



Hilary Rushton, PsyD

Psychology

Dr. Rushton is a licensed psychologist who helps patients cope with traumatic stress, enhances resilience, encourages post-traumatic growth, and promotes well-being by integrating a collaborative, strength-based approach with evidence-based practices. She is trained in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Cognitive Processing Therapy (CPT), and Eye Movement Desensitization and Reprocessing Therapy (EMDR). She emphasizes cultural sensitivity in the therapeutic relationship. Her clinical interests include trauma therapy, complex trauma, culturally sensitive treatments, LGBTQ health care, and expressive therapies.

Dr. Rushton earned her doctoral degree in clinical psychology from Loyola University Maryland in Baltimore, Maryland. She completed a residency and Postdoctoral Fellowship at Allegheny General Hospital in Pittsburgh, Pennsylvania. She sees patients ages 8 and older and specializes in adolescents and young adults.

Locations

AHN Dept. of Psychiatry

Four Allegheny Center

4 Allegheny Center
Pittsburgh, PA 15212

Tel: 412.330.4000

Fax: 412.330.4366

Credentials | Training & Certifications

School

Loyola University Maryland

Expertise

Anxiety disorders

Cognitive Behavioral Therapy

Culturally Inclusive Care

Depression

Gender and Transition

Gender Dysphoria

Intimate Partner Violence

LGBTQ friendly care

Mood Disorders

Post-traumatic stress disorder

Psychology

Sexual Assault