Evidence-based practice (EBP) is defined as “the integration of the best available research with clinical expertise in the context of patient characteristics, culture, and preferences.” The purpose of EBP is to promote effective social work practice with an individual, couple, family, group or larger system that requires consistent reflection, assessment, and collaboration with field instructor.

The list of clinical interventions below does not constitute the depth and breadth of all EBP or best practice interventions. They are meant to be used to identify some of your interventions but also as “reminders” to other interventions that you may be using. It is imperative that you dialogue with your field instructor as also they are also experts in their agency regarding other EBP or best practice models and interventions.

**Problem Solving**
- Providing Psycho-education
- Assisting client with the following:
  - Identifying Problems
  - Developing Goals
  - Brainstorming Alternatives
  - Weighing Pros and Cons
  - Creating an Action Plan
  - Evaluating the Outcome

**Motivational Interviewing**
- Affirmations
- Simple Reflections
- Reflection of Feeling
- Double-sided Reflection
- Open-ended Question
- Transitional Summary
- Major Summary
- Asking for Elaboration
- Asking an Evocative Question
- Asking Client to Imagine Extremes
- Asking Client to Explore Pros and Cons
- Asking Client to Look Forward
- Asking Client to Look Backward
- Decisional Balance Exercise

**Working Alliance & Attunement**

Researchers repeatedly find that a positive working alliance (trust, agreement on goals, feelings of appreciation) between social worker and client is one of the best predictors of outcome. The term attunement takes this working alliance to a different level: emotional connection between social worker and client.

**Cognitive Behavioral**
- Identifying the Relationship between Thoughts, Emotions and Behaviors
- Questioning the Evidence
- Examining Options and Alternatives
- Listing Advantages and Disadvantages
- Labeling Distortions
- Cognitive Rehearsals
- Behavioral Rehearsals
- Thought Stopping
- Using Paradox or Exaggeration
- Relaxation Techniques

**Psychodynamic**
- Examining Client-Social Worker Relationship Experience
- Affective Self-disclosure
- Monitoring and Collaborating with Client on Non-verbal Communication
- Tracking Fluctuations in Openness vs. Defensiveness
- Tracking Fluctuations in Positive vs. Negative Relational Experiences between Client and Social Worker
- Working with Anxiety, Shame and Guilt Responses
- Working with Defensive Responses
- Working with Relational Patterns
- Naming and Acknowledging Affective Experiences
- Facilitating Genuine Affective Experiences
- Focusing on Somatic (Body) Experiences
- Facilitating the Mourning Process