



**Dr. Lakita Long**

Spiritually wired to motivate and psychologically impact people's life by encouraging, empowering, and inspiring them to Think Outloud and live life FULL and on Purpose. Dr. Lakita is a Licensed and Ordained Minister of the Gospel and uses every gift to advance God's Kingdom. She speaks, sings, teaches and is excited to be called to work in the Kingdom. By the leading of the Holy Spirit she started Inspiring You Ministries, Inc. in October 2005 as a tool for marketplace evangelism, in which she created many programs and conferences such as Change Your Life (CYL), Girtalk, Mental Health in the Church (MHIC) Walk It Off Girl (Behavioral Mindset Weight loss Program) and WAKE (Women Advancing Kingdom Efforts). She received many awards and grants for the work that was done in the community. Heeding the call at the age of 15 to make Biblical Principles a household name, she created several programs and others along with being a Radio Host of her own show to simply inspire others to see their need for God.

Her efforts were designed to expose the Gospel to those who might not otherwise hear it. She is a marketplace minister, ordained, licensed and totally believes that the Word of God is sufficient unto itself. As a result, she created Mental Health in the Church (MHIC) over 25 years ago, and the last 6 years she has seen the traction build as she introduces the Church world to mental health, and to let the behavioral healthcare system know they need the spirit of God in their work. There are conferences, symposiums, and trainings that have reached more than 8000 people in one year. To help a Pastor or Leader not commit suicide or give up on their life is why Mental Health in the Church exists.

In teaching Dr. Lakita uses biblical truth and incorporates psychological concepts to help all audience understand the Word of God for their life. She has provided training, counseling, and mental health consultation to over 7500 people and has given over 3500 motivational speeches. Dr. Lakita has had the opportunity to speak to thousands of people, in both secular and Christian events, watching them embrace the will of God for their lives. Dr. Long's ministry has taken her to Australia, Aruba, India, Paris, Mexico and around the United States using the practicality of the Word of God to win people to Christ. But wherever God leads her she will go.

Discipleship, Fellowship and Relationship are some of the things that she loves and tries to emulate in her ministry. She delivers a message of hope, restoration, and empowerment. She possesses a unique ability to help people through their most challenging problems. Known as "The People's Therapist", she is willing to help anyone, especially those who really want to be helped. Her energy level, enthusiasm and deep faith in God is contagious. She is the author of several books, the popular "**Starting Over and Loving It**", "**When Believers Become Depressed**", "**Change Your Life: The 90 Day Experience**," "**Crowning Qualities of Womanhood**", and her book "Mental Health in the Church" will be available late Spring 2022.

She is a continuous learner with degrees in Psychology, Counseling, and Counseling Psychology from UC Berkeley, Cal State East Bay, and Argosy University. She has hundreds of hours of continuing education, lots of educational certificates that keep her abreast in her field. She is a lover of all things mental health and strives to make that field better. Dr. Long is so grateful for the many opportunities afforded her. As she continues to mentor, build, inspire others to do what God has called them to do, and to make an impact in the world around her.

Dr. Long is an active and faithful member of Bethlehem Temple Word of Faith Apostolic Church, where she is the Executive Pastoral Administrator to her Pastor Bishop Marcus Burns, called to assist in providing ministerial strategy, programming and continuity for the vision of the church.

Dr. Lakita is the proud mother of two children Cayla and Jailen and counts that as one of her highest honors.