

# Evidence-Based Psychotherapy Groups

## What is an Evidence-Based Psychotherapy Group?

Evidence-based psychotherapies (EBP) are treatments that have been carefully studied and found to be effective for treating many people with a wide array of psychological disorders or concerns including posttraumatic stress disorder (PTSD), depression, anxiety, and sleep difficulties. Many of these therapies can also be conducted in group format.

Research has shown most people who receive evidence-based psychotherapy report fewer symptoms and an improvement in overall functioning by the end of treatment. They also continue to feel better months after treatment has ended. Attending an EBP in a group format has the added benefit of witnessing the progress that fellow members are making in applying the skills and techniques learned in the sessions so you can “see” it working.

## How is an Evidence-Based Psychotherapy Group Different from Other Groups?

EBP groups differ from support groups (also known as “process groups”) that may also be available at your clinic. Process groups are often more open-ended with less structure, where members are encouraged to discuss whatever is on their mind. In contrast, EBP groups are more like taking a course or workshop, where the group leader teaches a new skill each session. Members discuss the problems they are experiencing and learn specific tools to help them deal with these problems. Members are given out of session assignments in order to actively practice what they learn.

## What Types of Evidence-Based Psychotherapy Groups are Available?

There are numerous EBPs that can be provided in a group therapy format. The following table lists some popular EBP groups for common disorders within military settings.

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|----------------|--|
| PTSD           | <ul style="list-style-type: none"> <li>● Cognitive Processing Therapy (CPT)</li> <li>● Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)</li> </ul> |
| DEPRESSION     | <ul style="list-style-type: none"> <li>● Cognitive Behavioral Therapy for Depression (CBT-D)</li> <li>● Problem Solving Therapy (PST)</li> </ul>       |
| ANXIETY        | <ul style="list-style-type: none"> <li>● Cognitive Behavioral Therapy for Anxiety (CBT-A)</li> </ul>   |
| SLEEP PROBLEMS | <ul style="list-style-type: none"> <li>● Cognitive Behavioral Therapy for Insomnia (CBT-I)</li> </ul>  |



## How Can I Find an Evidence-Based Psychotherapy Group for My Condition?

Ask your provider about EBP groups available in your clinic and whether an EBP group would be right for you. If your clinic does not offer these groups, then you might be able to get a referral to a clinician in the TRICARE network who offers these therapies.