



Sarah Paul, PsyD

Psychology

Sarah Paul, PsyD is a licensed psychologist, providing outpatient psychotherapy and conducting comprehensive psychological and diagnostic evaluations for adults.

Dr. Paul earned her doctorate degree in counseling psychology at Carlow University after completing a predoctoral internship at Georgia Southern University. She completed her postdoctoral fellowship in clinical psychology at AGH.

Her clinical interests include anxiety, depression, substance use concerns, posttraumatic stress and growth, interpersonal difficulties, and disordered eating. Her therapeutic style is influenced by humanistic, cognitive behavioral, dialectical behavioral, trauma-informed, and psychodynamic therapies. She also utilizes mindfulness-based practices to foster increased self-awareness, self-compassion, and growth.

She is a member of the American Psychological Association and Pennsylvania Psychological Association.

Locations

AHN Dept. of Psychiatry

Four Allegheny Center

4 Allegheny Center
Pittsburgh, PA 15212

Tel: 412.330.4000

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Credentials | Training & Certifications

School

Carlow University

Expertise

Anxiety disorders
Bipolar disorder
Depression
Post-traumatic stress disorder
Stress
ADHD
Cognitive Behavioral Therapy

Eating Disorders
Gender and Transition
LGBTQ friendly care
Mood Disorders
Motivational Interviewing
Psychological Assessment
Sexual Assault