

# When sex comes up and there's no time left in the visit

I'm Joseph Maron, MS, LPC, a sex therapist seeing Pennsylvania adults by telehealth. While you provide the medical care, I work alongside you on the anxiety, strain, and adjustment a short visit can't hold.

Consider a referral when your patient...

## **Raises a sexual concern with little time left.**

There's no time to do it justice in the visit, and there doesn't need to be.

## **Has a chronic condition affecting sex, such as diabetes.**

Sexual concerns are common with diabetes, including in patients who aren't currently sexually active.

## **Reports sexual side effects from a medication.**

Patients rarely raise these unless asked directly.

## **Has erection concerns after a medical workup.**

Some patients need counseling alongside medication.

## **Mentions low mood, stress, or strain around sex.**

Depression and relationships are common contributors.

## **Has a history of abuse that affects sex now.**

If violence is current, safety comes first: National Domestic Violence Hotline, 800-799-7233.

Tandem care, not a hand-off

## **STAYS WITH YOU**

Medical and cardiometabolic workup · Medication review  
· Chronic disease care

## **I WORK ON**

Anxiety and avoidance · Desire in context · Adjusting to illness and treatment

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

**WHY IT FITS** International consensus advises primary care to refer sexual problems for psychological treatment when it fits.<sup>1</sup> Psychological treatments, including CBT and mindfulness-based approaches, improve sexual function and sexual distress compared with no treatment in controlled trials.<sup>2</sup> In a national survey of Finnish GPs, few had guidance on where to refer sexual problems.<sup>3</sup>

## **TO REFER · JOE MARON THERAPY**

**Your patient requests a free 15-minute consult at [JosephMaronLPC.com](https://JosephMaronLPC.com)**

Or call **215-804-9315**. Want to talk a referral through first? Call me at the same number.

**Telehealth only · Adults in 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

**1** Brotto et al., *Sex Med Rev* 2025. **2** Frühauf et al., *Arch Sex Behav* 2013; Liu et al., *J Sex Med* 2026. **3** Manninen et al., *Maturitas* 2025.



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