



# The National Licensing Exam for Marriage and Family Therapy: An Independent Study Guide

*Lucas A. Volini*

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Everything you need to know in a condensed and structured Independent Study Guide specifically designed to prepare you in successfully passing the National Licensing Exam in Marital and Family Therapy. This innovative approach to effective and efficient preparation is tailored to the new format of the National Exam which is now far more application based than knowledge based. As other manuals contain up to 1,200 pages of text covering the entire field of Family Therapy in great detail, this author has condensed the same information down to the bare essentials of what is needed to pass the exam. This is not meant to serve as a thorough review of everything you already learned in graduate school; instead, it will review such knowledge in ways congruent to what the exam will measure.

The philosophy of this manual was to teach you how to pass the exam as opposed to reviewing the textbook. The content contains a review of each primary theory to Marriage & Family Therapy as organized by the knowledge domains stated by the Association for Marital & Family Therapy Regulatory Board. To further grasp how these theories are applied to families (keeping in line with the application-based nature of the licensing exam), the author has provided a glossary containing narratives of each approach applied to the same family vignette. To further differentiate this manual from the other available options, Part I contains an overview of the exam, test-taking strategies and study techniques to ensure that your preparations are effective and efficient. It will also move beyond theory and into the other knowledge domains covered on the exam as well as provide a thorough glossary of all key terms and primary interventions labeled by the theory in which they belong. Finally, the manual includes a Practice Exam with correct answers stated along with a rationale as to why each answer was correct or incorrect.

Contents include:

**Part I:** About the Exam, Test-Taking Strategies & Study Techniques.

**Part II:** The History of the Field of Marriage & Family Therapy.

**Part III:** The Theory & Practice of Marriage & Family Therapy.

**Part IV:** Clinical Considerations & Concepts

**Part V:** The Practice Exam

Walk into test day feeling confident and prepared after completing this Independent Study Guide. An affordable and effective resource made by a Marriage & Family Therapist for Marriage & Family Therapists.

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