



**Melissa Giglio**

Zip Code: 999077

Zip Postal: 999077

Language: English, Spanish

Populations Treated: Adolescents/Teens, Families, LGBTQI, Children

Organization: Child Development Team

Treatment Options: Group Therapy, Home Visits, In Office, Telehealth, Phone Consultations

Disorders Treated & Specialty: Anxiety, Attention-Deficit/Hyperactivity Disorder, Behavioral Issues, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Phobias, Selective Mutism Disorder, School Refusal, Separation Anxiety, Social Anxiety Disorder, Trichotillomania

Treatment Methods: Cognitive Behavioral Therapy (CBT), Exposure Therapy, Intensive Exposure Therapy Protocols, Mindfulness, Other

Payment Options: Sliding Scale, Accepts Credit Cards, Accepts Cash and/or Checks, Accepts Venmo/App-based Payment

Address1: 88 Wong Ma Kok Road, Regalia Bay

Address2: HSE B50

Website: <http://www.cdt.com.hk>

City: Stanley

State/Providence: Hong Kong

Degree: PSYD

Preferred Pronouns: she/her/hers

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## ABOUT

Dr Giglio is the director of the Central Health Partners Child Development Team. She is a trained behaviour therapist with over 15 years of experience, specialising in the treatment of childhood disorders, specifically selective mutism, oppositional defiant disorder (ODD), attention-deficit hyperactivity disorder (ADHD), and autism spectrum disorders. She administers and evaluates a full range of psychological assessments. Dr Giglio provides cognitive-behavioural therapy (CBT) to children and their families, conducts child – and teacher -focused observations, and develops interventions in various schools in Hong Kong. Dr Giglio created 'Confident Crew' – an intensive therapy program for children diagnosed with selective mutism and social phobia, in 2016. This is the only evidence-based intensive treatment program available in Asia recognised by the Selective Mutism Association. Dr Giglio received her doctorate in clinical psychology from Rutgers University, The State University of New Jersey. She earned her master's degree in clinical psychology at The New School in 2003. Her professional affiliations include membership of the American Psychological Association, the Anxiety and Depression Association of America, Selective Mutism Association, and PCIT International.

## TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Mindfulness

Other

## POPULATIONS TREATED

Adolescents/Teens  
Children  
Families  
LGBTQI

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#### DISORDERS AND SPECIALITIES

Anxiety  
Attention-Deficit/Hyperactivity Disorder  
Behavioral Issues  
Generalized Anxiety Disorder (GAD)  
Obsessive Compulsive Disorder (OCD)  
Phobias  
School Refusal  
Selective Mutism Disorder  
Separation Anxiety  
Social Anxiety Disorder  
Trichotillomania

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#### PAYMENT OPTIONS

Accepts Cash and/or Checks  
Accepts Credit Cards  
Accepts Venmo/App-based Payment  
Sliding Scale



## ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

### Looking for a Therapist? ADAA Can Help

ADAA's Find Your Therapist Directory is your trusted resource for connecting with licensed mental health professionals who specialize in treating anxiety, depression, OCD, PTSD, and other related disorders. Each provider listed holds a valid clinical license and brings expertise to support your mental wellness journey.

### If You're Having Trouble Finding a Therapist

If you don't find a match in our directory, we encourage you to:

- Contact your primary care provider
- Check with your health insurance company
- Explore other reputable directories of licensed mental health professionals

Please Note:

- U.S.-based clinicians cannot see clients who reside outside the United States due to licensing laws.
- Clinicians who do not mention insurance participation in their profile do not accept insurance.

**Know that you are not alone, and help is available. If you are in crisis call or text 988 for the Suicide & Crisis Lifeline.**

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*The members in ADAA's Find Your Therapist directory are listed for the sole purpose of helping the public or serving as an ADAA professional member referral.*

*The emails of the therapists cannot be used to contact them for any reason other than requesting mental health services or for an ADAA professional member to reach out to another member to discuss a possible referral. These emails are not to be used to solicit business or promote any products. ADAA reserves the right to take legal action if solicitations occur.*

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## HELPFUL LINKS

**ADAA Website**

<https://adaa.org/>

**5 Tips for How to Know If an Anxiety Therapist Is the Right Fit for You**

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/5-tips-how-know-if-anxiety-therapist-right-fit>

**Watch ADAA's Short "What is" Videos on Anxiety, Depression, MDD, PTSD, OCD and more!**

<https://adaa.org/resources-news/from-adaa-experts/videos>

**ADAA's Free Mental Health Webinars**

<https://adaa.org/resources-news/from-adaa-experts/webinars>

**Mental Health Personal Stories**

<https://adaa.org/educational-resources/from-our-community/stories-of-triumph>

**ADAA Free Newsletter Sign Up**

[https://adaa.informz.net/adaa/pages/Triumph\\_Subscribe\\_page](https://adaa.informz.net/adaa/pages/Triumph_Subscribe_page)

**Join a Free ADAA Online Peer-to-Peer Support Community**

<https://adaa.org/find-help/support>