

MEDIA KIT

Teena Evert

MA, LMFT, BCC — Midlife Marriage Specialist
Boulder, Colorado

“I help midlife couples reconnect and co-create a more secure, meaningful second half of life together.”

Teena Evert is a licensed marriage and family therapist who has worked exclusively with couples for 17 years. From her practice in Boulder, Colorado, she helps motivated midlife couples reconnect, repair, and design a more meaningful next chapter — through ongoing couples therapy and immersive marriage intensives. Her work draws on PACT and Transformative Couples Therapy.



CREDENTIALS

MA · Licensed Marriage & Family Therapist
Board Certified Coach

FOCUS

Midlife couples — therapy & intensives

EXPERIENCE

17 years, couples exclusively

BASED IN

767 Pearl St., Suite 220
Boulder, CO 80302 · in person

AVAILABLE FOR

Interviews · Podcasts · Expert commentary

CONNECT

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720-443-1071

SPEAKING & INTERVIEW TOPICS

- Midlife marriage as an opportunity, not a crisis — the empty-nest reset
- “We live like roommates”: how long-married couples drift, and how they find each other again
- Is it too late for us? Reconnecting after years of disconnection
- Secure partnership: running a marriage as a team, not two people protecting themselves
- The second-half-of-life question — not just “can we stop fighting?” but “who do we want to become together?”
- Why couples therapy is a true specialty, not a generalist service

A FEW TALKING POINTS

“Midlife isn’t the end of the story — it’s often the first time couples have the maturity, resources, and clarity to choose each other on purpose.”

“A good marriage doesn’t maintain itself. Secure partnership takes attention, repair, and leadership from both people.”

“Most couples don’t need to be talked out of leaving. They need a way back that feels hopeful and doable.”



Teena Evert in session at her Boulder practice.

ADDITIONAL IMAGES AVAILABLE

High-resolution photos available on request.

