

Christine Benicta



AMFT #149530

Hi! I'm Christine, I graduated from Loma Linda University with my M.S. degree in Marital and Family Therapy along with a Drug and Alcohol Counseling Certificate. I'm currently pursuing my Doctorate in Marital and Family Therapy focusing on increasing mental health care use in Asian-American communities. My clinical experience includes working with individuals, families, and couples both youth and adults with chronic illnesses. When working with clients, I use a holistic therapeutic approach that emphasizes the importance of harmony and balance within an individual's life. As your therapist, my main goal is to improve self-autonomy and emotional communication to increase relationship satisfaction while reducing levels of stress and anxiety that may be impacting your everyday life. I strive to support each of my clients as they go through their healing journey. In my free time, I enjoy watching documentaries, exploring different coffee shops, scrapbooking, and baking. I look forward to working with you!

Supervised by: Vanessa Mullen LMFT #125278