



Minnesota Couples Counseling Practice Welcomes Intern Christy Wiles

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Evolve Therapy, a couples therapy practice in Minnesota, welcomes new intern Christy Wiles.

Evolve Therapy provides therapy for both individuals and couples to help them work through relationship issues. Evolve Therapy also offers help to individuals looking for individual counseling. The therapists at Evolve are licensed by the state of Minnesota and are trained in emotionally focused couples therapy and other methods.

Emotionally Focused Therapy, or EFT, is a form of therapy that focuses on attachment and interactions between couples. According to owner Renee Segal, "an emphasis on meaningful communication between couples is at the core of our practice."

When asked about adding Wiles to the team, Segal commented, "Christy's professional experience is impressive; her experience in a number of counseling disciplines will be an asset to our practice."

Wiles will receive her M.S. in Couples and Family Therapy from the University of Wisconsin in 2022. Before pursuing a career as a therapist, she worked in the arts for fifteen years. Wiles currently holds a B.A. in Spanish Literature from Reed College in Portland, OR (2006), and an M.A. in Art history from the San Francisco Art Institute (2010).

Wiles' clinical interests includes: marriage & relationship counseling, divorce and post-divorce issues, family therapy, conflict resolution, communication issues, premarital counseling, life transitions, grief and loss, anger management, anxiety, depression, developmental or relational trauma, adolescent counseling (16-yrs and older), career dissatisfaction, women's and gender issues, gender and sexuality, self-esteem/self-criticism, codependency, perfectionism, family of origin challenges, and nervous system regulation.

Wiles' approach to therapy includes mindfulness practices. According to Wiles, "our past life experiences are stored in our bodies and the healing process begins by understanding how those experiences continue to show up in our current relationships."

When asked about what she likes to do when not working as a couples therapist, Wiles responded:

"I love spending time outside. Before moving to the Twin Cities area, I lived in California where I explored the mountains of the Sierra Nevada, and now I love exploring the lakes and trails around Minnesota. In my previous career, I organized art exhibitions and I continue to support the arts community in Minnesota. I have had a personal mindfulness practice for about ten years, and I am also trained in Nonviolent Communication (NVC)."

Currently, Evolve Therapy is taking both in-person sessions on a limited basis as well as tele-therapy sessions. To learn more about Evolve Therapy and their couples counseling services, connect with them on Instagram, Facebook or their website www.evovetherapymn.com

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For more information about Evolve Therapy, contact the company here: Evolve Therapy
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Evolve Therapy

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

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