

Minnesota Couples Counseling Practice Promotes Intern to Full Clinical Team Member

June 09, 2025

Plymouth, Minnesota - June 09, 2025 -
Evolve Therapy, a leading Minnesota couples counseling practice, announces the promotion of Lisa Schwartz from intern to full-time therapist, reinforcing the practice's commitment to professional development and expanding quality care for clients throughout the Twin Cities area.

Schwartz, who holds a Master of Science in Marriage and Family Therapy from the University of Wisconsin-Stout and has completed coursework for a certificate in Sex Therapy, brings a unique perspective to therapeutic practice. Her unconventional path to therapy began with a Bachelor of Fine Arts from Washington University in St. Louis, followed by years of successfully operating her own design practice. While her creative career proved rewarding, Schwartz found her work most meaningful when applying design principles to address real human needs and systemic change on a larger scale.

After experiencing a period of midlife questioning and personal transformation, Schwartz made the bold decision to pursue her calling in mental health, transitioning from visual design to relationship healing. This

career pivot reflects her deep commitment to making meaningful impact on an individual level, bringing her design thinking methodology and systems approach to the therapeutic relationship.

During her internship at Evolve Therapy, Schwartz demonstrated exceptional capability in helping clients navigate complex relationship dynamics, specializing in areas including individual therapy, marriage and relational therapy, family therapy, trauma healing, and LGBTQIA+ relationships. Her comprehensive clinical interests also encompass infidelity recovery, anxiety and depression, grief and loss, working with midlife and aging populations, substance use issues, trust rebuilding, and addressing self-harm behaviors. Additionally, she provides specialized support for individuals and couples dealing with chronic illness, sexual health concerns, and attachment injuries.

Schwartz's therapeutic approach integrates traditional evidence-based practice of Emotionally Focused Couples Therapy with her background in design thinking, offering clients innovative problem-solving strategies for relationship challenges. Her experience working with diverse populations and complex trauma has prepared her to address the multifaceted needs of Evolve Therapy's clientele throughout the greater Minneapolis-St. Paul metropolitan area.

"Therapy can bring a fresh perspective and tools that help people remember their strengths and worth while creating a more secure sense of connection and belonging," says Schwartz. "I'm excited to continue this meaningful work with Evolve, helping clients see that they have more choices and control in their relationships than they might realize."

The promotion reflects Evolve Therapy's dedication to nurturing talent within their organization while maintaining their high standards of clinical excellence. Founded on principles of respect, compassion, and therapeutic excellence, the practice specializes in helping individuals, couples, and families who have been impacted by affairs, addictions, betrayal, communication breakdowns, and other significant relationship challenges. Their comprehensive approach addresses both surface-level conflicts and deeper systemic patterns that contribute to relationship distress.

Evolve Therapy's client-centered methodology focuses on helping people uncover, understand, validate, and recover from negative emotions, behaviors, beliefs, and actions?both perceived and real. The practice serves as a safe haven for individuals and families seeking to rebuild trust, improve communication patterns, and develop healthier relationship dynamics. Their commitment to inclusivity is demonstrated through their LGBTQ-friendly policies and culturally responsive therapeutic approaches.

"We're thrilled to welcome Lisa as a permanent member of our clinical team," said Renee Segal, owner of Evolve Therapy. "During her internship, Lisa demonstrated exceptional skill in helping clients navigate complex relationship dynamics. Her background in design thinking combined with her training in Emotionally

Focused Therapy offers our clients a fresh perspective on their relationships."

Evolve Therapy helps people in relationships who have been negatively impacted by various challenges including emotional needs not being met, attachment injuries, and unhealthy behaviors. The practice's core values include respect for everyone involved in the therapeutic process, compassion in care delivery, and excellence in standards of care. The practice is LGBTQ affirming and maintains best-in-class training standards.

Schwartz's transition from intern to full time therapist was previously highlighted when she first joined the practice as detailed in a prior press release. Additional information about Schwartz's background and approach can be found on her professional bio page.

###

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.

Website: https://www.evolvetherapymn.com/

Email: info@evolvetherapymn.com

Phone: 763-200-8900