JOSEPH MARON, LPC
THERAPY FOR COMPLEX HUMANS

FOR TRANS, NONBINARY, AND GENDER-EXPANSIVE ADULTS

When you want sex to fit who you are

Sexuality can shift over time, with or without hormones, surgery, or any medical steps. Sex therapy is a place to explore what feels good, and what gets in the way.

Does any of this sound familiar?

"I want to find what feels good in my body now."

"Some moments in sex feel euphoric, and others bring up dysphoria."

"Hormones changed my desire, and I'm figuring out what that means."

"After surgery, I'm learning my body all over again."

"I'm not sure how to tell a partner what I want, or what's off-limits."

"Starting anything sexual feels hard, even when I want to."

"I'm exploring kink, fantasies, or new kinds of relationships."

"I'm tired of explaining myself before I can even talk about sex."

Pleasure is part of the picture

Trans and nonbinary people describe gender euphoria (joy, calm, feeling at home in yourself) alongside dysphoria. Sexual well-being isn't only about genitals, hormones, or function. Comfort, pleasure, and being seen as yourself matter too.

You don't have to explain yourself first. Sex therapy here starts from your identity, your body, and what you want.

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

Free 15-minute consult: JosephMaron.com · 908-505-5182

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How sex therapy can help

PLEASURE

Find what feels good

Explore touch, arousal, and pleasure in the body you have now, at your own pace. Penetration and orgasm are never the measure.

CHANGE

Understand what's changing

Work out what shifts in desire, arousal, or sensation with hormones or surgery mean for you, alongside your medical team.

CONNECTION

Say what you want

Practice naming needs, boundaries, the words you use for your body, and consent, with partners or on your own.

SAFETY

Work through what's hard

Dysphoria, past harm, or fear around sex can be explored gently, without pressure and at your pace.

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 other care still matters

Sex therapy doesn't replace medical care. With your permission, I coordinate with your doctors or other providers. If you think a hormone or medication is 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 trans, nonbinary, and questioning adults.

Scan to get started

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