

LICENSED MARRIAGE AND FAMILY THERAPIST WRITTEN CLINICAL EXAMINATION OUTLINE

Effective Date January 1, 2021

1. Clinical Evaluation (27%) – This area assesses the candidate’s ability to evaluate information about the systems in which clients function, and how these systems relate to the mental health and well-being of individuals, couples, and families across the lifespan. In addition, this area assesses the candidate’s ability to identify situations in which referrals to, or consultations with, other treatment providers would assist in developing a more complete assessment of the client’s presentation.

<i>Section</i>	<i>Task Statement</i>	<i>Associated Knowledge Statements</i>
1A. Establishing a Therapeutic Relationship and Exploring the Reason for Therapy (4%)	T1. Determine the unit of treatment and address the presenting problem.	K1. Knowledge of methods of determining what unit of treatment should be included in addressing the presenting problem.
	T2. Establish rapport to facilitate the therapeutic relationship.	K2. Knowledge of methods for establishing rapport in the therapeutic relationship.
	T3. Explore clients’ perceptions of the presenting problem to determine reasons for seeking therapy.	K3. Knowledge of clinical interviewing techniques to elicit information regarding problems and concerns. K4. Knowledge of the effects of psychosocial stressors on psychosocial or interpersonal functioning.
	T4. Evaluate clients’ goals, motivation, and expectations of therapy to determine implications for the therapeutic process.	K5. Knowledge of the impact of cultural beliefs regarding mental health on therapeutic engagement. K6. Knowledge of methods for engaging involuntary, resistant, or reluctant clients in the therapeutic process. K7. Knowledge of methods for evaluating clients’ goals, motivation, and expectations for therapy.
	T5. Explore previous therapy experiences to determine implications for current treatment or therapeutic process.	K8. Knowledge of methods for evaluating the impact of previous therapy experiences on presenting problem or current therapy.
1B. Evaluating Physical and Psychological Factors (6%)	T6. Conduct a mental status exam to obtain information regarding current affective, behavioral, and cognitive functioning.	K9. Knowledge of the relationship between appearance, psychomotor activity, or behaviors and mental state. K10. Knowledge of speech characteristics and thought processes that indicate level of cognitive functioning. K11. Knowledge of the relationship between mood or affective responses and current emotional functioning. K12. Knowledge of methods for evaluating mental status.
	T7. Gather information regarding history of or experiences with physical or medical conditions to determine impact on presenting problem.	K13. Knowledge of the effects of physical or medical conditions on psychosocial or interpersonal functioning. K14. Knowledge of the effects of treatment compliance on psychosocial or interpersonal functioning. K15. Knowledge of the impact of physical or medical conditions on caretakers, family, or other interpersonal relationships. K16. Knowledge of methods for evaluating information regarding medical health history or experiences.

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<i>Section</i>	<i>Task Statement</i>	<i>Associated Knowledge Statements</i>
<p>1B. Evaluating Physical and Psychological Factors, Continued (6%)</p>	<p>T8. Gather information regarding history of or experiences with mental health disorders to determine impact on presenting problem.</p>	<p>K17. Knowledge of the effects of mental health disorders on psychosocial or interpersonal functioning. K18. Knowledge of psychotropic medications commonly prescribed for mental health disorders. K14. Knowledge of the effects of treatment compliance on psychosocial or interpersonal functioning. K19. Knowledge of the impact of mental health disorders on caretakers, family, or other interpersonal relationships. K20. Knowledge of methods for evaluating cultural perspectives regarding mental health. K21. Knowledge of methods for evaluating information regarding mental health history or experiences.</p>
	<p>T9. Gather information regarding substance-related or addictive behaviors to determine the impact of past and present activity on current functioning or relationships.</p>	<p>K22. Knowledge of the signs and symptoms of substance use, problem gambling, or addictive behaviors. K23. Knowledge of the effects of substance use, problem gambling, or addictive behaviors on psychosocial or interpersonal functioning. K24. Knowledge of methods for assessing the impact of substance use, problem gambling, or addictive behaviors on functioning or relationships.</p>
<p>1C. Evaluating Developmental, Psychosocial, and Diversity Factors (6%)</p>	<p>T10. Evaluate developmental history or factors to determine developmental level, milestones achieved, or areas of delay.</p>	<p>K25. Knowledge of the stages of psychosocial and psychosexual development. K26. Knowledge of the impact of individual characteristics, experiences, and environmental factors on development. K27. Knowledge of methods for evaluating developmental level or progression.</p>
	<p>T11. Assess life stage of the individual or family to determine stages, transitions, or adjustment issues.</p>	<p>K28. Knowledge of the stages, transitions, and challenges associated with the individual or family life cycle. K29. Knowledge of the effects of disruption at different stages of the individual or family life cycle. K30. Knowledge of methods for evaluating individual or family life stage, transitions, and progression.</p>
	<p>T12. Evaluate academic history or functioning to determine experiences, behaviors, or stressors associated with educational settings.</p>	<p>K31. Knowledge of the effects of external or familial factors on academic performance or behaviors. K32. Knowledge of the effects of stressors related to the academic environment on psychosocial or interpersonal functioning. K33. Knowledge of methods for evaluating information regarding academic history, functioning, or stressors.</p>

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Section	Task Statement	Associated Knowledge Statements
1C. Evaluating Developmental, Psychosocial, and Diversity Factors, Continued (6%)	T13. Evaluate employment history or functioning to determine the impact of experiences, behaviors, or stressors associated with occupational settings.	K34. Knowledge of the behavioral manifestations of mental health disorders in employment settings. K35. Knowledge of the effects of employment stressors on psychosocial or interpersonal functioning. K36. Knowledge of methods for evaluating information regarding employment history, functioning, or stressors.
	T14. Explore experiences with the legal system to determine the impact of past or present legal involvement on current functioning or relationships.	K37. Knowledge of the effects of incarceration, probation, or parole on psychosocial or interpersonal functioning. K38. Knowledge of the effects of family court, dependency court, or other legal involvement on psychosocial or interpersonal functioning. K39. Knowledge of methods for evaluating the impact of involvement in the legal system on clients or family systems.
	T15. Explore experiences with the military to determine the impact of service, deployments, or exposure to combat on current functioning or relationships.	K40. Knowledge of the effects of military culture, active duty, deployments, or reintegration on psychosocial or interpersonal functioning. K41. Knowledge of the effects of active duty, deployment, or reintegration on families of military personnel. K42. Knowledge of methods for evaluating the impact of military experiences on individuals and families.
	T16. Assess socioeconomic stressors to determine the impact of economic change or vulnerability on current functioning or relationships.	K43. Knowledge of the effects of inadequate housing or economic problems on psychosocial or interpersonal functioning. K44. Knowledge of the effects of changes in socioeconomic or employment status on psychosocial or interpersonal functioning. K45. Knowledge of methods for assessing the impact of socioeconomic stressors on functioning or relationships.
	T17. Assess psychosocial stressors to determine the impact of significant events, changes, or life conditions on current functioning or relationships.	K46. Knowledge of the relationship between psychosocial stressors and somatic symptoms. K4. Knowledge of the effects of psychosocial stressors on psychosocial or interpersonal functioning. K47. Knowledge of methods for evaluating the impact of psychosocial stressors on functioning or relationships.

