



# When the medication helps, but sex still isn't working

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, avoidance, and strain that medication doesn't reach.

Consider a referral when your patient...

## Improves on medication but still isn't satisfied.

In trials, adding therapy to medication improved satisfaction.

## Describes anxiety or self-monitoring during sex.

Anxiety and erection difficulty can feed each other.

## Has started avoiding sex or intimacy.

Avoidance often spreads to affection and closeness.

## Is distressed about early ejaculation.

Medication plus behavioral therapy looks most promising.

## Is adjusting to sex after prostate cancer treatment.

Sexual rehabilitation after prostate cancer includes counseling; outcome evidence is still thin.

## Reports shame, relationship strain, or past trauma.

Some men describe shame around erection difficulty and say they want counseling as well as medication.

Tandem care, not a hand-off

## STAYS WITH YOU

Medical workup · Medication, injections, devices, surgery  
· Hormone evaluation

## I WORK ON

Performance anxiety · Avoidance · Shame and self-esteem · Partner communication

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

**WHY IT FITS** In a meta-analysis of men with erectile dysfunction, psychological treatment plus a PDE5 inhibitor outperformed either alone.<sup>1</sup> For early ejaculation, adding behavioral therapy to medication is the most promising approach.<sup>2</sup> Psychological treatments, including CBT and mindfulness-based approaches, improve sexual function and sexual distress compared with no treatment in controlled trials.<sup>3</sup> Trials are small; after prostate cancer, outcome evidence is weak.

## 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

<sup>1</sup> Schmidt et al., *J Sex Med* 2014; Atallah et al., *Arab J Urol* 2021. <sup>2</sup> Althof, *Transl Androl Urol* 2016; Li et al., *Andrology* 2025. <sup>3</sup> Frühauf et al., *Arch Sex Behav* 2013; Liu et al., *J Sex Med* 2026.



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