

# Evolve Therapy Welcomes Intern Jacob O?Neil To Their Minnesota Counseling Practice

*August 14, 2023*

Plymouth, Minnesota - August 14, 2023 -
Evolve Therapy in Plymouth, Minnesota, is excited to welcome Jacob O'Neil as their newest intern.

Evolve Therapy is a counseling practice that specializes in providing Emotionally Focused Therapy (EFT) for individuals and couples in various types of relationships. They offer services for married couples, those living together, dating or engaged couples, as well as individuals dealing with various relationship issues.

Their services are inclusive, serving people from diverse backgrounds, ethnicities, religions, cultures, nationalities, and LGBTQ individuals and couples. Evolve Therapy aims to inspire hope, restore love, and promote respect in relationships. They focus on addressing a wide range of relationship challenges, including affairs, addictions, betrayal, communication issues, emotional needs, attachment injuries, narcissism, and unhealthy behaviors through Emotionally Focused Therapy (EFT).

EFT recognizes that couples often get stuck in negative cycles of interaction that erode the sense of security and intimacy in the relationship. This type of therapy helps couples identify these negative patterns and guides them toward building secure emotional bonds. The goal is to shift from cycles of blame, withdrawal,

and conflict to cycles of vulnerability, validation, and emotional connection.

Emotionally Focused Therapy stands out for its emphasis on emotional connection, attachment, and the transformation of relationship dynamics. It aims to create lasting changes in the way couples interact, communicate, and bond emotionally, ultimately fostering greater intimacy and security within the relationship.

While interning at Evolve Therapy, O?Neil is currently studying to become a licensed marriage and family therapist. He is passionate about working with couples and families, and he is excited to learn from the experienced therapists at Evolve Therapy.

?I?m thrilled to be joining the team at Evolve Therapy,? said O'Neil. ?I?m looking forward to learning from Renee and the other therapists, and I?m excited to help couples build stronger relationships.?

Coming from a mixed-ethnicity Latin family, O'Neil's upbringing has been enriched by the presence of his foster family, who are an integral part of his life. Their diverse perspectives have taught him the importance of approaching others with curiosity and respect, acknowledging the impact of his own actions on their experiences.

Understanding this, O?Neil is committed to examining and recognizing how his unique perspective influences the way he perceives the world. O'Neil eagerly anticipates the journey of self-reflection and embracing the differences that shape his worldview.

O?Neil currently holds a Bachelor of Science in Psychology from Wisconsin Lutheran College in Milwaukee, Wisconsin. In the Spring of 2024, O?Neil will graduate with a Master of Science in Marriage and Family Therapy from the University of Wisconsin ? Stout and complete the coursework for a certificate in Sex Therapy.

As a couples counseling intern, has gained professional experience in working with couples facing a range of challenges, including Autism Spectrum Disorder, LGBTQ+ issues, Trauma and PTSD, Sex Therapy, Sexual Abuse, Self-Harming, Divorce, Infidelity, Breakup, Trust Issues, Shame, Relationship/marriage/family issues, Attachment Issues, Emotional Abuse, Abandonment, Anxiety, Depression, Self-compassion, Identity Issues, and Men's Issues.

O'Neil also adds that he is particularly interested in working with couples who are struggling with communication, intimacy, and conflict resolution. He believes that Emotionally Focused Therapy (EFT) can be a powerful tool for helping couples to heal their relationships and build a stronger foundation for the future.

?I?m excited to use my skills and training to help couples build the relationships they deserve,? commented O'Neil. ?I believe that everyone deserves to feel loved, respected, and supported in their relationships.?

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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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