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<i>Section</i>	<i>Task Statement</i>	<i>Associated Knowledge Statements</i>
1C. Evaluating Developmental, Psychosocial, and Diversity Factors, Continued (6%)	T18. Gather information regarding religious or spiritual beliefs to determine the impact of faith on clients’ perceptions or experiences.	K48. Knowledge of the effects of religious or spiritual beliefs on therapeutic processes. K49. Knowledge of the effects of religious or spiritual beliefs and practices on psychosocial or interpersonal functioning. K50. Knowledge of methods for evaluating information regarding religious or spiritual beliefs.
	T19. Explore racial, ethnic, or cultural identity or background to determine the impact of experiences, values, or beliefs on current functioning or relationships.	K51. Knowledge of racial, ethnic, or cultural factors that influence identity and family or primary support group structures. K52. Knowledge of the effects of discrimination, oppression, or microaggression on psychosocial or interpersonal functioning. K53. Knowledge of the effects of stressors associated with immigration or migration on psychosocial or interpersonal functioning. K54. Knowledge of the effects of sociopolitical factors on psychosocial or interpersonal functioning. K55. Knowledge of methods for evaluating level of acculturation or acculturation differences. K56. Knowledge of methods for evaluating information regarding racial, ethnic, or cultural experiences, values, and beliefs.
	T20. Explore sexual or gender minority experiences to determine the impact of acceptance, adjustment, or other issues on current functioning or relationships.	K57. Knowledge of factors associated with sexual orientation or gender identity development. K52. Knowledge of the effects of discrimination, oppression, or microaggression on psychosocial or interpersonal functioning. K58. Knowledge of social, cultural, familial, or spiritual factors that impact sexual and gender identity. K59. Knowledge of methods for assessing the impact of sexual or gender minority experiences on individuals, couples, or families.

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Section	Task Statement	Associated Knowledge Statements
1D. Evaluating Interpersonal and Family Relationships (5%)	T21. Gather information regarding social interactions to determine level of connection or isolation in social contexts.	K17. Knowledge of the effects of mental health disorders on psychosocial or interpersonal functioning. K60. Knowledge of methods for evaluating information regarding social history and patterns.
	T22. Assess interpersonal relationships to determine past and present interactions, patterns, or sources of conflicts.	K61. Knowledge of the effects of disruption or external factors on interpersonal relationships. K62. Knowledge of the impact of formative relationships on interpersonal functioning. K63. Knowledge of the effects of communication patterns or interaction styles on interpersonal relationships K64. Knowledge of methods for evaluating information regarding interpersonal relationships.
	T23. Gather information regarding intimacy and sexual experiences to identify changes or concerns that impact current functioning or relationships.	K65. Knowledge of sexual functioning over the lifespan. K66. Knowledge of the impact of physical or mental health symptoms or changes in intimacy or sexual experiences. K67. Knowledge of the effects of relationship dynamics on intimacy or sexual experiences. K68. Knowledge of methods for evaluating information regarding intimacy and sexual experiences.
	T24. Evaluate family or primary support group history or dynamics to understand system patterns or relational difficulties.	K69. Knowledge of the effect of disruption on individual, family, or primary support group functioning. K70. Knowledge of the effect of family or primary support group dynamics and patterns on functioning and relationships. K71. Knowledge of methods for evaluating family or primary support group dynamics and patterns.

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Section	Task Statement	Associated Knowledge Statements
1E. Assessing Experiences with Trauma, Abuse and Violence (3%)	T25. Gather information regarding trauma or abuse to determine the impact on the presenting problem.	K72. Knowledge of symptoms associated with trauma or abuse across the lifespan. K73. Knowledge of the effects of trauma or abuse on psychosocial or interpersonal functioning. K74. Knowledge of methods for evaluating the impact of trauma or abuse on functioning or relationships.
	T26. Gather information regarding experiences with loss to determine the impact of grief on current functioning or relationships.	K75. Knowledge of the effects of grief on psychosocial or interpersonal functioning. K76. Knowledge of cultural differences in grieving and perceptions regarding loss. K77. Knowledge of methods for evaluating social support systems. K78. Knowledge of methods for evaluating experiences of grief and loss.
	T27. Explore episodes of aggression, impulsivity, or violence to determine the impact of emotional or behavioral dysregulation on current functioning or relationships.	K79. Knowledge of biopsychosocial factors associated with aggression, violence, and impulse dysregulation. K80. Knowledge of the relationship between aggression or violence and mental health disorders. K81. Knowledge of methods for evaluating the impact of aggression or impulse dysregulation on functioning or relationships.
	T28. Evaluate strengths and coping skills to identify level of resilience or protective factors in overcoming obstacles or managing distress.	K82. Knowledge of adaptive and maladaptive coping strategies. K77. Knowledge of methods for evaluating social support systems. K83. Knowledge of methods for evaluating client strengths that can be used to foster hope, resiliency, and recovery.

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<i>Section</i>	<i>Task Statement</i>	<i>Associated Knowledge Statements</i>
1F. Consultations and Further Evaluations (3%)	T29. Administer standardized instruments to obtain additional assessment information.	K84. Knowledge of methods for administering and interpreting standard assessment instruments.
	T30. Consult with medical, psychological, educational, or other professional sources to obtain further understanding of the presenting problem.	K85. Knowledge of methods for consulting or interpreting records received from collateral sources.
	T31. Provide a referral to a psychiatrist to perform a psychiatric evaluation of symptoms.	K86. Knowledge of cognitive, affective, and behavioral symptoms that indicate a need for psychiatric evaluation.
	T32. Provide a referral to a physician or specialist to perform a medical evaluation of symptoms.	K87. Knowledge of physical or psychological symptoms that indicate a need for medical evaluation.
	T33. Provide a referral to a psychologist or specialist to perform additional testing for psychological or neurocognitive disorders.	K88. Knowledge of cognitive, affective, and behavioral symptoms that indicate a need for a psychological or neurocognitive evaluation.
	T34. Provide a referral for school-based services to obtain additional assessments of educational and behavioral functioning.	K89. Knowledge of cognitive, affective, and behavioral symptoms that indicate a need for an educational evaluation or further assessment.
	T35. Provide a referral for multidisciplinary services to obtain additional assessments based on clients’ individual needs.	K90. Knowledge of physical, cognitive, affective, and behavioral symptoms that indicate a need for additional assessment services necessary for recovery-oriented care.

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2. Developing a Diagnostic Impression (11%) – This area assesses the candidate’s ability to evaluate mental health disorders and emotional problems that impact the interpersonal and relationship functioning of individuals, couples, and families. The purpose of these evaluations is to guide treatment that leads to more meaningful and productive relationships. This area also assesses the candidate’s ability to recognize mental health disorders that require further testing, diagnosis, or treatment with other health care professionals.

