JOSEPH MARON, LPC
THERAPY FOR COMPLEX HUMANS

FOR THERAPISTS, PSYCHIATRISTS, AND ADHD CLINICIANS
Joseph Maron, MS, LPC
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When to bring in a sex therapist

I'm Joseph Maron, MS, LPC, a sex therapist seeing adults in New Jersey and Pennsylvania by telehealth. While you continue the therapy or prescribing, I work alongside you on the part that's about sex.

Consider a referral when your client...

Reports sexual side effects from psychiatric medication.
Clients rarely bring them up unprompted, and they are often why people stop antidepressants.

Has low desire alongside depression or anxiety.
This is common even without medication, and it takes time to untangle.

Has trauma that shows up in sex or touch.
PTSD and sexual difficulties often go together.

Has ADHD and struggles with sex or intimacy.
Reviews find more sexual difficulties in adults with ADHD and urge clinicians to ask.

Is autistic and finds touch or intimacy overwhelming.
Autistic adults' touch preferences vary; predictability and sensory fit can make the difference.

Has relationship strain centered on sex.
Talking openly about sex is tied to sexual satisfaction.

COMMON REASONS TO REFER

- Low or changed desire
- Sexual side effects of medication
- Trauma that affects sex and touch
- Erection, orgasm, or ejaculation concerns
- Intimacy for ADHD and autistic adults
- Sexual behavior the client feels is out of control
- Changes with gender-affirming care
- Questions about kink, non-monogamy, or identity

Working in tandem

STAYS WITH YOU
Diagnosis and treatment · Medication management · Ongoing therapy goals

I WORK ON
Desire in context · Trauma and touch · ADHD- and sensory-aware intimacy · Sexual shame and identity

Shared: with your client's permission, I coordinate with you so both plans support each other.

WHY IT FITS Sexual side effects of antidepressants are rarely reported unprompted and often lead people to stop treatment;[1] psychological approaches are advised but untested in randomized trials.[2] Sexual difficulties are common in depression, anxiety, and PTSD even without medication.[3] Reviews of adults with ADHD report more sexual difficulties.[4] Psychological treatments, including CBT and mindfulness-based approaches, improve sexual function and reduce sexual distress compared with no treatment in controlled trials;[5] trials in people with psychiatric diagnoses are lacking.

TO REFER · JOE MARON THERAPY

Your client requests a free 15-minute consult at JosephMaron.com

Or call **908-505-5182**. To talk a referral through first, call or email Joe@JosephMaron.com.

Telehealth only · Adults in New Jersey and Pennsylvania · Private pay, superbills provided

Tell your client: sex therapy is talk therapy. No touch, no exam.

Doctoral student in human sexuality, Widener University · Certificate in Affirmative Therapy for Transgender Communities · ADHD-CCSP · LGBTQ+ affirming

Scan to get started

1 Montejo et al., *J Clin Med* 2019. **2** Taylor et al., *Cochrane Database Syst Rev* 2013. **3** Herder et al., *J Sex Med* 2023. **4** Soldati et al., *J Sex Med* 2020; Verney et al., *L'Encéphale* 2026. **5** Frühauf et al., *Arch Sex Behav* 2013; Liu et al., *J Sex Med* 2026.