

Evolve Therapy Offers Professional Couples Counseling for Affair Recovery

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Minnesota couples have a unique resource for counseling after infidelity by going to therapy at Evolve Therapy. Evolve Therapy is a couples counseling practice that is dedicated to helping couples recover from the devastating effects of an affair by Emotionally Focused Therapy?s Attachment Injury Repair Model.

Evolve Therapy was founded by Renee Segal, a licensed marriage and family therapist who has been helping couples in Minnesota work through challenges in their relationships for the past decade. ?I?ve seen so many relationships struggle and even break apart due to infidelity,? she says. ?I wanted to create an environment in which couples could get the support they need to heal and move forward.?

Segal and her team work with couples to help them process their feelings and identify the underlying issues that led to the affair. The goal is to help couples rebuild trust and work through their pain in order to create a healthier relationship and closer relationship.

In addition to counseling, Evolve Therapy provides a range of educational materials to help couples understand infidelity and the emotional trauma it can cause. The practice has a blog with articles about understanding affair recovery and couples counseling. Segal has also appeared on several podcasts in which she has been interviewed by relationship experts about the dynamics of infidelity and how couples can heal.

Evolve Therapy is committed to helping couples rebuild a healthy relationship. Evolve Therapy offers a free initial phone consultation to help couples assess couples their situation and get any necessary help needed.

?My goal is to help couples move past their pain and build a stronger bond,? said Segal. ?I?m here to help couples heal and move forward with compassion and understanding.?

For Minnesotans struggling with the aftermath of an affair, Evolve Therapy offers a safe and supportive space to work through the recovery process. With its range of counseling, education, and support services, the practice provides couples with the tools necessary to move forward.

To learn more about Evolve Therapy and the couples counseling services for affair recovery, contact Evolve Therapy at 763-200-8900 or visit www.evolvetherapymn.com.

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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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