<i>Section</i>	<i>Task Statement</i>	<i>Associated Knowledge Statements</i>
2A. Disorders Involving Mood, Anxiety and Thought (6%)	T36. Develop provisional or differential diagnoses of bipolar and related disorders by evaluating clinical presentation and diagnostic criteria to determine implications for treatment.	K91. Knowledge of methods for evaluating diagnostic criteria, features, and other factors associated with bipolar and related disorders. K92. Knowledge of methods for differentiating or diagnosing bipolar and related disorders.
	T37. Develop provisional or differential diagnoses of depressive disorders by evaluating clinical presentation and diagnostic criteria to determine implications for treatment.	K93. Knowledge of methods for evaluating diagnostic criteria, features, and other factors associated with depressive disorders. K94. Knowledge of methods for differentiating or diagnosing depressive disorders.
	T38. Develop provisional or differential diagnoses of anxiety disorders by evaluating clinical presentation and diagnostic criteria to determine implications for treatment.	K95. Knowledge of methods for evaluating diagnostic criteria, features, and other factors associated with anxiety disorders. K96. Knowledge of methods for differentiating or diagnosing anxiety disorders.
	T39. Develop provisional or differential diagnoses of obsessive-compulsive and related disorders by evaluating clinical presentation and diagnostic criteria to determine implications for treatment.	K97. Knowledge of methods for evaluating diagnostic criteria, features, and other factors associated with obsessive-compulsive and related disorders. K98. Knowledge of methods for differentiating or diagnosing obsessive-compulsive and related disorders.
	T40. Develop provisional or differential diagnoses of trauma- and stressor-related disorders by evaluating clinical presentation and diagnostic criteria to determine implications for treatment.	K99. Knowledge of methods for evaluating diagnostic criteria, features, and other factors associated with trauma- and stressor-related disorders. K100. Knowledge of methods for differentiating or diagnosing trauma- and stressor-related disorders.
	T41. Develop provisional or differential diagnoses of dissociative disorders by evaluating clinical presentation and diagnostic criteria to determine implications for treatment.	K101. Knowledge of methods for evaluating diagnostic criteria, features, and other factors associated with dissociative disorders. K102. Knowledge of methods for differentiating or diagnosing dissociative disorders.
	T42. Develop provisional or differential diagnoses of schizophrenia spectrum or other psychotic disorders by evaluating clinical presentation and diagnostic criteria to determine implications for treatment.	K103. Knowledge of methods for evaluating diagnostic criteria, features, and other factors associated with schizophrenia spectrum or other psychotic disorders. K104. Knowledge of methods for differentiating or diagnosing schizophrenia spectrum or other psychotic disorders.

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<i>Section</i>	<i>Task Statement</i>	<i>Associated Knowledge Statements</i>
2B. Other Disorders of Clinical Significance (5%)	T43. Develop provisional or differential diagnoses of somatic and related disorders by evaluating clinical presentation and diagnostic criteria to determine implications for treatment.	K105. Knowledge of methods for evaluating diagnostic criteria, features, and other factors associated with somatic and related disorders. K106. Knowledge of methods for differentiating or diagnosing somatic and related disorders.
	T44. Develop provisional or differential diagnoses of disruptive, impulse-control, and conduct disorders by evaluating clinical presentation and diagnostic criteria to determine implications for treatment.	K107. Knowledge of methods for evaluating diagnostic criteria, features, and other factors associated with disruptive, impulse-control, and conduct disorders. K108. Knowledge of methods for differentiating or diagnosing disruptive, impulse-control, and conduct disorders and comorbid conditions.
	T47. Develop provisional or differential diagnoses of sexual dysfunction disorders by evaluating clinical presentation and diagnostic criteria to determine implications for treatment.	K113. Knowledge of methods for evaluating diagnostic criteria, features, and other factors associated with sexual dysfunction disorders. K114. Knowledge of methods for differentiating or diagnosing sexual dysfunction disorders.
	T49. Develop provisional or differential diagnoses of personality disorders by evaluating clinical presentation and diagnostic criteria to determine implications for treatment.	K117. Knowledge of methods for evaluating diagnostic criteria, features, and other factors associated with personality disorders. K118. Knowledge of methods for differentiating or diagnosing personality disorders.
	T50. Develop provisional or differential diagnoses of feeding and eating disorders by evaluating clinical presentation and diagnostic criteria to determine implications for treatment.	K119. Knowledge of methods for evaluating diagnostic criteria, features, and other factors associated with feeding and eating disorders. K120. Knowledge of methods for differentiating or diagnosing feeding and eating disorders.
	T51. Develop provisional or differential diagnoses of gender dysphoria by evaluating clinical presentation and diagnostic criteria to determine implications for treatment.	K121. Knowledge of methods for evaluating diagnostic criteria, features, and other factors associated with gender dysphoria. K122. Knowledge of methods for differentiating or diagnosing gender dysphoria and comorbid conditions.

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<i>Section</i>	<i>Task Statement</i>	<i>Associated Knowledge Statements</i>
2B. Other Disorders of Clinical Significance, Continued (5%)	T52. Develop provisional or differential diagnoses of substance-related and addictive disorders by evaluating clinical presentation and diagnostic criteria to determine implications for treatment.	K123. Knowledge of methods for evaluating diagnostic criteria, features, and other factors associated with substance-related and addictive disorders. K124. Knowledge of methods for differentiating or diagnosing substance-related and addictive disorders.
	T53. Develop provisional or differential diagnoses of neurodevelopment disorders by evaluating clinical presentation and diagnostic criteria to determine implications for treatment.	K125. Knowledge of methods for evaluating diagnostic criteria, features, and other factors associated with neurodevelopmental disorders. K126. Knowledge of methods for differentiating or diagnosing neurodevelopmental disorders.
	T130. Develop provisional or differential diagnoses of conditions or problems that may be the focus of clinical attention.	K357. Knowledge of methods for evaluating diagnostic criteria, features, and other factors associated with other conditions that may be the focus of clinical attention. K358. Knowledge of methods for differentiating or diagnosing other conditions that may be the focus of clinical attention.

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3. Managing Crisis Situations (11%) – This area assesses the candidate’s ability to evaluate and manage situations that require immediate or intensive intervention to address high risk or safety issues. In addition, this area assesses the candidate’s ability to address reactions to crisis exposure in order to provide stabilization.

Section	Task Statement	Associated Knowledge Statements
3A. Managing Imminent Danger (5%)	T56. Evaluate indicators of substance use, intoxication, overdose, or withdrawal to determine level of intervention necessary to address severity of symptoms or medical emergencies.	K131. Knowledge of signs and symptoms of substance intoxication, overdose, or withdrawal that constitute crisis situations. K132. Knowledge of methods for assessing the level of risk in crisis or potential crisis situations. K133. Knowledge of methods for managing substance-related impaired functioning or crisis.
	T57. Evaluate indicators of self-neglect, grave disability, or significant impairment in psychological functioning to determine level of intervention necessary to address psychiatric emergencies or stabilization needs.	K134. Knowledge of signs of self-neglect, grave disability, or psychological disturbance that constitute a crisis. K132. Knowledge of methods for assessing the level of risk in crisis or potential crisis situations. K135. Knowledge of methods for mobilizing internal and external resources and supports in crisis or potential crisis situations. K136. Knowledge of interventions for managing psychiatric symptoms that significantly impair functioning or constitute a crisis.
	T58. Evaluate self-destructive or self-injurious behaviors to determine interventions that address imminence of harm.	K137. Knowledge of risk factors associated with low, moderate, and high risk of self-harm. K132. Knowledge of methods for assessing the level of risk in crisis or potential crisis situations. K135. Knowledge of methods for mobilizing internal and external resources and supports in crisis or potential crisis situations. K138. Knowledge of interventions for managing distress or safety issues with clients at risk for self-harm.
	T59. Evaluate indicators of suicidal ideation to determine interventions that address level of lethality or imminence of risk.	K139. Knowledge of risk factors associated with low, moderate, and high risk of suicide. K132. Knowledge of methods for assessing the level of risk in crisis or potential crisis situations. K135. Knowledge of methods for mobilizing internal and external resources and supports in crisis or potential crisis situations. K140. Knowledge of interventions for managing distress or safety issues with suicidal clients.

