WHAT ARE BENEFITS OF EVIDENCE-BASED PSYCHOTHERAPIES?

EVIDENCE-BASED PSYCHOTHERAPIES (EBPs):

- Are Effective — research shows that EBPs reduce symptoms, improve quality of life, and promote recovery.
- Are Goal-Oriented — therapists and Veterans work together to identify and reach individual goals. Veterans learn new skills so that they may live life with fewer symptoms.
- Are Time Limited — symptom reduction can be achieved in about 12 sessions.
- Have Lasting Benefits — treatment gains are often maintained long after treatment ends.

TREATMENT TAKES WORK, BUT IT DOES WORK!

IF YOU PARTICIPATE IN AN EBP, YOU WILL BE EXPECTED TO:

- Attend weekly individual or group sessions.
- Actively participate in your treatment.
- Complete practice assignments outside of therapy sessions.

Success requires daily effort and commitment to change.

FOR MORE INFORMATION:

VA EVIDENCE-BASED PSYCHOTHERAPIES
http://www.mentalhealth.va.gov/Evidence_Based_Psychotherapy.asp

NATIONAL CENTER FOR PTSD WEBSITE

NATIONAL SUICIDE PREVENTION LIFELINE
www.suicidepreventionlifeline.org

Schedule an appointment with a VA Mental Health professional to discuss which option is best for you.

WHAT ARE EVIDENCE-BASED PSYCHOTHERAPIES?

We used to think that many mental health conditions were untreatable. Recently, new psychotherapies (or “talk therapies”) have been developed. Research shows that many of these psychotherapies are effective for treating mental health conditions. The psychotherapies that are shown to be effective are referred to as “evidence-based” psychotherapies.

The Department of Veterans Affairs (VA) is committed to providing the best possible care to Veterans. As part of this commitment, the VA is making evidence-based psychotherapies available to Veterans within the VA health care system.
EVIDENCE-BASED PSYCHOTHERAPIES IN VA

SERIOUS MENTAL ILLNESS (SMI)

BEHAVIORAL FAMILY THERAPY (BFT)
BFT is for Veterans with SMI and their families. Sessions are focused on family education, communication, and problem-solving skills. These skills help to cope with challenges associated with mental illness.

SOCIAL SKILLS TRAINING (SST)
SST improves skills for managing health, conflict, relationships, and work. Veterans practice skills during SST sessions to use in their daily life.

SUBSTANCE USE DISORDERS

COGNITIVE-BEHAVIORAL THERAPY FOR SUBSTANCE USE DISORDERS (CBT-SUD)
CBT-SUD focuses on changing thoughts and behaviors associated with substance use conditions and promoting an active, problem-solving approach.

MOTIVATIONAL ENHANCEMENT THERAPY (MET)
MET is used to strengthen motivation for change. It also supports Veterans in planning an active course of substance use recovery.

BEHAVIORAL HEALTH CONDITIONS AND RELATIONSHIP DISTRESS

COGNITIVE BEHAVIORAL THERAPY FOR CHRONIC PAIN (CBT-CP)
CBT-CP focuses on changing thoughts and behaviors to improve pain management and quality of life.

COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA (CBT-I)
CBT-I focuses on changing thoughts and behaviors to help with difficulties falling and staying asleep.

PROBLEM SOLVING TRAINING (PST)
PST helps Veterans recover from difficult situations. Veterans learn skills that improve their ability to cope with major life circumstances and chronic daily stressors.

INTEGRATIVE BEHAVIORAL COUPLES THERAPY (IBCT)
IBCT improves relationships by helping couples accept and tolerate each other’s differences. IBCT helps partners reach agreements and identify what needs to change.

PTSD

COGNITIVE PROCESSING THERAPY (CPT)
CPT focuses on decreasing symptoms of PTSD by exploring the relationship between thoughts and emotions. Veterans work through trauma beliefs related to trust, safety, power/control, intimacy and esteem.

PROLONGED EXPOSURE (PE)
PE helps Veterans regain control of their lives by helping Veterans approach trauma-related thoughts, feelings, and situations that tend to be avoided due to the distress they cause. Methods used include exposure to real-world reminders of trauma and talking through the trauma memory.

COGNITIVE BEHAVIORAL CONJOINT THERAPY FOR POSTTRAUMATIC STRESS DISORDER (CBCT-PTSD)
CBCT-PTSD helps couples understand the effect of PTSD on relationships, improves communication, and changes thoughts and beliefs which may maintain PTSD and relationship problems.

WHAT IF I AM NOT SURE WHETHER I AM READY?

MOTIVATIONAL INTERVIEWING (MI)
MI helps Veterans strengthen their willingness and dedication to make life changes that fit one’s values and goals.

DEPRESSION

COGNITIVE BEHAVIORAL THERAPY (CBT)
CBT explores the relationship between thoughts and emotions and focuses on changing thoughts and behaviors in order to improve mood.

ACCEPTANCE & COMMITMENT THERAPY (ACT)
ACT focuses on managing thoughts and feelings that overwhelm our sense of well-being by helping Veterans overcome struggles with emotional pain and commit to what matters most in their lives.

INTERPERSONAL THERAPY (IPT)
IPT focuses on improving mood by supporting positive relationships. IPT helps the Veteran address relationship problems caused by life changes, relationship conflicts, grief, or other issues.

BEHAVIORAL FAMILY THERAPY (BFT)
BFT is for Veterans with SMI and their families. Sessions are focused on family education, communication, and problem-solving skills. These skills help to cope with challenges associated with mental illness.