Evolve Therapy Announces Renee Segal to Present at Marriage and Family Therapists Conference

October 22, 2025

Plymouth, Minnesota - October 22, 2025 -
Evolve Therapy announced today that practice owner Renee Segal, MA, LMFT, will present at the Minnesota Association of Marriage and Family Therapists Annual Conference on October 23rd. The two-hour presentation will focus on Emotionally Focused Therapy and its application in helping clients transform their relational narratives through experiential therapeutic work.

The presentation, titled "Emotionally Focused Therapy (EFT) harnesses the healing power of experientially working with clients to re-story their relational narratives," will provide attending therapists with insights into EFT techniques and methodologies. He Minnesota Association of Marriage and Family Therapists Annual Conference serves as a professional development opportunity for marriage and family therapists throughout Minnesota.

"Emotionally Focused Therapy provides a structured approach to helping couples and individuals reshape their understanding of relationships and attachment patterns," said Renee Segal, MA, LMFT, owner of Evolve Therapy. "This presentation will demonstrate how therapists can guide clients through experiential exercises that create measurable change in their relational dynamics and emotional connections."

He Minnesota Association of Marriage and Family Therapists Annual Conference brings together mental health professionals from across the state to share research, clinical innovations, and practices in couples and family therapy. This year's conference features presentations from practitioners in various therapeutic modalities.

Segal's expertise in EFT stems from years of clinical practice and specialized training in this evidence-based approach. Her presentation will address both theoretical foundations and practical applications that therapists can implement in their own practices. Attendees will learn specific interventions for helping clients identify negative interaction patterns and develop more secure emotional bonds.

The presentation at he Minnesota Association of Marriage and Family Therapists Annual Conference will include case studies and demonstrations of EFT techniques. Segal will explore how therapists can create corrective emotional experiences within sessions that allow clients to access and reorganize their attachment-related emotions and behaviors. The session will also cover assessment strategies for identifying attachment styles and relationship dynamics that inform treatment planning.

"The opportunity to share EFT techniques with fellow therapists aligns with current professional development needs in Minnesota," noted Segal. "When therapists understand how to facilitate experiential moments of change, they can help clients move beyond stuck patterns and create different relationship experiences."

The presentation comes at a time when demand for couples and family therapy continues to grow across Minnesota. Mental health professionals are seeking training in evidence-based approaches that can address relational challenges faced by modern families and couples. Research indicates that EFT has shown effectiveness rates of 70-73% for couple recovery and 90% for significant improvement.

Evolve Therapy, based in Minnesota, specializes in Emotionally Focused Therapy for individuals, couples, and families. The practice offers mental health services including relationship counseling, individual therapy, premarital counseling, and specialized treatment for affairs and relationship trauma. The practice also provides supervision and training opportunities for emerging therapists, including practicum placements and professional development programs. Through both in-person and online therapy options, Evolve Therapy serves clients throughout the Greater Minneapolis-St. Paul area and beyond, with various service options including low-cost therapy programs.

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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.

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