

Americas Best In Medicine Profiles Raheem Lay LCSW-S BCD Transforming Mental Health Through Emotional Intelligence Care

Founder and CEO of EQnect Empowers Individuals, Families, and Organizations with Practical Tools for Lasting Behavioral Change



Austin, Texas Apr 2, 2026 ([IssueWire.com](https://www.IssueWire.com)) - Austin, Texas — Raheem Lay, LCSW-S, BCD, is a Licensed Clinical Social Worker with more than 23 years of combined clinical and military experience, recognized for his impactful work in advancing emotional intelligence and mental health care. As Founder and CEO of EQnect, a virtual mental health and emotional intelligence platform, Dr. Lay leads

clinical services, mentorship, and professional supervision, equipping both clients and clinicians with tools to create meaningful and lasting change.

Through EQnect, Dr. Lay has built a model that bridges the gap between emotional awareness and real-world application. His work emphasizes emotional accountability, relational repair, and actionable strategies for behavioral transformation. By integrating proven therapeutic methods with practical frameworks, he helps individuals move beyond insight to sustainable growth.

A key component of his approach is the development of the 5 Button Reset Framework, which identifies five core emotional triggers—control, rejection, abandonment, failure, and shame. This model provides individuals with structured techniques to recognize and reset these patterns, empowering them to break cycles that often hinder personal and relational progress. His framework is widely applied across individual and couples therapy, coaching, organizational consulting, military environments, and educational programs.

“Our mission is simple: support your mental health with proven therapy methods while teaching emotional accountability,” Dr. Lay shares. “Whether you’re working through personal struggles, family stress, or relationship challenges, EQnect gives you practical tools that create lasting change.”

Dr. Lay’s academic background reflects his deep commitment to the field. He earned his Bachelor of Science in Social Work from the University of Mississippi, his Master of Social Work from the University of Tennessee, Knoxville, and his Doctorate of Social Work from the University of Southern California. He holds board certification in Advanced Clinical Social Work and is also a Certified Emotional Intelligence Life Coach.

In addition to his clinical accomplishments, Dr. Lay has served extensively in the United States Air Force, where he provided mental health support, crisis intervention, and leadership guidance to thousands of service members and their families. His military experience has further shaped his perspective on resilience, leadership, and the importance of emotional clarity under pressure.

“What I enjoy most is helping people make sense of their internal experiences and watching clarity replace confusion,” says Dr. Lay. “I value the moment when a patient feels understood and begins to recognize their own capacity for change. Being trusted with someone’s story and supporting them as they take responsibility for their emotional health is the most meaningful part of my work.”

Deeply committed to service and community impact, Dr. Lay actively engages in a range of volunteer and philanthropic initiatives. He provides pro bono and reduced-fee clinical supervision to early-career therapists, leads community workshops on emotional regulation and relationship repair, and facilitates support groups for veterans and military families. He also serves in advocacy and leadership roles with the National Association of Social Workers and mentors clinicians of color pursuing licensure and leadership opportunities. During times of community crisis, he offers short-term consultation and support, further demonstrating his dedication to accessible, compassionate care.

Dr. Lay is also the author of *Empathy Has No Rank* and the host of the EQ Conversations podcast, where he continues to share insights on emotional intelligence, leadership, and personal development.

Throughout his career, Dr. Raheem Lay has seamlessly combined clinical expertise, military service, and innovative thinking to help individuals and organizations break destructive patterns, strengthen emotional intelligence, and build healthier, more resilient relationships.

Learn more about Dr. Raheem Lay:

Through his America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/raheem-lay> or through his website, <https://www.eqnect.com/>

America's Best in Medicine

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Source : Dr. Raheem Lay

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