

Evolve Therapy Elevates Minnesota Couples Counseling Services with New Team Member

May 29, 2024

Plymouth, Minnesota - May 29, 2024 -
Evolve Therapy, a leading therapy practice based in Minnesota, renowned for its evidenced-based expertise in Emotionally Focused Therapy (EFT) for individuals, couples, and families, is delighted to announce that Lisa Schwartz has joined their team. As a Marriage and Family Therapy Intern, Lisa brings an extensive range of personal and professional experience to the table, poised to assist individuals and couples in navigating the complexities of relationships, whether with partners, parents, coworkers, children, or friends. Leveraging EFT as her principal technique, Lisa is dedicated to breaking down harmful patterns, supporting clients in articulating their emotions, and enhancing self-awareness and emotional regulation by focusing on bodily cues.

Lisa's journey is marked by her triumph over personal hurdles within a challenging family environment, qualities that her colleagues praise as insightful, compassionate, and highly responsive to the needs of others. This blend of personal transformation and professional growth furnishes her with a distinct perspective and therapeutic approach that serves her clients well. Additionally, she is working toward her Master of Science in Marriage and Family Therapy at the University of Wisconsin?Stout, expected to graduate in Spring 2025 with a sex therapy certificate? Her educational pursuits further highlight her

dedication to offering knowledgeable and empathetic support to those seeking help.

"Lisa Schwartz's addition to our team represents a significant advancement in expanding the services we provide at Evolve Therapy," remarked Renee Segal, the owner of Evolve Therapy. "Her novel approach, deeply rooted in both personal and professional experiences, brings a new dimension to our practice. We are excited to have someone of her caliber on board and are confident in her ability to impact our clients' lives profoundly."

Evolve Therapy extends a broad spectrum of services beyond individual and couples counseling, including counseling for couples communication problems, affairs and cheating, sex addiction, premarital issues, online teletherapy, supervision and training for therapists, therapy for therapists, a practicum/field placement site, and low-cost therapy options. This comprehensive service range ensures that the practice can cater to the wide-ranging needs of the community it serves. For more information on the diverse services offered by Evolve Therapy, please visit their website.

Lisa's clinical specialties are diverse, covering individual therapy, marriage/relational therapy, family therapy, adult and teen therapy, infidelity and recovery, dealing with midlife and aging, trauma healing, chronic illness management, sexual issues and desire, support for LGBTQIA+ individuals and relationships, anxiety and depression, grief and loss, substance use, trust issues, and self-harm. This expansive expertise positions Evolve Therapy to effectively tackle a broad array of concerns and the challenges its clients face.

"We at Evolve Therapy are devoted to delivering the highest quality of care to our clients, and the addition of Lisa Schwartz to our team enhances our capability to accomplish this goal," Segal added. "Her compassionate approach and unwavering commitment to understanding our clients' distinct challenges make her an exemplary fit for our practice. We anticipate the positive transformations she will bring about in our community."

Anyone interested in learning more about Lisa Schwartz and the range of services provided by Evolve Therapy is encouraged to visit Evolve Therapy's team page for further details.

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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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