



Evidence-Based Therapy & You

An interactive worksheet to collaborate, demystify the science, and tailor your therapeutic journey.

If you've ever looked for a therapist before, you might have noticed the term "**evidence-based**" popping up in almost every bio: *"I practice evidence-based therapies like CBT, ACT, EMDR, or DBT."* But what does this actually mean for your therapy?

A lot of people think evidence-based practice is JUST a rigid textbook script or a checklist. But truly effective therapy is about mixing three essential pillars together. Think of it like a **three-legged stool**—if you take away any of the legs, the stool falls over.

The Three-Legged Stool

To get truly supportive, safe, and effective care, your therapy needs all three components active at the same time:

Leg 1: Scientific Evidence

Using types of therapy heavily studied by scientists (like those from the APA or Cochrane Library). This also includes general factors that make all therapy work—most importantly, the trust and alliance we build together.

Leg 2: Client Preferences

Your unique voice, values, culture, background, and personal goals. Therapy must bend and adapt to your lived experience—not the other way around.

Leg 3: Clinical Experience

The therapist's ability to blend science and your preferences dynamically, making real-time adjustments out of the lab and into your life.

Did you know? The "Dodo Bird Effect"

In psychotherapy research, there is a famous concept named after the Dodo bird in *Alice in Wonderland* who declared, "Everybody has won, and all must have prizes." Research shows there actually isn't much difference in how well different structured therapies work! Instead, it is the shared human elements—such as a strong therapeutic alliance—that account for the biggest changes.

Your Turn: Building Your Custom Stool

Let's map out how we can blend modern science with your individual needs. Please take a moment to reflect on and answer the following prompts:



1. Reflecting on Your Past Experiences (Leg 1 & 3)

What has made you feel safest, most heard, or most supported in past healing environments, mentors, or therapists? What was helpful, or conversely, unhelpful?

2. Your Values and Culture (Leg 2)

What are 2 or 3 core values, cultural preferences, or personal background elements that are crucial for your therapist to understand and respect about you?

3. Your Collaboration and Feedback Style (Leg 3)

How do you prefer to give feedback if something in our sessions feels off, unhelpful, or too fast? (e.g., verbal check-ins, written notes, a gentle prompt?)

"My commitment to you is that I will never treat you like a rigid textbook page. We will use the best of modern science, combined with your unique voice and my clinical experience, to build a path that is uniquely yours."