

Makai Dorfman Celebrates Two Years with Evolve Therapy, Advancing Inclusive Couples Counseling in Minnesota

August 14, 2024

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Evolve Therapy is thrilled to announce that Makai Dorfman, a mental health therapist, is celebrating two years with the Minnesota-based counseling practice. Dorfman, who joined Evolve Therapy as a Marriage and Family Therapy Intern, has shown impressive progress and dedication in his role. His expertise covers areas such as relationship stress, premarital counseling, co-dependency, interracial and intercultural challenges, and family therapy, among others.

Makai Dorfman is currently working towards a Master of Science in Marriage and Family Therapy at the University of Wisconsin-Stout and expects to graduate in spring 2023. Additionally, he has completed the Mindfulness Meditation Teacher Certification Program, led by Tara Brach and Jack Kornfield, through the Sounds True Institute and the Greater Good Science Center at the University of California, Berkeley. Before his counseling career, Dorfman spent over 15 years as an educator, working with children and families in various settings.

Renee Segal, the owner of Evolve Therapy, shared, "We are proud to celebrate Makai Dorfman's two-year milestone with Evolve Therapy. His dedication to supporting individuals and couples through various challenges has made a significant impact on our community. His extensive background and commitment to continual learning make him a valuable asset to our team."

Evolve Therapy offers Emotionally Focused Therapy (EFT) for individuals, couples, and families. Their services include relationship counseling, individual counseling, affairs and cheating counseling, sex addiction counseling, premarital counseling, and online tele-therapy. They also provide supervision and training for therapists, therapy for therapists, practicum/field placement opportunities, and low-cost therapy options to ensure accessibility.

For those interested in their online tele-therapy options, Evolve Therapy allows individuals and couples to receive therapy from the comfort of their own homes, offering flexibility and convenience for everyone.

A key aspect of Evolve Therapy's approach is its inclusiveness. The practice works with people from diverse ethnicities, religions, cultures, nationalities, and LGBTQ individuals and couples, aiming to foster understanding, respect, and healing for everyone.

Dorfman's own multicultural and ethnic identity, being a Mexican-American with Jewish ancestry from the Middle East and Eastern Europe, influences his approach. He strives to be an ally for BIPOC individuals and those navigating interracial relationships, race-based trauma, and other challenges common in a predominantly white culture. His personal background helps him connect with clients facing similar issues.

Evolve Therapy's focus on inclusivity and accessibility is also evident in their low-cost therapy options and practicum/field placements. These initiatives aim to make mental health support available to those who may not afford regular rates while also providing crucial training for future therapists.

Makai Dorfman is committed to addressing various clinical issues, including relational trauma and attachment problems, PTSD, anxiety, depression, grief, and loss. His interests also include nervous system regulation and integrating spirituality and religion into therapy, offering a well-rounded approach to mental health.

Reflecting on his time at Evolve Therapy, Dorfman said, "Being part of Evolve Therapy has been a profoundly rewarding experience. The support and resources here have allowed me to grow both professionally and personally. I am grateful for the opportunity to help our clients find deeper meaning and satisfaction in their relationships and individual lives."

Evolve Therapy remains a leading provider of couples counseling in Minnesota. Their dedication to offering

compassionate, expert care in a welcoming environment is unwavering. As Dorfman marks his two-year anniversary, he is excited to continue contributing to this mission.

Couples Counseling in Minnesota is vital for many people looking to improve or rebuild their relationships. Evolve Therapy's commitment to providing quality and accessible mental health care positively impacts the clients they serve.

For more information about Evolve Therapy and its services, please visit their website at evolvetherapymn.com or contact them directly. The celebration of Makai Dorfman's second anniversary at the practice symbolizes Evolve Therapy's ongoing commitment to excellence and inclusivity in mental health care.

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For more information about Evolve Therapy, contact the company here:Evolve TherapyRenee Segal763-200-8900info@evolvetherapymn.com9800 Shelard Parkway Suite 115Plymouth, MN 55441

Evolve Therapy

Evolve Therapy is a couples counseling practice in Plymouth, MN, serving the Twin Cities in person and online. Specializing in Emotionally Focused Therapy, Evolve offers couples counseling, affair recovery, premarital counseling and individual therapy.

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