

What to Expect from your EBP Group

Almost every military member receives weapons training. This involves learning, practicing, and working with a coach to master skills that have been shown to be effective and improve performance. This is similar to how an Evidence-Based Psychotherapy (EBP) group works. In EBP groups, you will be taught skills that will help you manage your thoughts and behaviors. You will be given assignments to practice outside of group and refine the skills taught. You will then have opportunities to receive feedback during follow-up group sessions on how best to master those skills.

General Information on EBP Groups

- An EBP group is a focused, learning activity.
- Group members are encouraged to share their experiences with the group in a structured manner. For example, members may share what they learned from an assignment to link behaviors, thoughts, and emotions.
- It is important to come to each session. Many of the skills learned in EBP groups build off each other. If you miss a group meeting, there will be important information you will have missed and need to catch up on.
- You will be asked to fill out a symptom questionnaire every week. This helps the group leader track your progress and demonstrate that the treatment is working.



General Rules for EBP Groups

- Bring relevant materials and handouts with you to every session.
- The information shared in group is confidential. What is said in group, stays in group.
- Arrive on time and stay for the entire session. Please clear any scheduling conflicts with the group leader in advance whenever possible.
- Do not use alcohol or non-prescribed drugs before group sessions. This will likely impair your ability to participate and learn.
- Turn off cell phones when in group.

In an EBP group, the best predictor of improvement is a person's level of commitment and participation. An EBP group consists of weekly sessions. Those who come to each session and practice the new skills will see the largest gains. Your progress will be limited if you attend the group sessions, but are unable to devote time to practice the skills between sessions. Please see your provider or the group leader for any questions or concerns related to your EBP group. In the event that a particular EBP group is full and you are scheduled to take a later group, you may be contacted if space in an earlier group becomes available.