

## 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.