

GUIDE TO FINDING THE BEST SEX THERAPIST FOR YOU & YOUR PARTNER

A really good sex therapist will be both an excellent couples' counselor as well as someone with experience dealing with sexual issues. **Choosing a therapist should be carefully considered, so we've provided this guide, including a few questions you may want to consider when talking to a potential therapist.**

PROBLEMS IN THE BEDROOM? CONSIDER TELEHEALTH SEX THERAPY

Don't put your emotional health on the backburner. With Telehealth, Maze makes it easy to prioritize your intimacy concerns. Work on issues alone or with a partner, all from the comfort of your own home. **Learn more**

QUESTIONS TO ASK SEX THERAPIST CANDIDATES

> What population do you focus on in your current practice?

If a therapist says they see "everyone," children, adults, families and couples, you may want to be wary. Good couple's counselors usually do just that and one other area.

> How long have you been seeing couples?

Experience counts here. Someone who has a long-time flourishing practice is probably a better bet than a brand new sex therapist.

> What do you consider "normal" sexuality?

It's important to have a therapist who is "sex positive." That is, you want a therapist who thinks a wide range of sexual activity is normal and healthy. You do not want a therapist who has their very rigid and fixed idea of how often and how a couple should be having sex.

> What are your feelings regarding the physical (medical) components of the problem?

True, we're biased here. But any sex therapist that isn't open to the idea that there may be a physical component isn't keeping up with the current literature and isn't being responsible.

> What are some of your approaches?

Often the best therapists are not ones that use "one magic solution," but will incorporate a number of modalities. Be wary if a therapist says: "I only use the ____ method of therapy."

> What is your accreditation?

The largest accrediting body for sex therapy is AASECT: The American Association of Sex Educators, Counselors and Therapists. Their website has a tremendous amount of information on what different types of accreditation are available and lists of local sex therapists.

REASONS TO SEEK OUT A SEX THERAPIST

Here are some examples of expressions we've heard from patients who see us for sexual issues:

- > **"I feel disinterested in so many aspects of my life. Sex is just one."**
- > **"He is a terrible lover. He always jumps right to intercourse."**
- > **"I am so angry at him. All he ever wants is sex."**
- > **"I feel turned on by other men but not by my husband."**



THE BOTTOM LINE

You've interviewed several candidates and gotten a variety of input. How do you determine when you've found a good fit? Suitability ultimately comes down to one key consideration: **Both you and your partner have to feel you can be open and comfortable with the therapist.**

You have to find someone you feel understands your situation and will guide you responsibly towards a real solution. The ability for both you and your partner to be honest with your therapist will have the single biggest impact on your ability to move forward to a solution.

The choices can be overwhelming. Interviewing therapist candidates can be a daunting task, especially when you're in an area that has many therapists to choose from. The worksheet below will prove to be a helpful tool as you go through the interview process:

THERAPIST/OFFICE NAME	PHONE	EMAIL	POTENTIAL FOR FIT		NOTES
			NO	MAYBE	

MAZE TELEHEALTH THERAPY

Today the world remains uncertain, but your sexual health shouldn't continue to suffer as a result. At Maze, we will work together to develop a plan that not only offers support and relief, but also brings pleasure and excitement to your sex life. Our therapists treat each patient as a unique individual, not a diagnosis. They spend the time getting to know you and your unique concerns and struggles, enabling them to offer customized guidance and support, all delivered virtually.

WHAT DO OUR PATIENTS THINK ABOUT USING TELEHEALTH SERVICES?

- They feel safer at home, eliminating additional worry about exposure to germs or viruses
- No worry about traffic or transportation delays means less stress
- Not having to drive to and from the appointment is a real time-saver
- Overall, they feel less anxiety by being able to find a comfortable place in their home to relax and speak freely



If you would like to learn more, or are unsure if Maze Women's Sexual Health can help you, we encourage you to call (914-328-3700) or [email us](#) and request a **free 10-minute phone consultation** with our clinicians.