



## KIRSTEN CANTLEY

CANTLEY PSYCHOTHERAPY

9 Toy Street, Greenville  
(864) 301-1031  
cantleypsychotherapy.com

Whether she's helping patients who are going through a crisis or just don't feel they are making the most of each day, psychotherapist Kirsten Cantley promotes a positive outlook to help them face life's challenges. That same optimism guided her as she made the transition from residency to private practice. Cantley Psychotherapy, which opened in August of 2017 in a cozy house in Historic Pettigru, was the fulfillment of a goal set years before.

"As an undergraduate, I took a criminal psychology class and became fascinated with the human psyche. I knew I wanted to go into

## CANTLEY PSYCHOTHERAPY

### SPECIALTIES

- Individuals, Couples, Families, Adolescents
- Private Setting
- Client Centered
- Holistic Approach

psychotherapy," Cantley said. "I always knew I wanted to be a business owner and have a private practice that incorporated holistic treatment options."

In addition to traditional Freudian psychotherapy, Cantley studied nutrition and evidence-based natural therapies. A certified yoga instructor, she designs home practices for her clients or recommends local studios, and plans to offer yoga classes in the future.

"There's so much research that shows the connections between physical and mental health. For example, meditation raises levels of calming neurotransmitters in the brain," she said. "I offer a holistic approach that considers the whole person—mind, body, and spirit. I look at hormone levels, diet, sleep, your whole lifestyle."

In situations of stress and anxiety, patients may need to boost immune function with vitamins, or do yoga and meditate at night to help them sleep. Cantley's patients have experienced the transformative benefits that can come with small changes.

In addition to her practice, Cantley serves on the board

of Gateway, a nonprofit providing social, educational, and employment services to foster independence for people with mental illness. This summer she will chair its annual fundraiser, Beautiful Music for Beautiful Minds.



Before earning her master's degree in psychology from Northwestern University, Cantley became a blue-chip art dealer specializing in pop art. A large Andy Warhol print, evidence of this prior entrepreneurial endeavor, hangs on the wall of her new practice.

Through her work, Cantley has been able to create the life she wanted, and helping clients find their path to health and fulfillment is her greatest reward.

"Therapy is a process of growth and self-discovery that can foster positive change," she said. "If you are going through addiction,

depression, or anxiety, or dealing with relationship issues, I have the tools and professional experience to help you find the best way forward."

For more information, visit [cantleypsychotherapy.com](http://cantleypsychotherapy.com), or call 864-301-1031.



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Kirsten Cantley, Psychotherapist  
Northwestern University MA, LPCI

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Located in the Historic Pettigru District