

LISA LACKEY

Therapist • Speaker • Facilitator • Executive Coach



Insideout Living

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Lisa Lackey is an esteemed therapy practitioner and dynamic trauma expert who is driven by a passion to support people as they journey towards resolution from the inside out. Lisa holds two Master's Degrees, one in Education from the Garrett-Evangelical Theological Seminary at Northwestern University and one in Counseling from National-Louis University. She is a Certified Sex Addiction Therapist (CSAT) Certified Multiple Addictions Therapist (CMAT), and a Level II EMDR therapist with training in Somatic Transformation. A veteran therapist who has specialized in addiction and trauma since 1994, Lisa is a thought leader who has focused on practicing cutting-edge trauma healing strategies, exploring and breaking down society's ingrained intergenerational trauma as a direct impact of racism, childhood trauma & addiction, and helping all people break the cycles and patterns of abuse and pain.

Lisa co-founded Insideout Living in 1999 with her husband Steve as they traveled their own insideout process of discovering challenging, replacing disruptive patterns with patterns resilience. Insideoutliving was birthed from gratitude, personal process & an insatiable desire to bring more healing into the world. Insideout Living is a clinical practice dedicated to assisting people in making sense of overwhelming, confusing, traumatic experiences that they survived, restructuring the physical impacts of trauma or neglect in their brains, and creating new patterns of wellbeing. In addition to practicing at Insideout, Lisa has served as a thought leader, public speaker, pastor, and leadership development consultant. Using her advanced knowledge of trauma, Lisa has created podcasts, speeches, and community initiatives that tackle society's deepest wounds, including wounds that Black men and women cope with as a result of longstanding intergenerational trauma, and high functioning successful people that struggle with changing patterns that no longer serve them. Whether it is helping guide someone through addiction, patterns that are no longer useful or connecting with diverse groups and leaders, Lisa promotes trust, safety, and collaboration wherever she goes. Equally talented as both a clinician and as a subject matter expert, Lisa is a compassionate, emotionally intelligent, engaging woman who connects as easily and warmly with a large audience as she does with an individual client.

INSIDEOUT SOCIAL MEDIA



SPEAKING TOPICS

Intergenerational Trauma And The Seven Rights Of The Child:

What adverse childhood experiences impact people's health and emotional wellness? How do we quantify which events are adverse enough to affect a child's brain development? How do unhealed adverse childhood experiences lead to a repetition of intergenerational trauma? Lisa Lackey provides a historical overview of adverse childhood experiences, including the foundational Kaiser Family Foundation study, outlines what adverse experiences are, discusses the drastic long-term health risks that ACEs can create, and examines how unhealed adverse childhood experiences become repeated from a parent to their child, also known as "intergenerational trauma." Using Dorothy Satten's framework of "The Seven Rights of the Child," Lackey explores the basic but revolutionary ways that we can prevent adverse childhood experiences and discusses what treatment options there are for people who have experienced ACEs. In the context of intergenerational trauma, Lackey additionally discusses how to revisit the past to reimagine your present and future, finding acceptance and strength, and cultivating a legacy of hope and strength to pass on after breaking the cycle of intergenerational trauma.

Shame & Grace: The Many Faces Of Addiction.

What are addictions, disruptive patterns, & automatic negative thoughts on a neurobiological level, where do they come from, and how are they treated? Lisa Lackey outlines the phenomenon of substance addictions, emotional addictions, process addictions, negative thought & behavior patterns. Specifically operating through a lens of attachment & trauma, Lackey examines what cycles of unwanted patterns can look like and how different addictions compound and interact with one another. She provides an understanding and modern examination of what addiction, trauma, and attachment "looks like," explores why addictions are developed, and discusses ways that clients struggling with addiction can be treated.

Black Woman Burnout (BWB):

Black Woman Burnout is a series based on Lisa Lackey's podcast that specifically analyzes the ways trauma, systemic racism, and misogyny compound on Black women, leaving them burnt out and at risk for serious emotional and physical health issues. Lackey discusses the history of the burdens that are placed on Black women, the stigmas of mental health and self care in BIPOC communities and how they particularly harm Black women, and the ways that Black women can fight back against a culture that devalues them by supplementing their own inherent resiliency, setting boundaries, and connecting to the power of their inner story while practicing radical self-love. As part of this presentation, Lisa distributes and discusses supplemental resources that provide a transformative experience for the audience, including polyvagal mapping, 3 Circles exercise, and journal dialogue.

SPEAKING TOPICS

Attachment: Disregulated and Adaptive Styles.

What are attachment styles and what do they mean? Why does the attachment style you had with your caregivers growing up influence your relationships today? Lisa Lackey explores the four types of attachment styles (secure, avoidant, anxious/ambivalent, and disorganized), talks about what behaviors or factors can lead to a child forming a disregulated attachment style, examines the neurobiological impacts of disregulated attachment, and discusses how attachment issues replay throughout people's lives in their professional and personal relationship patterns such as role playing. Drawing upon her extensive experience as a trauma professional, Lackey provides insightful strategies for how people can rewire their attachment styles from disregulated to adaptive.

