

Evolve Therapy Expands Mental Health Services with Addition of Male Marriage and Family Therapy Intern in Plymouth, Minnesota

August 20, 2025

Plymouth, Minnesota - August 20, 2025 -
Evolve Therapy, a leading mental health practice serving the Minneapolis-St. Paul metropolitan area, announced today the addition of Dean Hadland as a Marriage and Family Therapy Intern, beginning at the end of August 2025. Hadland brings specialized experience in men's mental health and sexual addiction therapy to address growing demand for male-focused therapeutic services in Minnesota.

Hadland, who is currently earning his Master's in Counseling Psychology with a focus on Marriage and Family Therapy at the University of St. Thomas, will provide specialized treatment for anxiety, depression, couples therapy, gaming distress, and sexual compulsivity issues. His appointment reflects Evolve Therapy's continued expansion of emotionally-focused mental health services throughout the Twin Cities area.

"We're excited to have Dean join our team of emotionally-focused therapists. Many men face both cultural and gender barriers about seeking help, and male therapists can help normalize the therapy experience,"

said Renee Segal, Owner of Evolve Therapy.

This hiring addresses a critical gap in mental health services for men, who statistically seek therapy at significantly lower rates than women. Hadland's background includes leading men's support groups, providing him with unique insight into the specific challenges men face when addressing mental health concerns. His clinical interests encompass a comprehensive range of issues affecting modern relationships, including affairs, co-dependency, life transitions, and LGBTQ+ concerns.

Minnesota has seen increasing demand for specialized therapy services, particularly in areas of sexual addiction and couples counseling. Hadland's expertise in treating out-of-control sexual behaviors and porn addiction addresses emerging mental health challenges that have become more prevalent in the digital age.

"I appreciate Dean's thoughtful approach to working with men and couples who are navigating difficult challenges around intimacy and sexuality. He brings a steady presence, a willingness to engage in tough conversations, and a strong commitment to evidence-based practice. What stands out most is his humility?he's actively seeking advanced training and supervision in the areas of sexual compulsivity and addiction, which reflects both his integrity and his dedication to serving clients with excellence," said Segal.

The addition of Hadland strengthens Evolve Therapy's comprehensive approach to mental health care, which includes individual therapy, couples counseling, family therapy, and group therapy services. The practice utilizes emotionally-focused therapy techniques and mindfulness-based interventions to address a wide spectrum of mental health concerns affecting Minnesota families.

Evolve Therapy continues to expand its service offerings to better serve Plymouth, Minneapolis, St. Paul, and surrounding communities. The practice's location at 9800 Shelard Parkway Suite 115 in Plymouth provides convenient access for clients throughout the western Twin Cities metropolitan area.

Hadland's specialization in gaming addiction therapy also addresses a growing concern among Minnesota families, as problematic gaming behaviors have increased significantly following the pandemic. His training in mindfulness approaches and political division counseling further demonstrates the practice's commitment to addressing contemporary mental health challenges.

Evolve Therapy is an out-of-network provider and offers flexible scheduling options, including evening and weekend appointments to accommodate working professionals and families. Evolve Therapy's comprehensive approach combines traditional therapeutic techniques with emotionally-focused treatments for modern relationship and individual challenges. The practice maintains a commitment to ongoing professional

development and evidence-based treatments, ensuring clients receive the highest quality care. Individuals seeking mental health services can contact Evolve Therapy directly to schedule consultations and learn more about available therapeutic options. The practice accepts clients from across the Minneapolis metropolitan area and surrounding Minnesota communities.

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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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