



Kettia Duperval, LCSW-QS is a seasoned mental health professional with over 15 years of experience delivering compassionate, results-driven care to diverse populations. She specializes in mental wellness and behavior modification therapy, helping individuals cultivate meaningful and lasting emotional and behavioral change across a variety of treatment settings.

Kettia is the owner and primary provider of Blue Couch Therapy, an inclusive private practice dedicated to meeting the unique mental and behavioral health needs of adolescents and older adults. Her clinical expertise includes working with pregnant mothers, families with young children, working with students in-school, couples, foster care youth, individuals with disabilities, neurodivergence, caregivers and survivors of human trafficking.

Kettia takes a holistic, culturally responsive approach to therapy, ensuring that individuals, couples, families, and communities receive personalized and effective support. Fluent in Haitian Creole, she is passionate about breaking language and cultural barriers to increase access to quality care. She further supports her clients by offering light case management resources at no cost, reflecting her deep commitment to walking alongside them throughout their mental health journey.

**Trustee Member
Professional Bio**