More on the back

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How sex therapy can help, alongside your urologic care

PRESSURE

Take the pressure off

Work with performance worry and unhelpful beliefs about sex, and practice noticing pleasure instead of monitoring yourself.

CLOSENESS

Come back to touch

Rebuild affection and touch step by step, at a pace that feels okay. Structured touch exercises, done at home, can be part of this if they fit you.

PLEASURE

Widen what counts

Good sex doesn't have to depend on a perfect erection or on penetration. Explore what feels good, including after treatment.

CONNECTION

Talk it through

Find words for needs, worries, and preferences. 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 urologic care still matters

Sex therapy doesn't replace medical care. With your permission, I coordinate with your urologist. Medication and therapy can work well together. 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.

Scan to get started

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