

Evolve Therapy Expands Minnesota Couples Counseling Services with Addition of Marriage and Family Therapy Intern Calli Cragoe

August 27, 2025

Plymouth, Minnesota - August 27, 2025 -
Evolve Therapy, a leading couples therapy and relationship counseling practice in Plymouth, Minnesota, announces the addition of Calli Cragoe as Marriage and Family Therapy Intern, effective late August 2025. Cragoe brings specialized training in Emotionally Focused Therapy and a unique background in creative storytelling to enhance the practice's Minnesota couples counseling and family therapy services.

The hiring of Cragoe represents a strategic expansion of Evolve Therapy's clinical team, strengthening the practice's capacity to serve individuals, couples, and families seeking evidence-based relationship counseling in the Twin Cities metropolitan area. Cragoe's appointment addresses growing demand for specialized couples therapy services in Plymouth and surrounding Minnesota communities.

"We are delighted to welcome Calli Cragoe to the Evolve Therapy team," said Renee Segal, Owner of Evolve Therapy. "Calli brings a thoughtful, collaborative approach to therapy and a strong commitment to helping

individuals and couples navigate life's challenges with compassion and clarity. Her dedication to fostering authentic connection aligns beautifully with our mission."

Cragoe is currently pursuing her Master of Science in Marriage and Family Counseling at the University of Wisconsin-Stout, building upon her Bachelor of Fine Arts degree from the University of Wisconsin-Milwaukee with a double major in Film & Video and Sociology. Her diverse educational background combines clinical training with creative communication skills, offering clients a distinctive therapeutic approach that honors their personal narratives while addressing relationship challenges.

The new Marriage and Family Therapy Intern specializes in Emotionally Focused Therapy, an evidence-based approach that helps couples and families explore, understand, and effectively communicate their emotions. Cragoe's clinical interests encompass a comprehensive range of relationship and individual concerns, including couples therapy, family therapy, anxiety, depression, LGBTQ+ issues, life transitions, infidelity recovery, divorce and separation support, and sexual wellness counseling.

"Calli's background in both creative storytelling and relational therapy gives her a unique perspective in supporting clients as they share their stories and strengthen their relationships," added Segal. "We are excited for the warmth and insight she brings to our community."

Prior to entering the mental health field, Cragoe worked as a freelancer in television and film production in the Milwaukee area, where she developed skills in connecting with diverse individuals and helping them share their stories. This creative background informs her therapeutic approach, enabling clients to reframe their personal narratives toward growth and healing.

Evolve Therapy, located at 9800 Shelard Parkway Suite 115 in Plymouth, Minnesota, specializes in relationship counseling for married, cohabiting, dating, and engaged couples. The practice serves clients from diverse ethnic, religious, cultural, and LGBTQ+ backgrounds, offering both in-person and online counseling options. The practice operates Monday through Friday from 7 AM to 8 PM, Saturdays from 8 AM to 5 PM, and Sundays by appointment.

The addition of Cragoe enhances Evolve Therapy's ability to meet increasing demand for Minnesota couples counseling services, particularly in the areas of Emotionally Focused Therapy and collaborative relationship healing. Her calm presence, commitment to authenticity, and collaborative therapeutic style complement the practice's existing approach to evidence-based couples therapy.

"When I met Calli, it was clear she is deeply committed to creating a safe and supportive space for clients," noted Segal. "Her calm presence, empathy, and skill in Emotionally Focused Therapy will make her an invaluable resource for those seeking to heal, grow, and thrive in their relationships."

Cragoe's approach emphasizes collaboration, openness, and the belief that relationship quality significantly impacts overall wellbeing. She works with adult couples at various relationship stages, individuals seeking personal growth, and adult family members navigating complex relational dynamics.

The expanded clinical team at Evolve Therapy reflects the practice's commitment to providing accessible, high-quality couples counseling services to the Plymouth community and broader Minnesota region. With both traditional in-person sessions and convenient online therapy options, the practice continues to adapt to meet diverse client needs and preferences.

Individuals and couples interested in learning more about Evolve Therapy's services or scheduling appointments with Cragoe may contact the practice at (763) 200-8900 or visit their website. The practice accepts clients seeking Minnesota couples counseling, individual therapy, and family counseling services.

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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


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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/

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