

CHERIE MILLER, LPC-S, CEDS-C, IEDS

Therapist, Educator & Speaker

Owner & CEO of Cherie Miller Counseling and Coaching



ABOUT ME

After a decade in corporate marketing, I followed my calling into the mental health field, earning my Master's in Counseling and becoming a Licensed Professional Counselor Supervisor (LPC-S) in the state of Texas.

My clinical background includes extensive work in eating disorder treatment at higher levels of care, as well as specialized training and experience in trauma and obsessive-compulsive disorder (OCD). A recovered eating disorder survivor myself, I bring both clinical expertise and lived experience to my work.

In addition to my own private practice, Cherie Miller Counseling and Coaching, I'm the founder of Nourished Soul Center for Healing, a facility in Southlake, TX that provides trauma-informed, weight-inclusive care. I teach therapists nationwide through continuing education and consulting. I'm a Certified Eating Disorder Specialist Consultant (CEDS-C) and an Inclusive Eating Disorder Specialist (IEDS).

15K
ig followers

15+ 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

*Counseling
Nutrition Therapy
Medication Management
Yoga Classes*

At Nourished Soul, we provide compassionate, wraparound care for children and adults navigating trauma, OCD, addiction, anxiety, depression, and challenges with food, body image, and self-worth. Our multidisciplinary team offers counseling, psychiatric medication management, nutrition therapy, and trauma-informed, body-positive yoga—allowing clients to receive coordinated support under one roof.

All of our clinicians practice from an anti-diet and weight-inclusive framework. We respect body diversity and recognize that health and healing cannot be measured by weight alone. We are committed to creating a space where all clients feel respected, empowered, and supported in meaningful, sustainable healing.

RECENT PODCAST APPEARANCES

- Soul Sessions with Jodi Gale (Noom: The Wolf in Sheep's Clothing)
- The Yours Chewly Podcast with Claire Chewning, 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?)



CONTACT ME LET'S CONNECT!

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