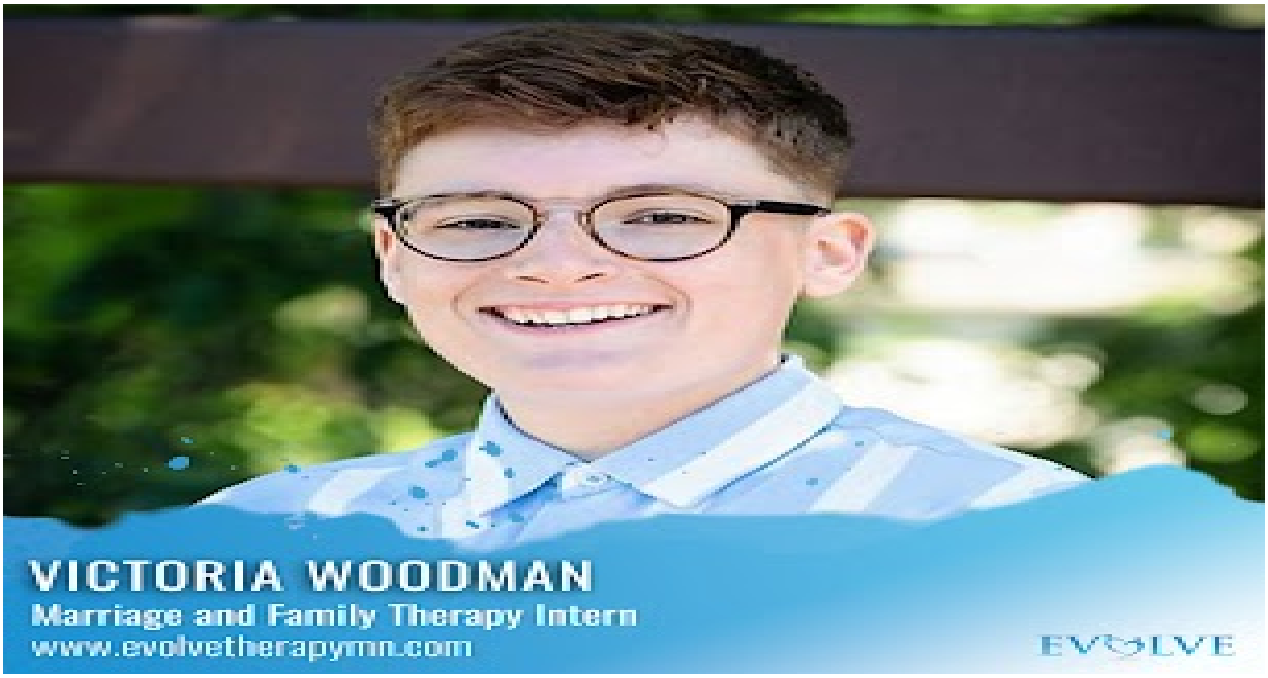



# Minnesota's Evolve Therapy Expands Couples Counseling with Victoria Woodman Joining the Team

*August 08, 2024*

Plymouth, Minnesota - August 08, 2024 -
Evolve Therapy, a Minnesota-based practice specializing in Emotionally Focused Therapy (EFT), announces the latest addition to their team, Victoria Woodman. As a new marriage and family therapy intern, Victoria brings both passion and a fresh perspective to the practice.

"In welcoming Victoria, we are strengthening our commitment to providing inclusive, empathetic, and comprehensive therapy services for individuals, couples, and families," said Renee Segal, CEO of Evolve Therapy. "Victoria's background and her dedication to fostering emotional safety and growth within relationships will be invaluable to our clients."

Evolve Therapy offers a range of services aimed at addressing various individual and relationship challenges. Victoria Woodman's clinical focus includes individual therapy, marriage and relationship therapy, family therapy, LGBTQIA+ individuals and relationships, sex therapy, sexual abuse, codependency, desire discrepancies, infidelity and recovery, trauma healing, anxiety and depression, grief and loss, substance use,

trust issues, and self-compassion. Her experience with complex human emotions and her background uniquely position her to support those navigating intricate emotional landscapes.

Victoria is enthusiastic about her role at the practice and is eager to share her skills and compassion with the team. "Joining Evolve Therapy allows me to advance my therapeutic work with a diverse client base. I am committed to applying the principles of Emotionally Focused Therapy to help clients build healthier, more fulfilling relationships," she stated.

The services at Evolve Therapy also include relationship counseling. Their therapists work with various relationship types, covering different ethnicities, religions, cultures, nationalities, and LGBTQ individuals and couples. Individual counseling at the practice aims to help those dealing with issues such as trauma, grief, and co-dependency, striving to restore an individual's self-respect and joy.

Additionally, the practice offers specialized counseling for affairs and cheating, focusing on helping clients understand and heal from the impact of infidelity. Evolve Therapy also provides sex addiction counseling, which aims to assist individuals in managing their addiction and repairing any relationship damage.

Premarital counseling at Evolve Therapy is designed to help couples identify and address potential issues before marriage, setting a foundation for a stronger future together. This service is complemented by their online tele-therapy option, allowing clients to access therapy from their own homes.

Evolve Therapy also supports professional growth within the therapeutic community by offering supervision and training for therapists in the EFT model. They provide therapy specifically for therapists, addressing the unique stresses of the profession. Their practicum and field placement site opportunities benefit students training to become therapists. For those interested, Evolve Therapy provides comprehensive details about their practicum and field placement opportunities on their website.

The inclusion of low-cost therapy services underscores Evolve Therapy's mission to make therapy accessible to everyone who needs it, regardless of their financial situation.

Victoria Woodman, currently pursuing her Master of Science in Marriage and Family Therapy from the University of Wisconsin - Stout, with additional coursework in Sex Therapy, said, "I was drawn to Evolve Therapy because of their holistic approach to emotional well-being and their dedication to creating a safe environment for all clients."

By expanding their team with skilled professionals like Victoria, Evolve Therapy aims to continue providing high-quality, empathetic care and remain a trusted partner in the mental health community.

Evolve Therapy's approach integrates different therapeutic services, ensuring that individuals, couples, and families receive the most comprehensive care available. Their commitment to inclusivity and accessibility sets them apart as a valuable resource for those seeking emotional support and healing.

For more information about Victoria Woodman and the varied services offered by Evolve Therapy, visit their official website and access more details through their Linktree page.

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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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