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Section	Task Statement	Associated Knowledge Statements
3A. Managing Imminent Danger, Continued (5%)	T60. Evaluate potential for danger to other persons or property to determine interventions that address level of imminent harm.	K141. Knowledge of risk factors associated with low, moderate, and high risk of danger to others or property. K132. Knowledge of methods for assessing the level of risk in crisis or potential crisis situations. K135. Knowledge of methods for mobilizing internal and external resources and supports in crisis or potential crisis situations. K142. Knowledge of interventions for managing distress or safety issues with clients at risk for causing harm.
	T61. Evaluate indicators of abuse, neglect, or exploitation to determine interventions necessary to protect vulnerable populations.	K143. Knowledge of the signs of child physical, sexual, or emotional abuse or neglect. K144. Knowledge of the signs of dependent adult physical, sexual, or emotional abuse; neglect; or fiduciary exploitation. K145. Knowledge of the signs of elder physical, sexual, or emotional abuse; neglect; or fiduciary exploitation. K132. Knowledge of methods for assessing the level of risk in crisis or potential crisis situations. K135. Knowledge of methods for mobilizing internal and external resources and supports in crisis or potential crisis situations. K146. Knowledge of interventions for managing distress or safety issues with clients vulnerable to abuse.
3B. Managing the Effects of Crisis Exposure or Situations (6%)	T62. Evaluate level of physical or psychological threat, harm, or harassment to determine interventions that address level of danger or victimization.	K147. Knowledge of the effects of intimate partner violence, stalking, cyberstalking, or harassment on symptoms of distress. K148. Knowledge of the signs and patterns of intimate partner violence. K149. Knowledge of cultural perceptions and beliefs that impact experiences of intimate partner violence. K150. Knowledge of the signs of cyberstalking, stalking, and harassment. K132. Knowledge of methods for assessing the level of risk in crisis or potential crisis situations. K135. Knowledge of methods for mobilizing internal and external resources and supports in crisis or potential crisis situations. K151. Knowledge of interventions for managing distress or safety issues with victims of threat, harm, or harassment.

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Section	Task Statement	Associated Knowledge Statements
3B. Managing the Effects of Crisis Exposure or Situations, Continued (6%)	T63. Evaluate responses to experiencing, witnessing, or learning of violent crime or threat to determine interventions that increase functioning or safety.	K152. Knowledge of the effects of witnessing or experiencing violence, crime, or threat on symptoms of distress. K153. Knowledge of the relationship between hate crime victimization and symptoms of distress. K154. Knowledge of the relationship between moral or survivor guilt and shame and symptoms of distress. K132. Knowledge of methods for assessing the level of risk in crisis or potential crisis situations. K135. Knowledge of methods for mobilizing internal and external resources and supports in crisis or potential crisis situations. K155. Knowledge of interventions for managing distress or safety issues with clients exposed to violence, crime, or threat.
	T64. Evaluate level of distress associated with instances of sexual assault, rape, or sex trafficking to determine interventions that increase functioning or safety.	K156. Knowledge of the effects of sexual assault, rape, or sex trafficking on symptoms of distress. K132. Knowledge of methods for assessing the level of risk in crisis or potential crisis situations. K135. Knowledge of methods for mobilizing internal and external resources and supports in crisis or potential crisis situations. K157. Knowledge of interventions for managing distress or safety issues with survivors of sexual assault, rape, or sex trafficking.
	T65. Evaluate level of risk associated with child or adolescent crisis or trauma to determine interventions consistent with developmental level.	K158. Knowledge of the effects of trauma, grief, or caregiver disruption on stress or crisis reactions in children and adolescents. K159. Knowledge of the effects of traumatic peer interactions, crime, or school violence on stress or crisis reactions in children and adolescents. K132. Knowledge of methods for assessing the level of risk in crisis or potential crisis situations. K135. Knowledge of methods for mobilizing internal and external resources and supports in crisis or potential crisis situations. K160. Knowledge of interventions for managing distress or safety issues with children or adolescents experiencing crisis.

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<i>Section</i>	<i>Task Statement</i>	<i>Associated Knowledge Statements</i>
3B. Managing the Effects of Crisis Exposure or Situations, Continued (6%)	T66. Evaluate level of distress associated with traumatic or transitional stressors to determine interventions that increase functioning or safety.	K161. Knowledge of the effects of disruption or loss on symptoms of distress. K162. Knowledge of the effects of illness or injury on symptoms of distress. K163. Knowledge of the effects of exposure to natural or community disaster on symptoms of distress. K132. Knowledge of methods for assessing the level of risk in crisis or potential crisis situations. K135. Knowledge of methods for mobilizing internal and external resources and supports in crisis or potential crisis situations. K164. Knowledge of interventions for managing distress or safety issues with clients experiencing traumatic or transitional stressors.
	T67. Evaluate level of distress associated with immigration, migration, or discrimination experiences to determine interventions that increase functioning or safety.	K165. Knowledge of the effects of physical and psychological torture or exposure to war on symptoms of distress. K166. Knowledge of the effects of migration trauma on symptoms of distress. K167. Knowledge of the effects of family separation, threat of deportation, or displacement on symptoms of distress. K168. Knowledge of the effects of discrimination on symptoms of distress. K132. Knowledge of methods for assessing the level of risk in crisis or potential crisis situations. K135. Knowledge of methods for mobilizing internal and external resources and supports in crisis or potential crisis situations. K169. Knowledge of interventions for managing distress or safety issues with clients experiencing immigration, migration, or discrimination crises.

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4. Case Conceptualization and Planning (12%) – This area assesses the candidate’s ability to formulate treatment plans that establish the goals and objectives of therapy at different stages of treatment. This area also assesses the candidate’s ability to apply theory in establishing a framework for therapy.

