

Evolve Therapy Welcomes New Emotionally Focused Therapist

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Carissa Kaufman, MA, LMFT, has recently joined the staff at Evolve Therapy. She is a licensed marriage and family who specializes in Emotionally-Focused therapy for couples, families, adolescents, and adults.

Evolve Therapy founder, Renee Segal, commented on her support of Kaufman. Segal noted that Kaufman's experience and knowledge of emotionally focused therapy will undoubtedly be an asset as Evolve is able to provide counseling to more people. Kaufman is the eighth therapist currently on the team at Evolve Therapy.

Kaufman echoes Segal's sentiment as well. "I'm excited to be joining the team," said Kaufman. "Evolve Therapy offers an excellent environment for growth."

Kaufman has a master's degree in psychology from St. Mary's University and is board-certified by the American Association of Marriage and Family Therapists as an Emotionally-Focused Couples Therapist. Kaufman also holds specialized certifications for working with individuals who have experienced trauma, adolescents, addiction disorders, depression, or anxiety.

Kaufman also brings a unique perspective to the Evolve therapy specializing in BIPOC clients. Kaufman likes to work with people who have biracial/multiracial identity development, low self-esteem, and who feel like they don't belong.

"I understand what it is like to experience a lot of microaggressions, race-based trauma, and the extra energy it takes to live in a society that is mostly white when you're not white," Kaufman commented.

Kaufman's experiences growing up with a Roman Catholic Mexican mother and a New England Jewish father undoubtedly played a role in shaping her approach as a BIPOC therapist.

Kaufman notes, "I have grown up with required mental & emotional flexibility?this is not any different."

As a licensed marriage and family therapist, Kaufman has experience working with people struggling with depression, anxiety, addiction, relationship issues, or conflict-related to traumatic experiences.

Kaufman notes that "Sometimes we get stuck in negative communication cycles, and it's time to find new ways of relating well with one another. Sometimes life gets hectic, or you need a friendly reminder on how to relate better?and I want to be the person who helps you enjoy your relationships more!"

Kaufman is currently only seeing clients through online video appointments. For those interested in learning more, it's encouraged to book directly from Evolve Therapy's website at <https://www.evolvertherapy.com>
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For more information about Evolve Therapy, contact the company here: Evolve Therapy
Renee Segal
612-875-6416
info@evolvertherapy.com
9800 Shelard Parkway Suite 115
Plymouth, MN 55441

Evolve Therapy

At Evolve Therapy, we provide couples and individuals and opportunity for lasting change.

Website: <https://www.evolvertherapy.com/>

Email: info@evolvertherapy.com

Phone: 612-875-6416



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