



Evolve Therapy Adds Marriage and Family Therapy Intern, Expanding Cost-Effective Couples Counseling Option in Minnesota

October 16, 2026

Plymouth, Minnesota - October 16, 2026 -

Evolve Therapy, a Plymouth-based couples counseling and relationship therapy practice, has added Scott Bruce as a marriage and family therapy intern. The addition expands the practice's low-fee therapy option of \$50 per hour for couples and individuals across the Twin Cities. Bruce is completing a Master of Science in Marriage and Family Therapy at Capella University. He is now seeing clients at the practice's office at 9800 Shelard Parkway and through online teletherapy, under the supervision of practice owner Renee Segal, MA, LMFT.

Evolve Therapy's practicum program places graduate student interns with the practice for a period of 12 months or longer. That commitment allows the practice to offer sessions at a reduced fee of \$50 per hour for clients who need a lower-cost option. Interns receive one hour of individual clinical supervision each week from Segal, a certified Emotionally Focused Therapy therapist and supervisor, and take part in biweekly team consultation with Evolve staff. With clients' written permission, sessions are recorded and reviewed during supervision.

Bruce works with couples and individuals using Emotionally Focused Therapy, or EFT. EFT is an attachment-based approach that examines the emotional patterns behind recurring conflict between partners and within individuals. It is typically delivered over eight to 20 sessions.

Bruce's clinical interests include couples and relational therapy, attachment and emotional patterns, intimacy and sexuality, LGBTQ+ affirming care, grief and loss, recovery and life transitions, aging, spirituality, and mindfulness.

"Bringing Emotionally Focused Therapy to a wider range of clients has been a goal of the practice since the internship program began," said Renee Segal, owner of Evolve Therapy. "Each intern carries a supervised caseload and is trained in the EFT model. That allows couples and individuals who might not otherwise afford counseling to work with a clinician whose sessions are reviewed weekly by a certified supervisor."

Bruce comes to the field after two earlier careers. He began in architecture, engineering and construction. For roughly the past decade, he worked as an organizational and relationship systems coach for leaders and agile teams in technology across multiple industries. That background in how teams and systems function informs his work with couples, where EFT treats the relationship itself as a system of interacting emotional responses.

"My earlier career was spent working with tangible building blocks, and later with the patterns that shape how teams work together," said Scott Bruce, marriage and family therapy intern at Evolve Therapy. "Couples therapy draws on both. My role is to help people slow down, understand the emotional patterns they are caught in, and build the safety needed to reconnect with each other."

Evolve Therapy has a team of more than a dozen clinicians, including licensed marriage and family therapists, licensed professional clinical counselors and supervised interns. Services include couples counseling, individual counseling, relationship counseling, discernment counseling, premarital and commitment counseling, counseling following affairs, men's group therapy and online teletherapy. The practice also provides supervision and training for therapists learning the EFT model and serves as a practicum and field placement site for graduate students on the Minnesota licensure track.

The practice recently relocated its Minnetonka office to Plymouth. It serves clients from communities including Plymouth, Minnetonka, Wayzata, Maple Grove, Edina, St. Louis Park, Minneapolis and St. Paul, with teletherapy available statewide. Office hours are 7 a.m. to 8 p.m. Monday through Friday, 8 a.m. to 5 p.m. Saturday, and Sunday by appointment.

New clients interested in the low-fee option can call or text 763-200-8900 or contact the practice through its website at evolvetherapymn.com.

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

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

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