

What Does “Evidence-Based Practice” Mean in Therapy?

Evidence-based practice (EBP) means your therapist uses treatments that are proven to work, tailored to your needs and preferences. It combines three key parts:

1. **The best available research**
2. **Your own values and preferences**
3. **Your therapist’s clinical experience**

When your therapist brings these pieces together, you’re more likely to get the best possible outcome.

1. Treatment Based on Research

Not all therapies are the same. Some are backed by years of scientific studies showing that they help people feel better—these are called **evidence-based** or **empirically supported** treatments. Therapies supported by research are more likely to:

- Reduce symptoms effectively
- Help you reach your goals
- Work across different people and settings

One of the most widely studied and effective approaches is **Cognitive Behavioral Therapy (CBT)**. CBT helps people understand how their thoughts, feelings, and actions are connected and teaches practical skills for managing challenges.

2. Your Values and Preferences

Therapy works best when it’s a **collaboration**. Your goals, background, and personal values all matter.

- Be open with your therapist about what’s important to you.
- Ask questions if something doesn’t feel right.
- Expect your therapist to listen and adjust treatment based on your needs.

Even if you and your therapist come from different backgrounds, research shows that using evidence-based methods still leads to positive results.

3. Your Therapist’s Clinical Expertise

Therapists use their training and experience to:

- Apply research findings to your unique situation
- Adapt treatment when research is limited or unclear
- Explain your options and involve you in decision-making

Good therapists stay up-to-date with current science and clearly explain **why** they recommend a certain approach.

Remember: It’s okay to ask how your therapist’s methods are supported by research and how they fit your goals.

Summary

Evidence-based practice =

Best Research + Your Values + Therapist Expertise

Working together with these three ingredients gives you the best chance to feel better and reach your therapy goals.