

DR CHRISTINA PILLAI

The specialist in couple, marriage and family therapy.



Dr Christina Pillai is recognised as one of the best relationship counsellors in the country, handling patients with psychiatric and emotional related dilemmas from anxiety and depression to relationship problems through a unique intimate approach.

Dr Pillai graduated with a Psy.D (Doctor of Psychology) in Marriage and Family Therapy (MFT) from Alliant International University, USA and specialises in couples, marriage, and family counselling from a COAMFTE-accredited program, also known as Commission on Accreditation for Marriage and Family Therapy Education – the highest level of MFT accreditation in USA.

Her philosophy is to customise each therapy session to suit her patients, giving them a unique and warm approach to handling complex situations that deal with emotional and psychological issues through intimate one-on-one session with individuals, couples or families.

Dr Christina Couple, Marriage and Family Therapy Clinic offers psychotherapy, a scientifically validated procedure and counselling to help patients develop a better emotional and psychological understanding within the context of marriage, couples and family systems.

Dr Pillai offers a variety of psychological testing and assessments for children, adolescence and adults. All psychological testing is conducted by Dr Pillai, so patients receive her personal attention with an appropriate treatment recommendation.

Besides psychotherapy and counselling, the clinic also offers training for interns where students of psychology and other related fields can apply what they learn into practice with the guidance and support of Dr Pillai within a professional environment.