<i>Section</i>	<i>Task Statement</i>	<i>Associated Knowledge Statements</i>
4A. Planning Therapeutic Goals and Defining the Course of Treatment (4%)	T68. Establish short- and long-term goals and objectives to provide a framework for treatment at different stages of therapy.	K170. Knowledge of the role of therapeutic goals in targeting change. K171. Knowledge of methods for establishing treatment goals and objectives.
	T69. Define outcome measures to guide treatment specific to the presenting problem.	K172. Knowledge of factors that indicate therapeutic progress. K173. Knowledge of methods for measuring therapeutic outcomes specific to presenting problems.
	T70. Monitor therapeutic progress to determine the need to modify treatment approach.	K174. Knowledge of methods for assessing progress at different stages of therapy. K175. Knowledge of circumstances that indicate a need to change treatment approach.
	T71. Monitor the therapeutic alliance throughout therapy to maintain the treatment relationship.	K176. Knowledge of indicators of damage to the therapeutic relationship. K177. Knowledge of strategies for establishing or promoting the therapeutic alliance at different stages of treatment.
	T72. Consider parameters or limitations of third-party referral sources in developing a treatment plan to provide for client needs.	K178. Knowledge of strategies for developing treatment goals that consider the limitations of third-party referrals. K179. Knowledge of strategies for developing treatment goals that address the best interest of clients. K180. Knowledge of methods for providing clients with ongoing access to care.
	T73. Develop a framework for conducting group therapy to provide structure and content for treating multiple clients.	K181. Knowledge of types of group treatment and processes. K182. Knowledge of the therapeutic value of groups in providing or augmenting treatment. K183. Knowledge of methods for forming, structuring, and orienting therapy groups.
4B. Implementing Theory in Treatment Planning (5%)	T74. Formulate a treatment plan within a family systems theoretical orientation to provide a framework for theory-informed therapy.	K184. Knowledge of the concepts of general family systems theory necessary for planning treatment. K185. Knowledge of the concepts of structural theory necessary for planning treatment. K186. Knowledge of the concepts of strategic theory necessary for planning treatment. K187. Knowledge of the concepts of multigenerational theory necessary for planning treatment. K188. Knowledge of the concepts of experiential family theory necessary for planning treatment.
	T75. Formulate a treatment plan within a cognitive behavioral theoretical orientation to provide a framework for theory-informed therapy.	K189. Knowledge of the concepts of general cognitive behavioral theory necessary for planning treatment. K190. Knowledge of the concepts of dialectical behavioral theory necessary for planning treatment. K191. Knowledge of the concepts of rational-emotive behavioral theory necessary for planning treatment.

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4. Case Conceptualization and Planning (12%) – This area assesses the candidate's ability to formulate treatment plans that establish the goals and objectives of therapy at different stages of treatment. This area also assesses the candidate's ability to apply theory in establishing a framework for therapy.		
Section	Task Statement	Associated Knowledge Statements
4B. Implementing Theory in Treatment Planning, Continued (5%)	T76. Formulate a treatment plan within a postmodern theoretical orientation to provide a framework for theory-informed therapy.	K193. Knowledge of the concepts of general postmodern theory necessary for planning treatment. K194. Knowledge of the concepts of narrative theory necessary for planning treatment. K195. Knowledge of the concepts of solution-oriented theory necessary for planning treatment.
	T77. Formulate a treatment plan within a psychodynamic theoretical orientation to provide a framework for theory-informed therapy.	K197. Knowledge of the concepts of general psychodynamic theory necessary for planning treatment. K198. Knowledge of the concepts of attachment theory necessary for planning treatment. K200. Knowledge of the concepts of object relations theory necessary for planning treatment. K201. Knowledge of the concepts of self-psychology theory necessary for planning treatment.
	T78. Formulate a treatment plan within a humanistic-existential theoretical orientation to provide a framework for theory-informed therapy.	K202. Knowledge of the concepts of general humanistic-existential theory necessary for planning treatment. K203. Knowledge of the concepts of gestalt theory necessary for planning treatment. K204. Knowledge of the concepts of client-centered theory necessary for planning treatment. K206. Knowledge of the concepts of emotionally focused theory necessary for planning treatment.
4C. Planning for Termination (3%)	T79. Review therapeutic goals and progress to determine client readiness for termination.	K207. Knowledge of therapeutic changes that indicate readiness to terminate therapy. K208. Knowledge of methods for managing the termination process.
	T80. Collaborate with clients on termination plan to develop timeline for completing therapeutic services.	K209. Knowledge of methods for determining when and how to terminate therapy services. K210. Knowledge of methods for reinforcing therapeutic gains. K211. Knowledge of methods for conveying policy information regarding reinitiating therapy.
	T81. Manage issues that arise during termination to maintain therapeutic progress or prevent therapeutic dependency.	K212. Knowledge of methods for managing grief and loss associated with termination. K213. Knowledge of methods for managing anxiety or perceived abandonment associated with termination. K214. Knowledge of methods for managing termination issues consistent with ability or developmental level.
	T82. Manage issues associated with premature termination to provide for the best interest of clients.	K215. Knowledge of methods for addressing issues or safety concerns associated with premature termination.

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<p>5. Treatment (29%) – This area assesses the candidate’s ability to implement interventions that improve interpersonal functioning or build more effective relationships with individuals, couples, and families across the lifespan. This area also assesses the candidate’s ability to apply theory in the course of treatment, and to utilize groups, consultations, and collaborations in the effective provision of services.</p>		
<i>Section</i>	<i>Task Statement</i>	<i>Associated Knowledge Statements</i>
5A. Addressing Interpersonal, Couple, and Family Relationships (5%)	T83. Implement interventions that address bonding, attachment disruption, or attachment deprivation to provide stability or change relationship dynamics.	K216. Knowledge of techniques for improving attachments or developing adaptive attachment styles. K217. Knowledge of interventions that address the effects of caregiver disruption, out-of-home placements, or adoption. K218. Knowledge of the impact of culture on attachment styles. K219. Knowledge of interventions that address the effects of formative relationships on interpersonal functioning.
	T84. Apply strategies for increasing parenting skills to provide consistent care or improve relationships.	K220. Knowledge of the effects of parenting styles. K221. Knowledge of cultural differences in parenting styles. K222. Knowledge of strategies for managing stressors associated with parenting challenges or parenting children with special needs. K223. Knowledge of methods for improving parenting or co-parenting skills or relationships.
	T85. Implement interventions that address social or interpersonal issues to build more effective relationships.	K224. Knowledge of strategies for managing the effects of social media or mass media on psychosocial or interpersonal functioning. K225. Knowledge of interventions that address the effects of social pressure, competition, rejection, or harassment on interpersonal functioning. K219. Knowledge of interventions that address the effects of formative relationships on interpersonal functioning. K226. Knowledge of strategies for managing social anxiety, phobia, or avoidance. K227. Knowledge of techniques for improving social skills or interpersonal relationships.
	T86. Provide premarital or commitment counseling to prepare for change in relationship status or build relationship skills.	K228. Knowledge of methods for negotiating relationship expectations or changes in commitment. K229. Knowledge of techniques for increasing relationship skills. K230. Knowledge of interventions that respect nontraditional relationship structures.
	T87. Implement interventions that address sources of conflict or distress to improve interpersonal functioning or relationships.	K231. Knowledge of strategies for managing the effect of infidelity or issues of trust in relationships. K232. Knowledge of methods for changing communication or interaction patterns. K233. Knowledge of methods for changing family structure, roles, rules, and boundaries. K234. Knowledge of techniques for resolving interpersonal conflicts. K235. Knowledge of techniques for increasing or altering connections in relationships. K230. Knowledge of interventions that respect nontraditional relationship structures.

