Evidence-based practice is the conscientious, explicit, and judicious use of current best evidence in making decisions about the care of clients.

Evidence-based social work practice has historical roots in evidence-based medicine.

**Evidence-based practice** involves six steps:

1. Formulate a question to meet practice needs
2. search for evidence
3. critically appraise identified relevant studies
4. determine which evidence-based intervention is most appropriate for your clients
5. apply the evidence-based intervention
6. evaluation and feedback

Several controversies and misconceptions surround evidence-based practice. These issues should be considered in pursuing evidence-based practice.

- Based on studies of clients unlike those typically served
- Cookbook approach that denigrates professional experience and client values and preferences
- Hinders therapeutic alliance (practitioner-client relationship)
- Evidence is limited
- Real world obstacles hinder implementation
- Qualitative research is devalued