Healing Disregulated Attachment Styles And Associated Challenges For Couples Using S.T.E.P:

As a specialty subtopic on her attachment work, Lisa Lackey discusses Insideout Living's "S.T.E.P" model. The model focuses on addressing relational strain and conflicts like betrayal of trust, addiction and recovery, boundaries, emotional and physical intimacy, and communications. S.T.E.P is an intuitive model for increasing the quality of personal and professional relationships.

Racism In The Mental Health Field, Acknowledging Cultural Differences, And Fostering Your Commitment To Growth:

BIPOC experience racism and prejudice in a multitude of ways in the mental health community. Practitioners in the mental health field do not always match the lived experiences of the clients that they work with. White practitioners may engage in bias, ignorance, or unintentionally decline to affirm the lived experiences of BIPOC clients, leaving them feeling distant and ignored and creating barriers to treatment. Additionally, mental health professionals who are BIPOC can be met with resistance to their ideas, critiques, and legitimacy by their white colleagues, contributing to an echo chamber of racial insensitivity, a lack of progress for the field, and burnout and stress on BIPOC practitioners. How can white professionals in the mental health community be better allies to BIPOC in their spaces? As a field, we must renew our commitment to fostering personal and professional growth, challenging our internal privilege and the racist or exclusionary elements of our field's history, and becoming better advocates for BIPOC in our community. Using her expertise as a Black woman who has practiced trauma-informed therapy for decades, Lackey analyzes the failings of the mental health community in its racial justice initiatives and provides guidance to white professionals and allies of BIPOC.

* New discussions specifically focus on the burnout and challenges that are faced by therapists and other mental health professionals during times of extreme, unpredictable stress, such as the COVID-19 pandemic or nationwide conversations about police brutality, systemic racism, and state violence.

TESTIMONIALS

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 to such an important topic. In a public-facing webinar open to all, Lisa's presentation brought the clarity, emotional discomfort, insight and interaction she promised it would. The material was well-paced, well-thought out, and a benefit to all who attended the event. **It inspired honest conversations and introspection into our role of listening, holding space and being allies, especially as specialists in our line of work.** We're grateful to have partnered with Lisa for such a time as this and look forward to bringing her back for future presentations.

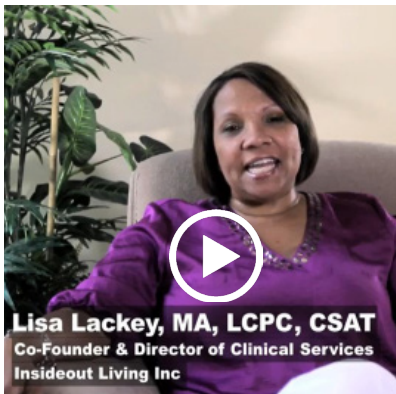
Tara Young
Director of Marketing, Integrative Life Center

This was a great program and I so appreciated the lens of empathy. It's something I have used a lot in my career in other settings, and this program gave me more ways to approach conversations with those who are frustratingly still skeptical about the need for systemic change. I am very grateful for having had access to the program. Thank you for all the work that you do.

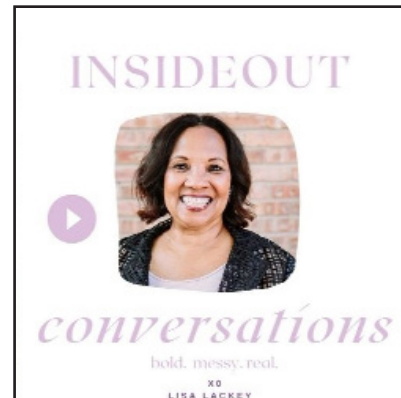
Clinical patient
InsideOut Living Chicago

SPEAKING SAMPLES

Circles of Strength: Review



Black Women, Racism, Trauma, and Tears Podcast



Soulful Women: Lovely Space Intro



BIO

Lisa Lackey is an esteemed therapy practitioner and dynamic trauma expert who is driven by a passion to support people as they journey towards resolution from the inside out. A veteran therapist who has specialized in addiction and trauma since 1994, Lisa is a thought leader who has focused on practicing cutting-edge trauma healing strategies, exploring and breaking down society's ingrained intergenerational trauma and addiction normalization, and helping people break the cycles and patterns of abuse and pain by taking a curious, mindful, integrative, and empathetic approach to treatment. Lisa views her role in trauma healing as a sort of "midwife." She is a pioneer in the radical way that she both practices and educates the community from a social justice foundation that values empathy, community equity, collaborations that create social change, and rewiring attachments through secure relationships. She stresses the importance of continuing her own personal journey and is dedicated to being an activist as well as a practitioner in the mental health field. She is an active participant in the reformation of the mental health field as it orients itself more towards trauma, a strategy that Lisa notes is a return to ancient healing practices of indigenous people, accompanied by the modern benefit of technology and new research.

