

MEET DR. SHERRY

Clinical Psychologist | Media Personality | Speaker | Author | Mental Health Expert



Dr. Sherry Blake is one of the most highly sought-after media experts in the area of mental health in the country. *Most* known as the therapist for WeTv’s longest standing African American family reality series “Braxton Family Values,” she has appeared as a guest expert on countless other shows including *The Real Housewives of Atlanta*, *T.I. & Tiny Family Hustle*, *Love and Hip-Hop Atlanta*, *Preachers of Atlanta*, and *Little Women of Atlanta*.

Dr. Sherry has been featured on numerous other networks, radio, and print media including CNN, ABC, CBS, NBC, MSNBC, and HLN. She has also authored two books “*The Single Married Woman*” and her latest “*Care for The Caregiver... Surviving the Emotional Rollercoaster.*” She currently curates content for AARP, one of the largest circulation publications in the United States. As a result of her work in the media, she reaches millions of viewers that allow them to see the value of mental health services.

Dr. Sherry successfully combines her direct style, skilled techniques, and a touch of humor to make talking with her non-threatening and her presentations outstanding. Dr. Sherry’s presentations are filled with exciting thought-provoking content, powerful funny stories, and practical strategies to meet your goals and objectives. Her high energy, humor, expertise, and life changing insights have a lasting impact on everyone she meets.

Dr. Sherry is a licensed clinical psychologist with over 30 years and over 100,000 hours of direct and indirect service. She works with everyone from top celebrities in the entertainment, news, and sports arena to everyday people. Dr. Sherry earned both her Master of Science & Ph.D. in Clinical Psychology from Vanderbilt University in Nashville, Tennessee. She has served on numerous Boards of Directors and as the former President of the Metropolitan Atlanta Mental Health Association.

Much of her work focuses on empowering women to eliminate emotional barriers in order to achieve their goals. She addresses issues that emerge in relationships, especially during transition periods, regardless if it is in someone’s personal or professional life. Dr. Sherry’s work will challenge and transform you to achieve heights that you never knew was possible.

Dr. Sherry is very passionate about helping faith-based as well as other organizations understand mental health and achieve emotional wellness. She is dedicated to reducing mental health stigma and increasing mental health awareness, especially in the African American and other underserved communities.

Dr. Sherry needs your help in making mental health and emotional wellness commonhousehold words. She realizes that we must remove the stigma and promote mental health/ emotional wellness in order for that to happen. Dr. Sherry believes “When we Educate Locally, we will Impact Globally!” To learn more about Dr. Sherry, visit her website www.askdrsherry.com