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Section	Task Statement	Associated Knowledge Statements
<p>5A. Addressing Interpersonal, Couple, and Family Relationships, Continued (5%)</p>	<p>T88. Implement interventions that address intimacy or sexual interactions to make determinations about or improve emotional or physical connections in relationships.</p>	<p>K236. Knowledge of interventions that address the effects of trauma on intimacy or sexual interactions. K237. Knowledge of strategies for managing the impact of social pressures and media messaging on intimacy or sexual interactions. K238. Knowledge of interventions that address relational or biopsychosocial factors that impact intimacy or sexual interactions. K235. Knowledge of techniques for increasing or altering connections in relationships. K230. Knowledge of interventions that respect nontraditional relationship structures.</p>
	<p>T89. Assist clients in managing the effects of family disruption or change to stabilize or improve relationships.</p>	<p>K239. Knowledge of strategies for managing the effects of ruptures or transitions on family relationships. K240. Knowledge of interventions that address issues associated with blended family dynamics. K235. Knowledge of techniques for increasing or altering connections in relationships. K230. Knowledge of interventions that respect nontraditional relationship structures.</p>
<p>5B. Addressing the Impact of Grief, Trauma, and Violence (3%)</p>	<p>T90. Implement interventions that address issues of grief and loss to assist in the grieving process.</p>	<p>K241. Knowledge of models of grief and loss across the lifespan. K242. Knowledge of interventions that respect cultural perspectives or differences regarding grief and mourning. K243. Knowledge of interventions that address individual processes of grieving.</p>
	<p>T91. Apply strategies that address the effects of trauma or abuse to reduce symptoms impacting functioning or relationships.</p>	<p>K244. Knowledge of strategies for managing somatic complaints or dissociation. K245. Knowledge of methods for preventing retraumatization or revictimization. K246. Knowledge of interventions that address the effects of trauma or abuse across the lifespan.</p>
	<p>T92. Apply strategies for addressing issues associated with military service to manage the impact of active duty, deployment, combat, or reintegration on clients or families.</p>	<p>K247. Knowledge of strategies for managing the psychological effects of military service or combat. K248. Knowledge of interventions that address the effects of active service or combat with military personnel or families. K249. Knowledge of interventions that address the effects of reunification or reintegration with military personnel or families.</p>
	<p>T93. Implement interventions that address issues of anger, impulsivity, or violence to reduce aggressive tendencies.</p>	<p>K250. Knowledge of strategies for managing anger, controlling impulses, or increasing behavioral accountability. K251. Knowledge of interventions that address underlying issues that contribute to anger, aggression, or volatility.</p>

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5. Treatment (29%) – This area assesses the candidate’s ability to implement interventions that improve interpersonal functioning or build more effective relationships with individuals, couples, and families across the lifespan. This area also assesses the candidate’s ability to apply theory in the course of treatment, and to utilize groups, consultations, and collaborations in the effective provision of services.

<i>Section</i>	<i>Task Statement</i>	<i>Associated Knowledge Statements</i>
5C. Addressing the Impact of Physical and Psychological Issues (6%)	T94. Implement interventions that address the effects of illness, injury, or disability to adapt to, cope with, or manage the impact on functioning or relationships.	K252. Knowledge of strategies for managing stressors associated with illness, injury, or disability. K253. Knowledge of interventions that address the effects of illness, injury or disability on individuals, couples, or families.
	T95. Manage issues associated with treatment compliance to promote adherence with or understanding of treatment recommendations.	K254. Knowledge of strategies for managing adherence or other issues associated with treatment compliance.
	T96. Implement interventions that address clinical or subclinical levels of mood, anxiety, or emotional dysregulation to manage the impact of symptoms on functioning or relationships.	K255. Knowledge of strategies for managing symptoms associated with mood, anxiety, or emotional dysregulation. K256. Knowledge of methods for increasing understanding of psychological symptoms or disorders. K257. Knowledge of interventions that address the effects of mental health symptoms or disorders on individuals, couples, or families.
	T97. Implement interventions that address issues associated with severe mental illness to manage the impact of symptoms on functioning or relationships.	K258. Knowledge of strategies for managing symptoms associated with severe mental illness. K256. Knowledge of methods for increasing understanding of psychological symptoms or disorders. K257. Knowledge of interventions that address the effects of mental health symptoms or disorders on individuals, couples, or families.
	T98. Implement interventions that address issues associated with childhood disorders to manage the impact of symptoms on functioning or relationships.	K259. Knowledge of strategies for managing symptoms associated with childhood disorders. K256. Knowledge of methods for increasing understanding of psychological symptoms or disorders. K257. Knowledge of interventions that address the effects of mental health symptoms or disorders on individuals, couples, or families.
	T99. Apply strategies for managing caregiver stressors to improve ability to provide care for self or others.	K260. Knowledge of stress and coping models related to caregiving. K261. Knowledge of the effects of stress on physical and psychological health. K262. Knowledge of strategies for managing caregiver stressors or providing support.

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<i>Section</i>	<i>Task Statement</i>	<i>Associated Knowledge Statements</i>
5C. Addressing the Impact of Physical and Psychological Issues, Continued (6%)	T100. Implement interventions that address issues associated with body- or self-image to change perceptions or behaviors.	K263. Knowledge of the signs, symptoms, and risk factors associated with eating disorders. K264. Knowledge of factors that contribute to body- and self-image. K265. Knowledge of the impact of pressure from peers, social media, or mass media on perceptions of body- and self-image. K266. Knowledge of interventions that address issues related to eating disorders. K267. Knowledge of techniques for improving body- or self-image.
	T101. Apply techniques that address issues associated with substance use or addictive behaviors to reduce harm, improve functioning, or manage the impact on relationships.	K268. Knowledge of the stages of change in addiction treatment or recovery. K269. Knowledge of interventions that address the effects of substance use or addictive behaviors on functioning or relationships. K270. Knowledge of methods for determining level of care or options for addiction treatment. K271. Knowledge of strategies for sustaining recovery and relapse prevention. K273. Knowledge of the therapeutic techniques consistent with motivational interviewing.
5D. Addressing Developmental or Psychosocial Issues (5%)	T103. Implement interventions that address issues associated with developmental level to facilitate developmental progression.	K274. Knowledge of methods for increasing understanding of developmental tasks. K275. Knowledge of interventions that address developmental progression or delay.
	T104. Implement interventions that address issues associated with life cycle or family life cycle to facilitate adjustment to transitions.	K276. Knowledge of the impact of gender, culture, and socioeconomic factors on life cycle or family life cycle. K277. Knowledge of methods for increasing understanding of stages and transitions associated with life cycle or family life cycle. K278. Knowledge of interventions that address life cycle, transitions, or challenges.
	T105. Implement interventions that address oppositional, conduct-related, or other behavioral issues to improve functioning or relationships.	K279. Knowledge of the effects of developmental, cognitive, interpersonal, or environmental factors on behavior. K280. Knowledge of interventions that address oppositional, conduct-related, or maladaptive behaviors. K281. Knowledge of methods for involving parental figures, caregivers, or collateral others in providing structure or support for behavioral improvement.

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5. Treatment (29%) – This area assesses the candidate’s ability to implement interventions that improve interpersonal functioning or build more effective relationships with individuals, couples, and families across the lifespan. This area also assesses the candidate’s ability to apply theory in the course of treatment, and to utilize groups, consultations, and collaborations in the effective provision of services.

