

Twiggy Mak Clinical Psychologist & Director

Reg. Psychol (Clin. Psych),
M. Soc Sc. (Clin. Psy.) (CUHK)
B. Sc. (Psy.) (London)

Qualifications & Professional Memberships

Registered Clinical Psychologist
Bachelor of Science (Psychology), University College London
Master of Social Science (Clin. Psychology), CUHK
Associate Fellow, Hong Kong Psychological Society
Graduate Member, British Psychological Society

Specialty and Experiences

Ms. MAK has developed her clinical expertise in adolescent and adult mental health problems. Over the years she delivered numerous trainings to different arenas such as the education, healthcare and corporate sectors. She held workshops for students, teachers and parents of local schools. She also worked as a part-time lecturer in HKU Space and was invited to be the honorary consultants and field supervisors of schools and universities. She conducted trainings to healthcare professionals such as family physicians and social workers, and advocated for mental health in the workplace by giving talks to reputable corporations such as Deutsche Bank, Prudential Assurance & A.S. Watsons.

Ms. MAK promoted psychology and mental health through the mass media, such as writing columns on adolescent and adult mental health in Mingpao Weekly, Sing Tao daily and Kung Kao Pao. She was interviewed by RTHK, Commercial Radio, BBC, Cable TV, ATV, NOW TV and Phoenix TV on various psychology issues.

Current Posts and Professional Affiliations

Clinical Psychologist & Director, Twiggy Mak & Associates
Adjunct lecturer, HKU Space
Honorary Adviser in Clinical Psychotherapy, A.D.E.C. Mood Disorder Integrated Center
Consultant of School Health Policy, Lok Sin Tong Primary School



Past work experiences

Hong Kong Mood Disorders Center & Hong Kong Eating Disorders Center, CUHK
Youth Outreach

Honorary Field Supervisor, Dept of Psychology, CUHK

Consultant in Psychology of Project Yi-Jin, the School of Continuing and Professional
Education of Hong Kong Institute of Education

Board Member, The Family and Juvenile Service Association of Macau

Advisory Committee for the M. S. Sc. Programme in Clinical Psychology, CUHK

Training Experience

Educational Institutions:

Hong Kong Institute of Education

HKU Space

Vocational Training Council

All schools of Kowloon Lok Sin Tong Benevolent Society

CUHK FAA Thomas Cheung Secondary School

Rosaryhill School

St. Paul's Co-educational School

St Stephen's Girls College

STFA Lee Shau Kee College

The Chinese Foundation Secondary School

Yan Chai Hospital Lan Chi Pat Memorial Secondary School

Bethal High School

Our Lady's Primary School

Holy Family Canossian School (Kowloon Tong)

St. Mary's Canossian College

Government Departments:

Hong Kong Police Force

Environmental Protection Department

Labour Department

Non-governmental organizations:

Hong Kong Air Cadets Corps

Mother's Choice

The Rotary Club of Kingspark Hong Kong