



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

By Lucas A. Volini

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## The National Licensing Exam for Marriage and Family Therapy: An Independent Study Guide By Lucas A. Volini

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 context 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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### **Editorial Review**

#### **Review**

No matter how well prepared MFT graduates might be for practicing their craft, passing the national exam requires the ability to focus intensely and rather exclusively on what is specifically required to achieve a very limited short-term goal. This Independent Study Guide helps you to do just that--no less and no more than what is absolutely necessary to successfully pass the exam. I recommend it.

-Dr. Bill Forisha, Ph.D., LP, LMFT

Professor Emeritus: Antioch University, Seattle

Department Chair: Doctoral Program in Marriage & Family Therapy, Argosy University

#### **About the Author**

Lucas is a Doctor of Marriage & Family Therapy, Licensed Marriage & Family Therapist, and Clinical Fellow of the American Association for Marriage & Family Therapy, Minnesota Chapter. The emphasis of Lucas's doctoral studies focused on macrosystemic dynamics and the role of existential philosophy in systemically-oriented therapies. Lucas's dissertation introduces Global Family Therapy, a newly developed approach to individual, couple, and family therapy that integrates existential philosophy with the empirical findings of Terror Management Theory. Lucas is on the faculty at his alma mater, Saint Mary's University of Minnesota, in their Department of Marriage and Family Therapy. Lucas has always conveyed an organic passion and excitement for the many theories and concepts associated with the study and practice of Marriage & Family Therapy. From the existential underpinnings of paradoxical interventions to the hints of Buddhism sprinkled throughout the post-modern movement, Lucas will often say he enjoys talking about therapy more than practicing it. As so, Lucas regularly facilitates continued-education trainings, guest lectures in various courses at the graduate level, and instructs preparation courses based off of this manual for recent graduates planning to sit for the National Licensing Exam. Lucas is currently the co-developer and co-facilitator of The Anicca Program, an adolescent day treatment center hosted by Carver County Social Services. This unique approach to Day Treatment integrates concepts from interpersonal neurobiology, existential and Buddhist philosophy, developmental psychology, and general systems theory to effectively meet the most significant mental health needs of developing adolescents. There, Lucas facilitates an experiential encounter group, individual therapy, family therapy, and trains graduate students in Marriage & Family Therapy programs through co-therapy and supervision. He is also the co-owner of Being While Becoming, a private practice group in Waconia, MN where he works with individuals across the life span, couples, and families while also training graduate students. Most importantly, Lucas is a fortunate and grateful husband to his wife, Lauren, and a loving father to his two children, Jackson James and Antonia AnnMarie.

### **Users Review**

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#### **Robert Kuehner:**

Have you spare time for the day? What do you do when you have far more or little spare time? Sure, you can choose the suitable activity to get spend your time. Any person spent their very own spare time to take a go walking, shopping, or went to the particular Mall. How about open or even read a book allowed The National

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