

Cheries Dupee, M.S., tLMHC, Advances Mental Health Support Through Client-Centered Care and Evidence-Based Practice

Emerging therapist combines evidence-based approaches, community engagement, and leadership to empower individuals and strengthen mental wellness



West Des Moines, Iowa May 17, 2026 ([Issuewire.com](https://www.Issuewire.com)) - Emerging mental health professional Cheries Dupee, M.S., tLMHC, is making a meaningful impact in the field of clinical mental health counseling through a compassionate, client-centered approach grounded in evidence-based practices. With a Master of Science in Clinical Mental Health Counseling earned in May 2025, Dupee brings both

academic excellence and hands-on experience to her work supporting individuals, couples, and groups navigating a range of mental health challenges.

Dupee currently provides counseling services at ForWard Consulting LLC in Des Moines, where she conducts comprehensive intake assessments, develops personalized treatment plans, and facilitates individual and group therapy sessions. Utilizing proven modalities such as Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), and Motivational Interviewing, she helps clients address concerns including anxiety, depression, trauma, grief, and relational difficulties. Her work is guided by a commitment to creating a safe, nonjudgmental environment that promotes healing, self-awareness, and long-term resilience.

Mental health professional and author Cheries Dupee has released *Compassionate Parenting: A Year of Healing, Reflection & Connection*, a 12-month guided parenting planner designed to help families build emotional safety, resilience, and stronger relationships through trauma-informed and compassionate practices. Drawing on research such as the CDC-Kaiser Permanente Adverse Childhood Experiences (ACEs) Study, the planner encourages parents to focus on emotional regulation, nervous-system awareness, gentle communication, and healing-centered parenting rather than punishment-based approaches. Organized around monthly themes including secure attachment, resilience, healthy boundaries, communication repair, and self-care, the book provides reflection prompts and practical exercises to help parents break intergenerational patterns and create supportive, emotionally safe home environments for children and caregivers alike. *Compassionate Parenting: A Year of Healing, Reflection & Connection* is now available on [Amazon](#) in print and digital formats.

In addition to her clinical work, Dupee has demonstrated a strong commitment to community engagement and youth development. As a mediator with Let's Talk Now at McCombs Middle School, she played a vital role in de-escalating conflicts and fostering positive communication among students. Her ability to collaborate with school staff and implement effective conflict resolution strategies has contributed to safer and more supportive educational environments.

Dupee's professional background also includes experience in career development and mentorship. As a Graduate Assistant at Grand View University, she supported students in refining resumes, crafting tailored cover letters, and exploring career pathways aligned with their goals and interests. Her guidance empowered students to confidently enter the workforce while maintaining a supportive and confidential environment.

Beyond her clinical and academic roles, Dupee is the founder of Dupee Consulting Group LLC, where she has served as a life coach since 2015. In this capacity, she has helped clients secure grant funding, develop strategic business plans, and achieve personal and professional growth. Her multifaceted experience reflects a holistic understanding of client needs across both mental health and professional development contexts.

Dupee's dedication to excellence is further reflected in her academic achievements, including graduating with honors and maintaining a 3.935 GPA, as well as her involvement in leadership and professional organizations such as the Grant Professionals Association. She continues to expand her expertise through ongoing training in trauma-informed care, somatic therapy tools, and psychological first aid.

With a strong foundation in clinical practice, community engagement, and leadership, Cheries Dupee is poised to continue making a lasting difference in the mental health field. Her work reflects a deep commitment to empowering individuals and strengthening communities through compassionate,

evidence-based care.

Learn more about Cheries Dupee:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/cheries-dupee>

America's Best in Medicine

America's Best in Medicine is a specialist online platform dedicated to amplifying the voices of leading healthcare professionals across the United States. They bring together top healthcare providers from all specialties and cities to share expert-driven articles, research, commentary, and clinical insight. Their core purposes are to showcase excellence in healthcare, build trust between providers and the public, and ensure that expert voices are elevated and heard in shaping medicine. Through their platform, users can access a community of leaders, opportunities for providers to share expertise, and trusted guidance for patients and peers alike.

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