Lisa holds two Master's Degrees, one in Education from the Garrett-Evangelical Theological Seminary at Northwestern University and one in Counseling from National-Louis University. But her counseling experience predated her formal degrees. Since she was a child, Lisa has always been drawn to helping people grow, heal, and evolve. She served as a pastor for years, becoming a confidant to her congregation through her community counseling initiatives within the church and actively cultivating a bridge between the spiritual community and the mental health community. Throughout her career, both as a pastor and a mental health professional, Lisa has been dedicated to creating a safe place for people to find honesty, compassion, and grace - so that they are able to develop a secure attachment to themselves, to their body, to others around them, and to their spirituality and dreams.

After her graduate education, Lisa continued to boldly lean into the intimate and honest roots of the pain she had helped people work through. In the early 2000s, Lisa gained her Certified Sex Addiction Therapist (CSAT) credential, followed by her Certified Multiple Addictions Therapist (CMAT) credential. She gravitated towards understanding the underlying causes and dynamics that led to addictions, particularly after noticing that when treating clients for an addiction, there was frequently another addiction buried under the surface, minimized and unseen. She knew that these interconnected illnesses largely came from undiscovered, unresolved trauma. In other words, Lisa began treating causes and conditions, alongside the symptom of addiction.

Lisa holds a certification as a Level II EMDR therapist with training in Somatic Transformation. EMDR is heralded as a very efficient treatment tool in rewiring the brain from the impact of traumatic events, which Lisa incorporates into her work. Somatic Transformation is yet another example of Lisa's holistic, multifaceted approach to therapy - one that prioritizes people's minds, experiences, and bodies as one interconnected system. Society has taught people to not trust their instincts or intuition, and trauma survivors may experience dysregulation of those instincts or an outright disconnect from them. Lisa teaches clients how to rewire their nervous system, slow down, be in touch with their physical sensations and their body, examine if the internal sensation is signaling a fight, flight, freeze, or faint response, and discover what beliefs or memories might accompany the sensation. From there, clients can begin to heal from the inside out.

BIO (continued)

After practicing for fifteen years as an independent clinician, Lisa co-founded Insideout Living in 1999 with her husband Steve. The two of them dreamed of the possibility of creating a healing space for families that were stuck in cycles that followed and trapped them for generations. In their early twenties, Lisa and Steve sat for hours at a neighborhood coffee shop, using cheap napkins for paper to jot down what this dream healing space would include – from the services it would offer, to the welcoming energy and accessibility that it would extend to all of its clients, especially those unable to hold onto a dream in their own lives. At that time, their dream came from the couple's own healing needs. Despite feeling stuck and even hopeless at that time and more times to come, they held the dream close. In their hearts, they desired more for their lives and for the lives of others that were in a similar place. Insideout Living became a reality that grew from a personal need, hope for something more, curiosity, belief in possibilities, and deep love for people. Insideout saved their lives and continues to grow them, which informs their deep personal drive to help Insideout's clients and beyond.

Insideout Living is a clinical practice dedicated to assisting people in making sense of overwhelming, confusing, traumatic experiences that they survived, restructuring the physical impacts of trauma or neglect in their brains, and creating new patterns of wellbeing. To Lisa, it is essential to approach addiction from a multi-layered strategy, to destigmatize it both in sessions and in the community through education, and experiences. Rewiring thought and belief patterns and highlighting the resilience that it takes to navigate intense intergenerational trauma or traumatic experiences as a child is not only possible, it is Lisa's clinical signature.

Lisa is a trailblazer and a persistent advocate for intersectionality, empowerment, and trauma-informed work in the mental health field. She currently focuses her own continuing education on diving deeper into the intersections of trauma: trauma that's been caused by racism, poverty, and misogyny. Her audience has broadened from just her clients, now reaching countless professionals through clinical coaching, leading talks, creating experience-based workshops, and specialized training for both the corporate and spiritual communities. In addition to practicing at Insideout, Lisa has served as a thought leader, public speaker, pastor, and leadership development consultant. Using her advanced knowledge of trauma, Lisa has created podcasts, speeches, and community initiatives that tackle society's deepest wounds, including wounds that Black men and women cope with as a result of longstanding intergenerational trauma, and high functioning successful people that struggle with changing patterns that no longer serve them. Whether it is helping guide someone, through addiction, patterns that are no longer useful, or connecting with diverse groups and leaders, Lisa promotes trust, safety, and collaboration wherever she goes. Equally talented as both a clinician and as a subject matter expert, Lisa is a compassionate, emotionally intelligent, engaging woman who connects as easily and warmly with a large audience as she does with an individual client.