

# MEET DR. SHERRY

*Licensed Clinical Psychologist | Media Personality | Transformational Speaker | Author |  
Mental Health Expert*

Dr. Sherry Blake is a nationally respected **Licensed Clinical Psychologist, media authority, and transformational speaker** whose work has shaped the mental health conversations of millions. With more than **30 years of clinical experience and over 150,000 hours of direct and indirect psychological services**, Dr. Sherry has built a reputation as one of the most **trusted and sought-after mental health experts in the United States**.



Dr. Sherry earned both her **Master of Science and Doctor of Philosophy (Ph.D.) in Psychology** from **Vanderbilt University in Nashville, Tennessee**, one of the nation's premier institutions for psychological research and clinical training. Her distinguished career spans clinical practice, organizational leadership, media, and community advocacy.

A respected leader in the mental health field, Dr. Sherry has served on numerous **Boards of Directors** and previously held the role of **President of the Metropolitan Atlanta Mental Health Association**, where she helped advance initiatives focused on access, education, and community mental wellness.

Dr. Sherry's influence extends far beyond the therapy room. She is widely recognized as the **therapist featured on WeTV's longest-running African American family reality series, "Braxton Family Values."** Her expertise has also been sought by many of television's most recognizable platforms, including appearances on **"The Real Housewives of Atlanta," "T.I. & Tiny: The Family Hustle," "Love & Hip Hop Atlanta," "Preachers of Atlanta," and "Little Women of Atlanta."**

Her media presence spans major national networks including **CNN, ABC, CBS, NBC, MSNBC, and HLN**, along with radio, digital platforms, and print media. Through these appearances, Dr. Sherry has helped bring **mental health awareness into mainstream conversations**, reaching millions of viewers and breaking barriers around stigma.

Throughout her career, Dr. Sherry has worked with a remarkably diverse clientele—from **top charting hip-hop moguls, celebrity entertainers, news personalities, and professional athletes** to everyday individuals and families seeking meaningful

transformation. Regardless of the platform, her mission remains the same: **to make mental health practical, accessible, and life-changing.**

Dr. Sherry is also an accomplished author of two impactful books:

- **“The Single Married Woman”**
- **“Care for the Caregiver... Surviving the Emotional Roller Coaster”**

In addition, she has **curated mental health and wellness content for AARP**, one of the largest circulation publications in the United States, helping educate a broad national audience on emotional wellness and resilience.

Known for her **direct, authentic, and engaging style**, Dr. Sherry masterfully blends clinical expertise with humor, storytelling, and actionable strategies. Her presentations and therapeutic approach are **high-energy, thought-provoking, and deeply transformational**, leaving audiences empowered with practical tools for real change.

Much of Dr. Sherry’s work focuses on **empowering women to remove emotional barriers and achieve their highest potential**, particularly during pivotal life transitions in relationships, career, and personal growth. She is also deeply committed to working with **faith-based organizations and community institutions** to increase understanding of mental health and emotional wellness.

A passionate advocate for mental health equity, Dr. Sherry dedicates significant effort to **reducing stigma and increasing awareness in African American and underserved communities**. Her guiding philosophy reflects the global impact of grassroots education:

**“When we educate locally, we impact globally.”**

Through her clinical work, media presence, and community leadership, Dr. Sherry Blake continues to challenge, inspire, and transform lives—helping people reach heights they never imagined possible.