

Evolve Therapy Adds Anne Doucette as Marriage and Family Therapy Intern

May 07, 2026

Plymouth, Minnesota - May 07, 2026 -
Evolve Therapy, a private practice specializing in Emotionally Focused Therapy (EFT), has added Anne Doucette to its team as a Marriage and Family Therapy Intern. Doucette joins the practice while completing her Master's in Counseling Psychology, with a focus on Marriage and Family Therapy, at the University of St. Thomas.

Doucette will provide individual and couples counseling under the supervision of Renee Segal, MA, LMFT, the practice's owner and clinical director. Her work will focus on EFT, an attachment-based therapeutic model used by all clinicians at Evolve Therapy. Sessions with interns are available at a reduced rate of fifty dollars per hour as part of the practice's supervised training program, which is intended to expand access to relational therapy for clients who are paying out of pocket.

Before entering the counseling field, Doucette worked in hospitality and business, where she developed skills in active listening, communication under pressure, and reading interpersonal dynamics. Her decision to

pursue therapy as a career was shaped by her personal experience as a caregiver, an experience she has cited as the catalyst for her interest in supporting clients through life transitions and the relational shifts those transitions can bring. She has described caregiving as a turning point that reframed how she thinks about emotional needs, attachment, and the ripple effects that change can have on partnerships, families, and individual identity.

Doucette's clinical interests include marital and relational therapy, couples therapy, individual therapy, grief and loss, caregiver support, life transitions, anxiety, depression, identity development, and trauma. She also has interest in supporting third culture kids, survivors of suicide loss, and clients navigating menopause and perimenopause. Additional areas of focus include co-dependency, anger, chronic illness and pain, sexual issues, women's and men's issues, and divorce and separation. She approaches her work through a multicultural lens intended to honor each client's identity and background.

"Anne brings a thoughtful, grounded presence to her work with clients," said Renee Segal, MA, LMFT, owner and clinical director of Evolve Therapy. "Her lived experience as a caregiver and her interest in attachment-based work align with the foundation of how our team approaches therapy."

The internship is part of Evolve Therapy's practicum and field placement program for graduate-level marriage and family therapy students. Interns at the practice receive weekly individual supervision from Segal, who is a Certified EFT Supervisor through the International Centre for Excellence in Emotionally Focused Therapy (ICEEFT). The program also includes group consultation, video and audio review of recorded sessions with client consent, role-play, and required attendance at the ICEEFT Externship and Core Skills weekends, which are paid for by the practice. Prior exposure to EFT or attachment-based therapy training is required for placement.

Emotionally Focused Therapy was developed by Dr. Sue Johnson and is recognized by ICEEFT as a short-term, structured approach grounded in attachment science. EFT typically takes place over eight to twenty sessions and addresses the emotional patterns that shape how partners and individuals connect, disconnect, and repair. All clinicians at Evolve Therapy are trained in the model, and the practice is dedicated entirely to EFT rather than offering it as one of several methods.

Outside of clinical work, Doucette coaches and practices figure skating and spends time with her partner and puppy. She has noted that her experience in figure skating has shaped how she thinks about balance, resilience, and recovery in therapy. She also enjoys travel and fitness as part of her own approach to maintaining personal balance outside the therapy room.

Evolve Therapy is a private practice based in Plymouth, Minnesota, with a secondary office in Minnetonka and teletherapy services available throughout the state. The practice provides individual counseling, couples counseling, and relationship counseling using Emotionally Focused Therapy. Evolve Therapy also offers EFT supervision, training, case consultation, and business consulting for licensed therapists and graduate students. The practice operates as a private-pay, out-of-network provider. For more information, visit the Evolve Therapy website.

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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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