

Darlene Ifill-Taylor, MD, FAPA: Pioneering Holistic Mental Health Care in Charlotte, NC

Three Strand Wellness Offers Innovative Treatments for Mental Health and Wellness



New York City, New York Aug 14, 2024 ([IssueWire.com](https://www.issuewire.com)) - With over 25 years of experience in the field of psychiatry, Dr. Ifill-Taylor is making significant strides in mental health care as the Founder and Medical Director of Three Strand Wellness.

Located in Charlotte, NC, Three Strand Wellness provides comprehensive mental health services to adults, adolescents, couples, and families, focusing on removing barriers to mental wellness and enhancing overall quality of life.

Education-wise, Dr. Ifill-Taylor has a rich background in Psychiatric medicine, having completed Medical School at Tulane University, and Psychiatric training at Howard University and George Washington University in Washington D.C, (where she was Chief Resident). She has further completed Duke University's program for Integrative Medicine Coaching and earned a certification in Healing with the Arts from the University of Florida. Her extensive experience includes roles in both inpatient and outpatient settings, as well as a dedicated service to our Veterans at the Veterans Affairs Medical Center. Prior to establishing Three Strand Wellness, she served as the Outpatient Medical Director at Novant Health and held the position of Regional Medical Director for Greenbrook TMS.

At Three Strand Wellness, she emphasizes a holistic approach to psychiatry, integrating traditional medication management with psychotherapy and Interventional Psychiatric approaches. She is particularly passionate about caring for healthcare workers, clergy, veterans, first responders, teachers, caregivers, and parents—individuals who often prioritize others' needs over their own. "Our mission is to support those who care for others, helping them to prioritize and reclaim their mental health and wellness," she states.

A specialist in Transcranial Magnetic Stimulation (TMS) therapy and Spravato Therapy, Dr. Ifill-Taylor views these treatments as transformative. "After more than 25 years of treating patients with depression, TMS and Spravato are game-changers!" she exclaims. She invites those unfamiliar with TMS for Major Depressive Disorder to reach out for a free consultation.

Beyond her medical practice, she pursues her love for music, believing it to be essential for personal peace. Her performances have taken her to venues across the United States and internationally in countries such as France, Poland, and Denmark.

Gardening is an additional passion for the Doctor and she makes the produce grown in her organic garden available to patients, staff, and a local food bank in Charlotte.

Additionally, Dr. Ifill-Taylor is the author of "Get Well! Making the Wellness of Your Mind, Body, and Spirit a Priority," available on Amazon. Her commitment to fostering mental wellness continues to inspire those around her.

Learn More about Dr. Darlene Ifill-Taylor:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/1757376-Darlene-Ifill-Taylor-Psychiatrist> or through Three Strand Wellness, <https://www.threestrandwellness.com/about-us>

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Source : Darlene Ifill-Taylor, MD, FAPA

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