

Evolve Therapy Expands LGBTQIA+ Mental Health Services with Addition of Victoria Woodman, MS

August 22, 2025

Plymouth, Minnesota - August 22, 2025 -
Evolve Therapy, a comprehensive mental health practice serving couples and individuals in the Plymouth area, announces the addition of Victoria Woodman, MS, to its clinical team. Woodman brings specialized expertise in LGBTQIA+ therapy and queer couples counseling, expanding the practice's capacity to serve diverse communities with affirming, evidence-based mental health care.

Woodman joins Evolve Therapy with a Master of Science in Marriage and Family Therapy from the University of Wisconsin-Stout, completed in Spring 2025. Her arrival marks a significant enhancement to the practice's LGBTQIA+ therapy services in Plymouth, MN, addressing growing community demand for qualified therapists who understand the unique challenges facing queer individuals and couples.

The new therapist specializes in Emotionally Focused Therapy (EFT), an evidence-based approach that helps clients develop awareness, acceptance, and regulation of emotions that may be causing distress in their relationships. Woodman's clinical interests encompass individual therapy, marriage and relational

therapy, family therapy, and specialized work with LGBTQIA+ individuals and relationships. Her expertise extends to complex areas including sex therapy, trauma healing, anxiety and depression, grief and loss, and trust issues.

"We are proud to welcome Victoria Woodman to the Evolve Therapy team," said Renee Segal, Owner of Evolve Therapy. "As a queer therapist, Victoria brings not only exceptional clinical skill but also a lived understanding of the challenges and strengths within LGBTQIA+ communities. Her presence deepens our commitment to offering inclusive, affirming care to every individual and relationship we serve."

Woodman's personal background significantly informs her therapeutic approach. As a married queer individual, she brings authentic understanding to her work with LGBTQIA+ clients seeking therapy in Plymouth, MN. Her early experiences navigating complex family dynamics developed her natural ability to help others while maintaining healthy relationships and establishing appropriate boundaries.

Evolve Therapy's mission centers on providing comprehensive mental health support for couples and individuals across diverse populations. The practice has established itself as a leader in relationship counseling, serving married couples, those living together, dating, and engaged partners. The team maintains deep experience working with people representing various ethnicities, religions, cultures, nationalities, and LGBTQIA+ individuals and couples.

The addition of Woodman's expertise comes at a crucial time when demand for LGBTQIA+ therapy services continues to grow throughout the Minneapolis-Plymouth metropolitan area. Her specialization in queer couples counseling addresses a significant need for therapists who understand the unique dynamics, challenges, and strengths within same-sex and gender-diverse relationships.

"Victoria's empathy, professionalism, and passion for creating safe, supportive spaces make her an invaluable addition to our practice," added Segal. "Her unique perspective as a queer therapist enriches our ability to meet clients where they are and guide them toward lasting connection and healing."

Woodman has completed additional coursework for a certificate in Sex Therapy, further expanding her qualifications to serve clients with complex relationship and intimacy concerns. Her comprehensive clinical training addresses issues including sexual abuse recovery, codependency, desire discrepancies, infidelity recovery, and substance use concerns.

The therapist's approach emphasizes creating secure, protected, and comfortable therapeutic relationships. Her goal involves helping clients achieve improved emotional regulation and deeper connections within their relationships, both during therapy sessions and in their daily lives.

Evolve Therapy operates from its Plymouth location at 9800 Shelard Parkway Suite 115, offering both in-person and online counseling services. The practice maintains extended hours Monday through Friday from 7am to 8pm, Saturdays from 8am to 5pm, and Sunday appointments by arrangement.

Woodman's addition represents Evolve Therapy's continued expansion of specialized services designed to meet diverse community mental health needs. Her expertise in LGBTQIA+ therapy and queer couples counseling strengthens the practice's ability to provide culturally competent, affirming care to all clients seeking relationship and individual therapy services.

Community members seeking LGBTQIA+ therapy in Plymouth, MN, or information about Evolve Therapy's expanded services may contact the practice directly. The clinic serves as an out-of-network provider while maintaining accessibility through flexible scheduling and online therapy options.

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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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