

# CHERIE MILLER, MS, LPC-S

Eating Disorder Therapist, Teacher & Speaker  
Owner and CEO of Nourished Soul Center for Healing

## ABOUT ME



I have 15 years of experience as an eating disorder mentor, speaker, educator, and advocate. I'm so passionate about this work because I myself recovered from an eating disorder many years ago.

After working in corporate marketing for 10 years, I got my Master's in Counseling and became a Licensed Professional Counselor Supervisor (LPC-S) in the state of Texas. My experience working at eating disorder hospitals eventually led me to start my own outpatient therapy practice, Nourished Soul Center for Healing. I also teach other therapists how to work with eating disorder clients through continuing education classes and consulting services.

I am a member of the International Association of Eating Disorders Professionals Foundation (iaedp) and the Association for Size Diversity and Health (ASDAH).

16 K  
ig followers

14 podcast  
appearances

2 radio  
appearances

IG Live in 2022 with Dr. Caroline Leaf,  
internationally-renown neuroscientist and best-selling author

About  
Nourished Soul  
Center for Healing

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*Counseling*  
*Food & Body Image Coaching*  
*Nutrition Therapy*

Our team specializes in helping women and men make peace with food and their bodies. All of our staff practice from an anti-diet, Health At Every Size® philosophy, which means we respect body diversity and believe health is not necessarily determined by a person's weight.

No one should have to live in disordered eating. Our goal is to support people in learning to trust their body's cues about foods so they can eat freely and fearlessly. We want to help people develop a deep sense of self-worth that is not tied to weight or appearance.

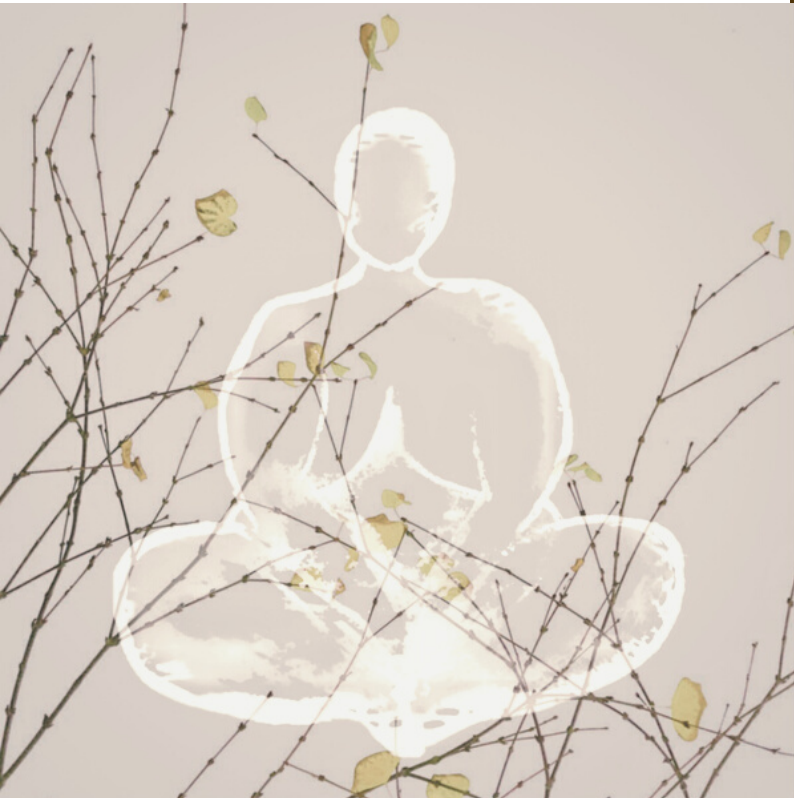
We are also social justice advocates speaking up for how diet culture and weight stigma affects people in marginalized bodies.

# RECENT

## PODCAST APPEARANCES

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- Soul Sessions with Jodi Gale (Noom: The Wolf in Sheep's Clothing)
- The Yours Chewly Podcast with Claire Chewing, RD (Making Peace with Antidepressants & Body Changes)
- The Intuitively You Podcast with Jenn Baswick, RD (Overcoming the Fear of Weight Gain)
- Beyond the Bite Podcast with Dr. Cristina Castagnini (Body Checking: Are You Doing It?)



FEATURED IN

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VoyageDallas

Giddy

TRACKING  
HAPPINESS

CANVASREBEL

# CONTACT ME

LET'S CONNECT!

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[www.nourishedsoulcenter.com](http://www.nourishedsoulcenter.com)



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