

Lisa Lackey

Distinguished Psychotherapist, Corporate Coach, Speaker,
Consultant, Blogger, Entrepreneur, and CEO

Breaking The Silence About Black Mental Health

Our silence is killing us



SIGNATURE TOPICS

- ✓ **BWB (Black Woman Burnout)**
- ✓ **Generational Trauma**
- ✓ **Mental Health & Black Youth**
- ✓ **Black Mental Health IAt Work**
- ✓ **The Church's Responsibility**
- ✓ **Creating Healing Communities**

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About Me

Lisa Lackey, LCPC, CSAT, CMAT is a Distinguished licensed psychotherapist, corporate coach, speaker, consultant, and co - founder of Insideout Living, Inc.

She has practiced therapy for over two decades and has been bridging the gap between the Black community and mental health resources. Over the last several years she has stepped away from her role as a psychotherapist, focusing on her work as a coach, consultant and facilitator of wellbeing groups for high achieving Black women. This transition was sparked by the ongoing need to increase accessibility to mental wellbeing options for Black women as they navigate the intersections of being Black, being women and being the "only" in many areas of their lives.

After many years, she is still excited about helping people come back home to their authentic self and their innate brilliance. She teaches through *The Inside Out Process*, providing people with tools to work through the underlying challenges that manifest as stress, burnout, anxiety, depression, loneliness, relational patterns that continue to surface. Lisa believes that we can heal our communities and families one person at a time.



Lisa holds two master's degrees in education from Garrett Evangelical Theological Seminary at Northwestern University and in clinical counseling from National Louis University. She has additional certifications and advanced training in multiple addictions treatment, intergenerational trauma, somatic therapy, EMDR, cohort coaching, and the impact of racism on Black families. Lisa has worked with international law firms, national treatment centers and healthcare systems. She works with high profile individuals and their families, navigating their "onlyism" and the mental, emotional and spiritual challenges that come with wealth. Lisa has been a guest on podcasts, panels, advisory committees and as a speaker. Additionally, Lisa hosts the podcast Insideout Conversations <https://insideoutconversations.libsyn.com/>



I had the pleasure of working with Lisa Lackey on 2 different occasions. In both she facilitated anti-racism awareness and embodiment. One was for a larger Board of Trustees that I am a member of and the other was a smaller group of peers who came together to begin our journey to become anti-racist allies.

On both occasions Lisa was warm, thoughtful, clear and led us to deep self-reflection. I really appreciated her style of bringing us earnest white people into deep connection with our participation in this racist world. I know I feel moved to continue my anti-racist work because of her leadership. I hope to work with her again!

- Positive Sobriety Institute

My husband and I recently participated in a 3-day family counseling session with our adult son at Insideout Living. While being naturally skeptical that opening old wounds and old histories would lead to anything positive, and having never done anything like this before, we gradually learned that a skillful, intuitive therapist whom we quickly had to trust could open the doors to honest communication. By the end of the 3 days we had learned how to respectfully express our deepest worries while gaining some tools to recreate that trust after returning home. The family counseling session was probably the best gift we could have given each other.

D. Johnson

"When Integrative Life Center endeavored to walk diligently into the conversation around the trauma of racism for black people, and how to approach treatment as mental health professionals around this subject, we engaged Lisa Lackey, M.A., LCPC, CSAT, CMAT of Insideout Living to bring the expertise needed. In a public-facing webinar open to all, Lisa brought the clarity, emotional discomfort, insight and interaction she promised she would. The material was well-paced, well-thought out, and a benefit to all. who attended the event. It inspired honest conversations and introspection We're grateful to have partnered with Lisa & look forward to bringing her back for future presentations."

Director of Marketing Integrative Life Center

Some of my engagements

- Timberline Knolls Residential Treatment
- Origins Behavioral Healthcare
- Haymarket Treatment Center
- Eating Recovery Center
- Hazelden Betty Ford Treatment
- Integrative Life Network
- Boys & Girls Clubs of America
- Women's Association for Addiction Treatment
- YPO
- Urban Balance
- The Family Institute at Northwestern University
- Kirkland & Ellis
- Academy of Therapy Wisdom
- Baker & McKenzie LLP
- Positive Sobriety Institute
- National Cares Mentoring Movement
- Compass Health Center
- Foundations Recovery Network
- AGPA
- Willow Creek Church of Chicago
- Second Baptist Church of Evanston, IL
- Soul City Church of Chicago
- Deirdre Fay Safely Embodied Podcast
- Conversations With A Wounded Healer Podcast
- The Creative Imposter Podcast
- NPK Health Integration Podcast

<https://www.insideoutrecovery.com/>