

Introducing Anne Ferguson, The Newest Couples Counselor At Evolve Therapy

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Evolve Therapy (www.evolvetherapymn.com) announces the newest member of their Minnesota couples counseling team: Anne Ferguson, MA.

Ferguson holds a bachelor's degree in sociology and anthropology from the University of Notre Dame. She worked in human resources and event planning before working as a birth and postpartum doula and childbirth educator. In her 40s, Ferguson returned to school and received a master's in marriage and family therapy at Saint Mary's University of Minnesota.

?Ferguson's unique background and experience as a doula and childbirth educator provide her with a wealth of knowledge and insight when working with couples in therapy,? commented Renee Segal, the owner of Evolve Therapy.

Ferguson?s firsthand experience with the birthing process allows her to understand the physical, emotional,

and spiritual challenges that couples can experience during conception, pregnancy, birth, and postpartum. Additionally, Ferguson's training as a marriage and family therapist enables her to provide couples with the support and guidance couples need to build strong and healthy relationships. Her compassion, empathy, and understanding make her an invaluable resource for couples who are struggling to overcome difficult challenges.

Ferguson has a strong passion for helping couples build and maintain healthy relationships by developing better communication, understanding, and connection. She believes in supporting each couple's individual needs while also considering the relationship. Her approach is experiential; meaning that she works to help couples become more present, aware, and connected through emotionally focused therapy.

Ferguson brings a variety of complementary skills to the Evolve Therapy team including working with couples therapy, infidelity and affair recovery, anxiety, depression, low self-esteem, mindfulness, addiction, ADHD, trauma, sexuality, birth trauma, parenting, postpartum mood disorders, and step-parenting.

Ferguson?s professional memberships include the American Association of Marriage and Family Therapy (AAMFT), Minnesota Association of Marriage and Family Therapy (MAMFT), International Centre for Emotionally Focused Therapy (ICEEFT), and Minnesota Center for Emotionally Focused Therapy (MNCEFT).

Ferguson comments, ?It is my passion to help people feel safe and secure. I believe many challenges people face in life connect to our need for secure attachment and come from attachment wounds from childhood and/or lack of secure attachments in adulthood. I believe positive relationships with friends, family, co-workers, and romantic partners are the key to a happy and fulfilling life. It is my privilege to work with you to help repair those wounds and move into secure attachment.?

Evolve Therapy is a couples counseling practice located in Plymouth, MN. Evolve Therapy specializes in couples counseling and emotionally focused therapy in Plymouth and the surrounding areas of Orono, Wayzata, Minneapolis, and Minnetonka.

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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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