<i>Section</i>	<i>Task Statement</i>	<i>Associated Knowledge Statements</i>
5D. Addressing Developmental or Psychosocial Issues, Continued (5%)	T106. Implement interventions that address the effects of psychosocial stressors to manage significant life changes or events.	K282. Knowledge of the physical and psychological effects of acute and chronic stress. K283. Knowledge of interventions for addressing the effects of psychosocial stressors.
	T107. Manage stressors related to experiences with the judicial system to address the impact of current or past legal involvement on functioning or relationships.	K284. Knowledge of strategies for managing stressors associated with family court, dependency court, or other legal involvement. K285. Knowledge of interventions that address the impact of incarceration, probation, or parole on functioning and relationships. K286. Knowledge of methods for managing the impact of involvement in the legal system on client. K287. Knowledge of interventions that address issues regarding reintegration or recidivism.
	T108. Identify strategies for addressing stressors or issues associated with the workplace to change behaviors or increase job satisfaction.	K288. Knowledge of techniques for improving communication, assertiveness, or conflict resolution skills in the workplace. K289. Knowledge of methods for increasing coping in situations of workplace stress, conflict, or harassment. K290. Knowledge of interventions that address issues of performance, motivation, or satisfaction in workplace settings. K291. Knowledge of methods for interacting with employee assistance programs or other third parties associated with the workplace.
	T109. Identify strategies for addressing stressors or issues associated with educational settings to facilitate adjustment, change behaviors, or improve performance.	K292. Knowledge of strategies for managing the impact of external or interpersonal factors on academic performance or behavior. K293. Knowledge of methods for changing behaviors in academic settings. K294. Knowledge of interventions that address academic performance or promote well-being in academic settings.

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<i>Section</i>	<i>Task Statement</i>	<i>Associated Knowledge Statements</i>
<p>5D. Addressing Developmental or Psychosocial Issues, Continued (5%)</p>	<p>T110. Implement interventions that address issues of diversity to provide treatment responsive to clients’ unique experiences or worldviews.</p>	<p>K295. Knowledge of strategies for managing the effects of discrimination, oppression, and microaggression. K296. Knowledge of strategies for managing stressors associated with immigration or migration. K297. Knowledge of interventions that address acculturation issues or differences. K298. Knowledge of interventions that address the impact of beliefs and values on functioning or relationships. K299. Knowledge of interventions that address the impact of intersectionality on functioning or relationships. K300. Knowledge of methods for providing culturally competent treatment.</p>
	<p>T111. Implement interventions that address sexual or gender minority experiences to improve functioning or relationships.</p>	<p>K295. Knowledge of strategies for managing the effects of discrimination, oppression, and microaggression. K298. Knowledge of interventions that address the impact of beliefs and values on functioning or relationships. K301. Knowledge of strategies for managing stressors associated with sexual or gender minority experiences. K302. Knowledge of interventions that address the impact of sexual orientation or gender identity on functioning or relationships. K299. Knowledge of interventions that address the impact of identity intersectionality on functioning or relationships. K303. Knowledge of interventions that address issues of acceptance, adjustment, or support with family members of sexual or gender minority individuals.</p>

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<p>5. Treatment (29%) – This area assesses the candidate’s ability to implement interventions that improve interpersonal functioning or build more effective relationships with individuals, couples, and families across the lifespan. This area also assesses the candidate’s ability to apply theory in the course of treatment, and to utilize groups, consultations, and collaborations in the effective provision of services.</p>		
<i>Section</i>	<i>Task Statement</i>	<i>Associated Knowledge Statements</i>
5E. Applying Theory in Practice (7%)	T112. Implement interventions consistent with a family systems theoretical orientation to provide theory-informed therapy.	<p>K304. Knowledge of interventions consistent with general family systems theories necessary for providing treatment.</p> <p>K305. Knowledge of interventions consistent with structural theory necessary for providing treatment.</p> <p>K306. Knowledge of interventions consistent with strategic theory necessary for providing treatment.</p> <p>K307. Knowledge of interventions consistent with multigenerational theory necessary for providing treatment.</p> <p>K308. Knowledge of interventions consistent with experiential family theory necessary for providing treatment.</p>
	T113. Implement interventions consistent with a cognitive behavioral theoretical orientation to provide theory-informed therapy.	<p>K309. Knowledge of interventions consistent with general cognitive behavioral theories necessary for providing treatment.</p> <p>K310. Knowledge of interventions consistent with dialectical behavioral theory necessary for providing treatment.</p> <p>K311. Knowledge of interventions consistent with rational-emotive behavioral theory necessary for providing treatment.</p>
	T114. Implement interventions consistent with a postmodern theoretical orientation to provide theory-informed therapy.	<p>K313. Knowledge of interventions consistent with general postmodern theories necessary for providing treatment.</p> <p>K314. Knowledge of interventions consistent with narrative theory necessary for providing treatment.</p> <p>K315. Knowledge of interventions consistent with solution-oriented theory necessary for providing treatment.</p>
	T115. Implement interventions consistent with a psychodynamic theoretical orientation to provide theory-informed therapy.	<p>K317. Knowledge of interventions consistent with general psychodynamic theories necessary for providing treatment.</p> <p>K318. Knowledge of interventions consistent with attachment theory necessary for providing treatment.</p> <p>K320. Knowledge of interventions consistent with object relations theory necessary for providing treatment.</p> <p>K321. Knowledge of interventions consistent with self-psychology theory necessary for providing treatment.</p>

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<p>5. Treatment (29%) – This area assesses the candidate’s ability to implement interventions that improve interpersonal functioning or build more effective relationships with individuals, couples, and families across the lifespan. This area also assesses the candidate’s ability to apply theory in the course of treatment, and to utilize groups, consultations, and collaborations in the effective provision of services.</p>		
<i>Section</i>	<i>Task Statement</i>	<i>Associated Knowledge Statements</i>
5E. Applying Theory in Practice, Continued (7%)	T116. Implement interventions consistent with a humanistic-existential theoretical orientation to provide theory-informed therapy.	<p>K322. Knowledge of interventions consistent with general humanistic-existential theories necessary for providing treatment.</p> <p>K323. Knowledge of interventions consistent with gestalt theory necessary for providing treatment.</p> <p>K324. Knowledge of interventions consistent with client-centered theory necessary for providing treatment.</p> <p>K326. Knowledge of interventions consistent with emotionally-focused theory necessary for providing treatment.</p>
5F. Use of Groups, Referrals, and Collaborations in Therapy (3%)	T117. Incorporate group therapy to augment treatment or provide support.	<p>K327. Knowledge of models and stages of group work and processes.</p> <p>K328. Knowledge of methods for establishing group composition and cohesion.</p> <p>K329. Knowledge of techniques for conducting group therapy with different populations or therapeutic issues.</p> <p>K330. Knowledge of methods for managing issues associated with group dynamics or processes.</p> <p>K331. Knowledge of factors that indicate when a client would benefit from group referral.</p>
	T118. Refer clients to community resources to access services that support treatment objectives.	<p>K332. Knowledge of factors that indicate when a client would benefit from community resources.</p> <p>K333. Knowledge of community resources that support treatment goals and objectives.</p>
	T119. Refer clients for psychoeducational, educational, or vocational services to support treatment objectives.	<p>K334. Knowledge of factors that indicate when a client would benefit from psychoeducational, educational, or vocational services.</p> <p>K335. Knowledge of psychoeducational, educational, and vocational services that support treatment goals and objectives.</p>
	T120. Refer clients to medical or allied health professionals to provide adjunctive therapeutic services.	<p>K336. Knowledge of factors that indicate when a client would benefit from additional medical or allied health services.</p> <p>K337. Knowledge of medical and allied health services that support treatment goals and objectives.</p>
	T121. Participate on interdisciplinary team to provide services that address client needs.	<p>K338. Knowledge of methods for collaborating as part of a team in providing treatment that meets client needs.</p> <p>K339. Knowledge of methods for coordinating care with other providers involved in client treatment.</p>

