Evolve Therapy Addresses Rising Couples Stress During Awareness Month

April 13, 2026

Plymouth, Minnesota - April 13, 2026 -
Evolve Therapy, a couples counseling practice in Plymouth, Minnesota, is recognizing Stress Awareness Month by drawing attention to the connection between chronic stress and relationship strain. The practice, which employs 12 therapists trained in Emotionally Focused Therapy, has reported a sustained increase in consultation requests over the past year as more couples seek structured support for stress-related relationship challenges.

Recent data from Favor Mental Health Services indicates that at least 50 percent of U.S. employees are currently disengaged at work, a pattern researchers describe as a behavioral signal of chronic emotional stress. That kind of sustained pressure does not remain confined to the workplace. Mental health professionals have observed that unmanaged occupational stress frequently surfaces in personal relationships, contributing to communication breakdowns, emotional withdrawal, and escalating conflict between partners. When one or both individuals in a relationship operate in a prolonged state of stress, patterns of defensiveness and emotional unavailability often intensify, making it more difficult for couples to resolve disagreements or maintain closeness. Stress Awareness Month, observed each April, serves as an opportunity to highlight early intervention before relationship difficulties reach a critical point.

Evolve Therapy addresses these patterns through Emotionally Focused Therapy, a research-backed method that focuses on identifying and restructuring the emotional responses that drive disconnection between partners. EFT is rooted in attachment science, which holds that adults, like children, function more effectively when they feel securely bonded to the people closest to them. The approach is typically a short-term treatment, ranging from eight to 20 sessions, and has been studied extensively for its effectiveness in strengthening attachment bonds and reducing relational distress. Every therapist at Evolve Therapy is trained in this modality, a distinction from practices that offer EFT as one option among several approaches.

The practice has expanded its clinical team over the past year to accommodate growing demand across the Twin Cities metro area. Evolve Therapy added several new therapists and clinical interns to its staff throughout 2025, bringing the total to 12 clinicians. The growth reflects a broader trend in the mental health field, where demand for couples-specific services has outpaced the availability of therapists with specialized training in evidence-based relationship modalities. Segal also serves as a Certified EFT Supervisor through the International Centre for Excellence in Emotionally Focused Therapy and has contributed to therapist training programs at the state level, including a record-setting externship hosted in Minnesota in September 2025 that drew 54 licensed professionals and interns.

"Most stress advice focuses on individual coping, but in relationships, the most powerful buffer against stress is feeling emotionally safe with your partner. Research consistently shows that securely attached couples regulate stress more effectively together than either person can alone," said Renee Segal, MA, LMFT, Owner of Evolve Therapy. Segal noted that the practice has seen a notable increase in couples citing work-related stress as a contributing factor in their decision to seek counseling.

The practice offers both in-person and tele-therapy sessions, along with weekend scheduling, to accommodate varying work and family commitments. Evolve Therapy maintains an explicitly LGBTQ+ affirming and inclusive clinical environment, welcoming individuals and couples across a range of cultural backgrounds, identities, and relationship structures. A free 15-minute consultation is available for prospective clients considering couples or individual therapy.

Evolve Therapy is a couples counseling practice located in Plymouth, Minnesota, serving the Twin Cities metro area. The practice specializes in Emotionally Focused Therapy for couples, individuals, and families, with services including relationship counseling, affair recovery, premarital counseling, and tele-therapy. For more information, visit Evolve Therapy at https://www.evolvetherapymn.com.

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