treatments that have been observed. One of the most noted EBPs is Cognitive Behavioral Therapy (CBT), which is an Evidence-Based Practice, Cognitive–Behavior Therapy. October 31, 2016. Synthesizing the evidence base for cognitive-behavioral therapy (CBT) and translating it into practical clinical guidelines, this book has been published. Evidence-Based Practice of Cognitive-Behavioral Therapy, Second Edition. Cognitive-behavioral therapy (CBT) is a psycho-social intervention that aims to improve mental health. Therapists or computer-based programs use CBT techniques to help. Cochrane reviews have found no evidence that CBT is effective for tinnitus. The American Psychiatric Association Practice Guidelines (April 2000) Evidence-based practice of cognitive-behavioral therapy. October 28, 2017. According to the Association for Behavioral and Cognitive Therapies, evidence-based practice is defined by: “adherence to psychological Evidence-Based Practice of Cognitive-Behavioral Therapy - Target” Evidence-Based Practice of Cognitive-Behavioral Therapy, Second Edition. Dobson, Deborah and Keith S. Dobson. Guilford Publications / Hardcover The Efficacy of Cognitive Behavioral Therapy: A Review of Meta. February 2, 2002. Clinical practice. It is ironic that in their arguments against cognitive behavior therapy (CBT), these papers include numerous instances of