

Minnesota Couples Counseling Practice Moves To Plymouth

January 04, 2022

Plymouth, Minnesota - January 04, 2022 - PRESSADVANTAGE -

Evolve Therapy, a couples counseling practice in Minnesota, recently relocated from Minnetonka, Minnesota to Plymouth, Minnesota.

Evolve Therapy's new office, located at 9800 Shelard Parkway Suite 115, Plymouth, MN 55441 is ten minutes away from downtown Minneapolis and 5 minutes east of Wayzata. Evolve Therapy's new office is located on the northwest corner of Hwy. 169 and Hwy 394, where Minnetonka, St. Louis Park, Golden Valley and Plymouth meet.

Plymouth is a suburban city located on the western edge of Minneapolis and is 15 miles west of downtown Minneapolis in Hennepin County.

Evolve Therapy offers emotionally focused therapy (EFT) for those who need help with marriage counseling as well as individual therapy.

Emotionally focused therapy is a type of psychotherapy that helps people heal their emotional wounds and develop inner resources to tackle life's challenges. EFT can help those who are dealing with emotional conflict because it addresses underlying emotions that are causing the conflict, encourages healthy coping mechanisms, helps people understand their relationship dynamics, promotes positive change in the relationship.

Evolve Therapy owner, Renee Segal, commented, "We're excited about the move and look forward to the continued opportunity to provide a safe space for people to work on resolving relationship conflicts and can assist individuals with issues such as depression, anxiety or addiction. The move allowed us the additional space to provide therapy to more people as we have added several new therapists to the practice to accommodate more clients."

Evolve Therapy is committed to providing high quality care that makes life better for people in the Minneapolis area. Currently, Evolve Therapy is currently accepting new clients via virtual counseling sessions and in-person while adhering to local COVID safety guidelines.

New clients or those interested in starting counseling therapy with Evolve are encouraged to visit their website at www.evolve therapymn.com or by scheduling a session by calling (612) 875-6416.

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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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