

For Immediate Release

Marquis Who's Who Honors Julia Forehand, LCMHCS, NCC, ACS, for Expertise in Mental Health Therapy

Julia Forehand, LCMHCS, NCC, ACS, recognized as an adjunct professor in the graduate clinical mental health counseling program at Grand Canyon University

WAKE FOREST, NC, March 26, 2026, Julia Forehand, LCMHCS, NCC, ACS, has been included in Marquis Who's Who. As in all Marquis Who's Who biographical volumes, individuals profiled are selected on the basis of current reference value. Factors such as position, noteworthy accomplishments, visibility, and prominence in a field are all taken into account during the selection process.



Ms. Forehand has established a distinguished career in mental health counseling, clinical supervision and higher education, marked by her commitment to professional excellence and ethical standards. Since 2022, she has served as an adjunct professor in the graduate clinical counseling program at Grand Canyon University, where she teaches internship courses and conducts online classes.

Since 2021, Ms. Forehand has also been a mental health therapist at Reclaim Counseling and Wellness, where she provides trauma-informed care, marriage therapy, and supports clients through complex emotional challenges. Concurrently, she is a clinical supervisor for associate-level therapists seeking full North Carolina Licensed Clinical Mental Health Counselor status. Her leadership extends to her role as owner of Therapeutic Counseling Services in Eastern North Carolina, a position she has held since 2000. Through this practice, she has guided numerous clinicians and contributed to the advancement of mental health services across the region.

From 2020 to 2021, Ms. Forehand served as a therapist at a locally owned private practice, where she provided clinical services to clients and supervised students pursuing their Licensed Clinical Mental Health Counselor (LCMHC) and Psychiatric-Mental Health Nurse Practitioner (PMHNP) licensure. Previously, between 2013 and 2018, she worked as a mental health, substance use disorder and intellectual/developmental disabilities adult care coordinator at Trillium Health Resources, formally known as CoastalCare-Managed Care Organization. In these roles, she managed complex cases for Medicaid populations and collaborated with multidisciplinary teams to ensure comprehensive care.

Ms. Forehand's earlier experience includes serving as a therapist with North Carolina Solutions in Wilmington in 2013, following several years as a school counselor at White Oak School and Edenton-Chowan County Schools between 2008 and 2013. Prior to that, she worked as a school counselor at A.G. Cox Middle School in Pitt County Schools from 2007 to 2008 and at G.W. Bulluck Elementary and West Edgecombe School in Edgecombe County Public Schools between 2004 and 2007.

At the outset of her professional journey, Ms. Forehand served as a graduate assistant and office assistant at East Carolina University through AmeriCorps from 2003 to 2004, after first serving as a student worker with Project Heart for AmeriCorps between 2000 and 2002.

Throughout her career, Ms. Forehand has demonstrated an unwavering dedication to advancing trauma work and improving mental health outcomes. She is particularly proud of her research contributions at East Carolina University,

including her undergraduate thesis on closed-head injuries in high school football players, a project that earned her recognition through numerous national awards. Her experience spans school counseling departments serving young students, managed care organizations supporting Medicaid recipients and private practice settings focused on trauma recovery.

Ms. Forehand's professional affiliations reflect her commitment to ongoing growth and collaboration within the counseling field. She has been an active member of the EMDR International Association, where she is recognized as an EMDRIA Certified Therapist™ and continues to advance toward consultant status through training with leading experts. She also maintains memberships with the National Board for Certified Counselors, the International Center for Excellence in Emotionally Focused Therapy, EMDRIA, and HeartMath Inc.

Earlier in her career, Ms. Forehand engaged with several professional organizations that supported her development, including the North Carolina School Counseling Association from 2007 to 2013 and Chi Sigma Iota – Counseling Academic and Professional Honor Society International between 2003 and 2004. She was also affiliated with the American Psychological Association from 2001 to 2002 and participated in AmeriCorps in 2000-2002.

Ms. Forehand's educational background laid the foundation for her achievements in counseling and supervision. She earned a Master of Science in counselor education from East Carolina University in 2004, after completing a Bachelor of Arts in psychology with university honors in 2002 from the same institution. Her academic journey was shaped by influential mentors such as Dr. Cathy Hall and Dr. Raymond Webster, who encouraged her early research endeavors — including co-authoring “Personal Alcohol Use in Adult Children of Alcoholics” published in *Alcohol Research* in 2003 — and inspired her pursuit of advanced study.

In addition to her formal degrees, Ms. Forehand earned several advanced credentials. These include EMDRIA Certified Therapist™ through the EMDR International Association in 2024; approved clinical supervisor through the Center for Credentialing & Education in 2024; certified HeartMath practitioner specializing in biofeedback since 2021; and licensed clinical mental health counselor supervisor since 2014. She also maintains additional state and national licensure and certifications, underscoring her ongoing commitment to professional excellence and development.

Beyond her primary roles, Ms. Forehand has contributed extensively to civic initiatives and educational outreach. She volunteered as a counselor for summer programs with Pitt County Schools in 2007, taught student development courses at East Carolina University in 2004 and served as a peer adviser for the psychology department in 2002. Additionally, she provided volunteer support at Pitt County Memorial Hospital in 2002.

Ms. Forehand's commitment also includes mentoring youth through AmeriCorps from 2000 to 2002 and the Pitt County Boys & Girls Club from 1999 to 2000, as well as participating in trauma recovery efforts with EMDR Humanitarian Assistance Programs. She has further supported her community through pro bono consulting, fundraising for homeless outreach through church initiatives and assisting families in need during holiday charity events.

Ms. Forehand's scholarly contributions include authoring “The Effects of Closed Head Injuries on Athletes' Cognitive Abilities” as her undergraduate thesis in 2002. She also co-authored research on topics such as “Personal Alcohol Use in Adult Children of Alcoholics,” presenting her work at professional conferences, including poster sessions for the American Psychological Association, and contributing to a range of academic presentations.

Looking ahead, Ms. Forehand remains focused on identifying blind spots in clinical practice and on addressing gaps in the counseling profession by providing guidance to new graduates navigating training opportunities. She is dedicated to building a robust network of highly accomplished therapists who serve as clinical supervisors throughout North Carolina with the goal of elevating mental health standards statewide by fostering continuous growth, ethical practice and collaborative learning among professionals.

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