JOSEPH MARON, LPC
THERAPY FOR COMPLEX HUMANS

FOR OB-GYNS AND GYNECOLOGIC CLINICIANS

Joseph Maron, MS, LPC
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When a sexual concern needs more time than a visit allows

I'm Joseph Maron, MS, LPC, a sex therapist seeing adults in New Jersey and Pennsylvania by telehealth. While you provide the medical care, I work alongside you on the desire, pain, body-image, and relationship pieces.

Consider a referral when your patient...

Is distressed by low or changed desire.
Desire often responds to context, not only hormones.

Has pain with sex that has turned into dread.
Pain and fear of pain can keep each other going.

Is struggling sexually after birth.
Body image, sleep, mood, and healing can all play a part.

Is dealing with sexual changes around menopause.
Hormones help with some of it; desire, pain avoidance, and body image often need more.

Has a vulvar condition that affects sex.
Lichen sclerosus and vulvodynia often reach into intimacy.

Mentions trauma, shame, or strain around sex.
A history of sexual abuse is linked to more sexual distress.

COMMON REASONS TO REFER

- Low or mismatched desire
- Arousal or orgasm concerns
- Pain with sex, vaginismus, vulvodynia
- Lichen sclerosus and other vulvar conditions
- Sexual changes after birth
- Perimenopause and menopause changes
- Sexual concerns for trans and nonbinary patients

Working in tandem

STAYS WITH YOU
Evaluation and diagnosis · Hormonal and vulvar treatment · Pelvic floor PT referral

I WORK ON
Desire in context · Pain–fear cycle · Body image and shame · Trauma-informed pacing

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

WHY IT FITS Medications alone do not resolve female sexual dysfunction; treatment has to be multifactorial.[1] In a randomized trial in women with lichen sclerosus, psychosexual counselling added to usual care improved sexual function and quality of life.[2] Psychological treatments, including CBT and mindfulness-based approaches, improve sexual function and reduce sexual distress compared with no treatment in controlled trials.[3] Most of this evidence is from cisgender women.

TO REFER · JOE MARON THERAPY

Your patient 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 patient: 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 Weinberger et al., *Sex Med Rev* 2019. **2** Vittrup et al., *J Low Genit Tract Dis* 2022. **3** Frühauf et al., *Arch Sex Behav* 2013; Liu et al., *J Sex Med* 2026.