



Andre J Plate, PhD

Psychology

Dr. Andre Plate is a clinical health psychologist based out of West Penn Hospital. He primarily treats patients who have both mental health and physical health issues or chronic health conditions. Dr. Plate works in the AHN Cancer Institute and specializes in treating cancer patients and survivors. Despite this area of expertise, he has broad training and is competent at treating depression, anxiety disorders, stress, substance/alcohol use, personality disorders, PTSD, and adjustment disorders. Dr. Plate provides individual therapy, group therapy, and also helps run an inpatient consultation and liaison service at West Penn Hospital.

Dr. Plate graduated with distinction from the Pennsylvania State University and earned his doctoral degree in clinical psychology at the Ohio State University. He has a strong background in clinical work, research, and teaching. He has published numerous scientific journal articles and book chapters on treatments for depression and anxiety. He completed his predoctoral clinical internship at VA

Locations

AGH Neuropsych Testing

West Penn Hospital

4815 Liberty Ave
Suite 340
Pittsburgh, PA 15224
Tel: [412.681.4401](tel:412.681.4401)
Fax: [412.688.7555](tel:412.688.7555)

Credentials | Training & Certifications

School

The Ohio State University

Pittsburgh Healthcare System and his postdoctoral fellowship in clinical health psychology at Allegheny Health Network.

He is currently licensed as a psychologist in the state of Pennsylvania. Dr. Plate is a strong advocate for evidence-based treatments, meaning he does therapy that is proven to be effective by scientific research studies. He primarily does Cognitive-Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), Dialectical Behavior Therapy (DBT), and mindfulness.

He adopts a collaborative approach to therapy and is passionate about teaching patients to become their own therapists by learning coping skills to help them achieve their goals and live a valued life that provides an enhanced sense of meaning, purpose, and fulfillment