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6. Managing Legal and Ethical Obligations within the Therapeutic Relationship (10%) – This area assesses the candidate’s ability to address the effects of legal and ethical obligations within the Therapeutic Relationship. This area also assesses the candidate’s ability to act in a professional manner that prevents gross harm or negligence.	
<i>Task Statement</i>	<i>Associated Knowledge Statements</i>
T122. Address issues of consent during the course of treatment to facilitate ability of clients to make informed treatment decisions.	K340. Knowledge of legal and ethical disclosures that facilitate the informed consent process. K341. Knowledge of methods for managing issues related to informed consent in the therapeutic process.
T123. Manage clinical issues related to the disclosure of confidential information to protect the client or the therapeutic relationship.	K342. Knowledge of legal and ethical requirements related to the disclosure of confidential information. K343. Knowledge of methods for managing the power differential in the therapeutic process. K344. Knowledge of methods for managing the impact of confidentiality or limits to confidentiality on the client or therapeutic relationship.
T124. Maintain professional boundaries to prevent situations or relationships that may impair professional judgment or adversely impact the therapeutic relationship.	K345. Knowledge of methods for managing boundaries or professional relationships with clients. K346. Knowledge of methods to prevent impairment to professional judgment or client exploitation in situations where dual relationships are unavoidable.
T125. Address issues of countertransference or personal values, beliefs, or experiences to prevent interference with professional objectivity or judgment.	K347. Knowledge of situations that indicate a need for consultation with colleagues or other professionals. K348. Knowledge of methods for managing countertransference or other personal issues in the therapeutic process.
T126. Engage in conduct that upholds personal and professional integrity to prevent gross harm or negligence.	K349. Knowledge of legal and ethical requirements regarding professional conduct. K350. Knowledge of the effects of incompetent, unethical, or unprofessional conduct on clients or the therapeutic process.
T127. Address issues related to the use of information and communication technologies within the therapeutic framework to protect the client and therapeutic relationship.	K351. Knowledge of legal and ethical requirements related to the use of electronic media within the therapeutic relationship. K352. Knowledge of methods for managing the impact of technology on therapeutic issues of trust, boundaries, and confidentiality.
T128. Manage clinical issues related to records maintenance, storage, and dissemination to protect the therapeutic relationship or client confidentiality.	K353. Knowledge of legal and ethical requirements related to the maintenance, storage, and dissemination of records. K354. Knowledge of methods for managing the impact of records requirements on the therapeutic relationship or best interest of the client.
T129. Engage with third-party or referring sources in a manner consistent with best practice to protect the client and the therapeutic relationship.	K355. Knowledge of legal and ethical requirements related to engaging with third-party entities. K356. Knowledge of methods for managing the impact of third-party involvement on the therapeutic relationship.

LICENSED MARRIAGE AND FAMILY THERAPIST WRITTEN CLINICAL EXAMINATION OUTLINE SAMPLE QUESTIONS

Clinical Evaluation:

1. A 25-year-old client initiates therapy with complaints of chronic depression and lack of motivation. The client currently lives with his grandparents, does not have any money, and is attempting to finish graduate school. He discloses that his parents had a traumatic divorce several years ago and he fears he will become like his father, who had an emotional breakdown and abused his mother. The client currently has a girlfriend who lives in another state, and he says he feels alone without her. Which of the following actions should the therapist take to assess this client?
 - a. Gather family history, explore client's strengths, identify coping mechanisms
 - b. Gather family history, determine somatic symptoms, identify familial coping patterns
 - c. Explore substance use, determine somatic symptoms, identify coping mechanisms
 - d. Explore substance use, explore client's strengths, identify familial coping patterns

Crisis Management:

2. A 36-year-old client initiates therapy and reports that the previous night she went on a date with a man she had met online. After dinner he raped her and then dropped her off at home as if nothing happened. She tells the therapist that she spent the night in the emergency room, and is afraid to go home because her assaulter knows where she lives. Which of the following actions should the therapist initially take in this crisis situation?
 - a. Re-establish the client's feelings of control to reduce her sense of victimization
 - b. Evaluate the client's support systems to identify a safe place for the client to stay
 - c. Develop the client's trauma narrative of the event to desensitize emotional impact
 - d. Encourage the client to file a police report to protect other women from the perpetrator

Treatment Planning:

3. A 7-year-old client is brought to therapy by his mother, who states that the client has been moody and defiant at home and has been fighting with other children at school. She states that the client's change in behavior began four months ago, following a foreclosure of the house that the family had lived in for several years. She further states that the client's father did not move with them to the new apartment, and that despite the fact that he works constantly, they still face eviction so she is refusing to let him see the client. Which of the following goals should be included in the treatment plan for this case?
 - a. Decrease fighting at school and defiance at home
Re-establish appropriate relationships between family members
Refer the mother for financial assistance
 - b. Decrease fighting at school and defiance at home
Re-establish appropriate relationships between family members
Refer the mother for anger management
 - c. Enhance impulse-control and attention span
Explore the marital relationship
Refer the mother for financial assistance
 - d. Enhance impulse-control and attention span
Explore the marital relationship
Refer the mother for anger management

Treatment:

4. A 19-year-old college student is referred to therapy by her physician for symptoms of panic. Her physician declined to prescribe medication until the client has initiated therapy. The client, however, believes that only medication will control her symptoms and that therapy is a “waste of time.” Which of the following interventions would a cognitive-behavioral therapist use to address the client’s participation in therapy?
- Interpret the client’s distorted cognitions and identify their connection to her current symptoms of panic
 - Explore the client’s disappointment with her physician and validate her automatic thoughts as a logical consequence. Examine the client’s assumptions regarding treatment and collaborate with her to promote a shift in personal conclusions
 - Role-play with the client to increase her assertiveness and encourage her to communicate her concerns directly with her physician

Ethics:

5. A therapist is currently involved in a contentious divorce and perceives his spouse as aggressive and unreasonable. The therapist begins meeting weekly with a colleague for consultation to prevent his feelings from impacting therapy with his clients. Three weeks later, a client who has been in ongoing therapy for symptoms of depression begins describing relationship difficulties that are similar to what the therapist is experiencing. Which of the following actions should the therapist take to manage the ethical issues involved in this case?
- Provide continued treatment to the client and discuss the case with the colleague to monitor own feelings
 - Utilize limited self-disclosure and reassure the client of the therapist’s understanding to enhance therapeutic empathy
 - Explain the potential for bias on the part of the therapist and refer the client to an alternate therapist to provide ongoing treatment
 - Contain the therapist’s own feelings and focus discussions on the client’s depression to maintain consistency with established treatment goals

Law:

6. A 47-year-old client is referred for therapy by his pastor for complaints of problems in his marriage. The client wants to work on issues that involve only him, but mentions that he was in therapy with his wife several months ago. He wants to obtain the records from the previous therapist, but does not want his wife to know he has sought treatment alone. Which of the following actions should the therapist take in this situation?
- Have the client sign a release to obtain treatment records that pertain to him
 - Contact the previous therapist to request summary records of the client’s therapy
 - Inform the client that the couple must each sign a release for previous treatment records
 - Reassure the client that the records are not necessary because the treatment focus has changed

Answers: 1-A; 2-B; 3-B; 4-C; 5-A; 6-C