

# Why You Should Ask Your Provider About Evidence-Based Treatment

## What is an Evidence-Based Psychotherapy?

Evidence-based psychotherapies (EBPs) have been studied in controlled research settings and have been found to be effective for treating symptoms related to depression, anxiety, posttraumatic stress disorder, insomnia, and chronic pain.

## How do I receive an Evidence-Based Psychotherapy?

The Department of Defense is working on improving patient access to EBPs. Ask your provider what EBPs are available at your clinic and whether an EBP would be right for you. If your assigned provider does not practice EBPs, you can ask to get a referral to meet with a clinician who is trained in one or more EBPs that might be right for you.

## What are the Benefits?

- **They work:** Research shows that most people who complete EBPs report fewer symptoms and greater improvements in overall quality of life. After an EBP, many report that they feel better and that their disorder has gone away.
- **They are quick:** Some types of therapy require weekly sessions over many months or even years, but EBPs are usually short-term. Most people complete therapy in 10 to 12 treatment sessions. You will feel better in less time.
- **They help build skills:** EBPs will help you gain knowledge to better understand your symptoms, learn skills that will help you improve coping, and reach your goals. Practice exercises can be completed between sessions to help you develop effective skills.
- **Their benefits last:** People who complete EBPs continue to feel better months after they finish therapy because of the skills they learned. Trained clinicians can provide follow-up or “booster” sessions in the future to review important material you learned during therapy.
- **They are for everyone:** Both men and women of all ages, races, and ethnicities have been shown to benefit from EBPs. There are several EBPs designed to address a wide range of symptoms related to depression, anxiety, PTSD, sleep difficulties, and chronic pain.



If you are going to take the positive step to enter treatment, make sure that the therapy you choose has the best evidence of success!