

Sex Therapy: What it is, benefits and more



Cancer and Sexuality

Cancer and cancer treatment can affect many aspects of life, including one's sexual wellness. Sex and sexuality are an integral part of the human experience and everyday life. While sex is often thought of as an activity or experience, sexuality involves emotions, feelings, views of one's self. It is also linked to intimacy and desire for caring, closeness and physical touch. People with cancer often experience changes or difficulties with their sexuality and may benefit from sex therapy to address medical, psychological, personal or interpersonal factors impacting sexual wellness and satisfaction.

Is sex therapy a good fit for me?

If any of the following statements sound like you, it may be a good idea to see a sex therapist.

- I'm not satisfied with my sex life.
- Sex causes tension, anxiety or trouble in our relationship.
- I don't think my partner understands my sexual needs, wants or fantasies.
- My sex life is negatively impacting other aspects of my life.
- My sex life causes me unhappiness, anxiety or shame.
- I struggle with arousal and/or orgasm.
- I experience pain during sex or libido issues.
- Past trauma has negatively affected my current sex life.

Sex Therapists in the Jacksonville Area

The centers listed below are not owned or affiliated with Baptist MD Anderson Cancer Center but represent the centers we most frequently work with.

Tyrenia Cross, LMHC

Baptist Behavioral Health
Located in Jacksonville, FL
904.376.3800

Robi Lipscomb, LPC

Located in Jacksonville, FL
423.484.2556

Gregory Garamoni, PhD

Located in Ponte Vedra, FL
904.285.4229

Jacksonville Center for Sexual Health

Located in Jacksonville, FL
904.383.7613

Sabrina Connelly, LMHC

Located in St. Augustine, FL
904.593.2838

If you are interested in this type of therapy, please contact the individual providers above to determine if they accept your insurance. Many times, sex therapy is not covered under insurance and may require private payment.