

Dr. Janie Lacy

LMHC, NCC, CSAT-S

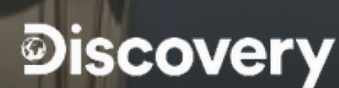
Dr. Janie Lacy is an internationally recognized licensed psychotherapist and relationship expert, TLC TV Show co-star, accomplished speaker, and champion for women globally.

Media Press Kit

Biography
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Social Media
Headshots

As seen on





Biography

Dr. Janie Lacy, LMHC, NCC, CSAT-S – CEO and Founder of Life Counseling Solutions, a renowned trauma psychotherapist and entrepreneur with an unwavering passion for helping individuals overcome life’s most challenging obstacles. Driven by her dedication to empowering others, she has established herself as a leading expert in mental health.

As the visionary behind the transformative “Woman Redeemed” program, Dr. Lacy offers a lifeline to women seeking to reclaim their lives from the grips of relationship trauma. Through her innovative approach, she has assisted countless clients in breaking free from the adverse chains of their past, guiding them toward healing, self-discovery, and personal development.

Dr. Lacy’s exceptional work has not gone unnoticed. She has been featured on countless television programs such as CNN’s Headline News, Good Morning America, Court TV, TMZ Live and UK’s Channel 5 documentary “Winners and Losers,” to name a few, sharing her invaluable insights with global audiences. Dr. Lacy’s television appearances on popular media networks deliver messages of hope and recovery to countless viewers, further cementing her status as a trailblazer in the mental health community.

Among her many accolades, Dr. Lacy has been honored with prestigious awards recognizing her outstanding contributions to the field. She most recently received the International Institute of Trauma and Addiction Professionals Inaugural Leadership Award in April 2023. These prestigious distinctions testify to her unwavering commitment to mental health awareness and her passion for delivering positive mental guidance to those who seek support.

Biography continued on the next page



Biography cont.

In a world where trauma often goes unaddressed, Dr. Janie Lacy stands as a beacon of hope, offering guidance, support, and expertise to individuals facing mental wellness challenges. Her groundbreaking work as a trauma psychotherapist and entrepreneur has left a lasting mark on the mental health landscape, inspiring countless individuals to journey toward healing and redemption. Dr. Lacy shares her passion for her work in her podcast show, “Talk About It with Janie Lacy” and her TEDx Talk “Breaking the Chain of Unhealthy Relationships.” You can watch her as the expert therapist for TLC’s latest spin-off from the hit show 90 Day Fiancé – “The Last Resort,” on TLC and Max.

Education

- Bachelor of Science in Business Administration | University of Central Florida
- Master’s in Counseling Psychology | Palm Beach Atlantic University
- Doctorate in Clinical Psychology | California Southern University

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Biography cont.



Speaking Events

- [TEDx Talk “Breaking the Chain of Unhealthy Relationships”](#) →

*This list does not include the full extent of speaking engagements

Media Appearances

- Expert Therapist on TLC’s 90 Day Fiancé – “The Last Resort,” on TLC and MAX
- CNN’s Headline News
- Good Morning America
- Court TV
- TMZ Live
- UK’s Channel 5 documentary “Winners and Losers”
- TEDx Talk “Breaking the Chain of Unhealthy Relationships”
- Let’s Talk About It With Janie Lacy Podcast

*This list does not include the full extent of media appearances

Board Member

- [American Foundation for Addiction Research](#) →
- [The Fight for Life Continuum](#) →

Award & Accolades



**African American Chamber of
Commerce of Central Florida
“Enterprise Business of The
Year” 2018**



**Orlando Magazine 2019
“Women Of The Year”**



**Onyx Magazine 2020
“Women On The Move”**



**International Institute of
Trauma and Addiction
Professionals Inaugural
Leadership Award in 2023**

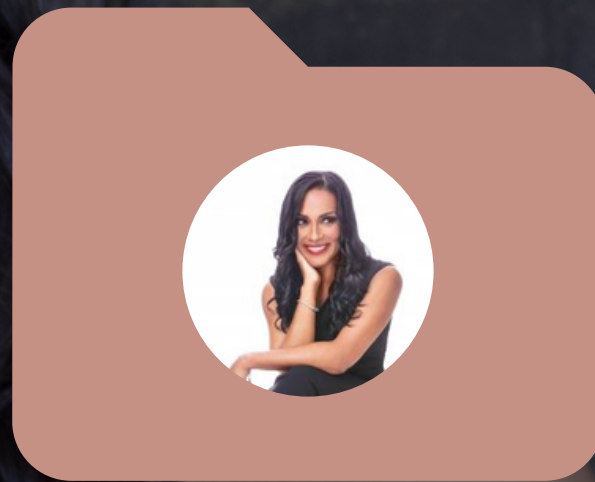
Podcast

Let's Talk About It with Janie Lacy

Join America's Favorite Psychotherapist as she talks about mental health, relationships and hot topics. Janie takes you on a journey as she unpacks and explores connection, meaning, and choices to our inner world so we can break free from toxic patterns and limiting beliefs to create our best self.



Headshots



Access Dr. Janie Lacy's headshots by clicking the folder icon or [click here.](#)

Social Media

Click on the icons to visit 



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