Life Counseling Solutions founder Janie Lacy’s education from Palm Beach Atlantic University’s Orlando Campus gave her the tools to help others find freedom from abuse, addiction, anger and anxiety.

Lacy was pursuing a master’s degree in business administration when she discerned that God had other plans. She quit the MBA program and earned a master’s degree in mental health counseling from Palm Beach Atlantic University’s Orlando Campus.

The counseling program allowed her to work full-time while she completed her degree. Palm Beach Atlantic University imparted to Lacy a spiritual framework—one that wasn’t overbearing—for thinking about mental health, she said.

“That was probably the greatest gift I received from PBA,” Lacy said.

Orlando Magazine recognized Lacy ’07 as one of 22 Women of the Year for her efforts, primarily Woman Redeemed, a 12-week intensive program for women in toxic relationships, and Safe Haven, a program for women experiencing betrayal trauma such as spousal infidelity or pornography addiction.

“Our target is professional women because we tend to find that there’s a lot more shame because of who they are,” Lacy said. “The heart is professional women who look at themselves like ‘How did I get here?’”

In her role as a faculty member for the International Institute for Trauma and Addiction Professionals, Lacy trains others in the treatment of addiction recovery and trauma.

Lacy has also won the African American Chamber of Commerce of Central Florida’s 2018 Enterprise Business of the Year Award and an entrepreneur award from Women on the Rise Orlando.

Lacy has been a guest on hundreds of national radio and TV shows and co-hosts the podcast “Life Unscripted.” Media exposure allows her to reach people who would never walk into a therapist’s office and bring them to healing in Christ.

“We are ambassadors for the kingdom, and we provide hope and healing,” Lacy said.

For more information about degree programs at PBA Orlando, call (407) 226-5955.

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