

Evolve Therapy Supervisor Helps Lead Record-Breaking Minnesota Marriage Counseling Externship

October 22, 2025

Plymouth, Minnesota - October 22, 2025 -
The Minnesota Center for Emotionally Focused Therapy (MNCEFT) hosted its largest-ever EFT Externship from September 17-20, 2025, at the Humphrey Conference Center on the University of Minnesota's Minneapolis campus, with 54 licensed professionals and interns participating in the intensive four-day training program.

The record-setting attendance marks a significant milestone for Emotionally Focused Therapy education in Minnesota, as mental health professionals seek advanced training in evidence-based couples therapy approaches. The externship, which serves as the foundational step toward EFT certification, provided participants with 24 Continuing Education Units, including two cultural CEUs.

Renee Segal, MA, LMFT, a Certified EFT Supervisor and owner of Evolve Therapy in Minnetonka, Minnesota, served as one of the supervising professionals for the training. With over two decades of

experience in couples counseling, Segal has established herself as a central figure in the Minnesota EFT community, supporting therapists in applying Emotionally Focused Therapy through mentorship and supervision.

"The overwhelming response to this externship demonstrates the growing recognition among mental health professionals that couples need specialized, attachment-based interventions," said Segal. "EFT provides therapists with a clear roadmap for helping couples break destructive patterns and build lasting emotional connections. The diversity of participants, from licensed therapists to pre-licensed professionals, shows how the field is evolving to meet the complex needs of modern relationships."

Emotionally Focused Therapy, developed by Dr. Sue Johnson and Dr. Les Greenberg, represents a structured, attachment-based approach to couples therapy that helps partners identify and transform negative interaction cycles while building secure emotional bonds. The September externship included theoretical instruction, live demonstrations, and experiential role-play sessions designed to help clinicians apply EFT techniques with confidence in their practices.

The training attracted a diverse group of mental health professionals, including licensed therapists, psychologists, counselors, and pre-licensed practitioners. MNCEFT offered tuition ranging from $575 to $1,075, with scholarship options available for BIPOC, LGBTQIA2+, and underrepresented clinicians committed to serving marginalized communities.

The success of the September externship reflects broader trends in mental health care, where practitioners increasingly seek specialized training in evidence-based couples therapy modalities. The event was hosted independently by MNCEFT and not sponsored by the University of Minnesota, though it utilized the university's conference facilities.

MNCEFT has announced that the next externship is scheduled for early Fall 2026, with official dates to be announced on their website.

Evolve Therapy, under Segal's leadership, employs 12 therapists trained in EFT and specializes in working with couples facing various challenges, including affairs, addictions, betrayal, communication issues, unmet emotional needs, attachment injuries, narcissism, and unhealthy relationship patterns. The practice offers comprehensive services, including relationship counseling, individual therapy, premarital counseling, and specialized treatment for affairs and sex addiction. Additionally, the clinic provides supervision and training for therapists, therapy for mental health professionals, and practicum placement opportunities for students pursuing careers in mental health.

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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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