

### Sample Study Plan for MFT Licensure Exam with 12 weeks to prepare

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total Qs
Date:								
Week 1 Baseline MFT Exam		12 Qs & review	Review (1 hour)	12 Qs & review	Review (1 hour)	Rest	12 Qs and review	
Enter Q Completed/Day								<b>Goal: 36 Qs</b>
Date:								
Week 2	Rest	12 Qs & review		12 Qs & review	Review (1 hour)	Rest	Practice Exam 1 and Review	
Enter Q Completed/Day								<b>Goal: 24Qs</b>
Date:								
Week 3	Rest	12 Qs & review	Review (1 hour)	12 Qs & review	Review (1 hour)	Rest	12 Qs and review	
Enter Q Completed/Day								<b>Goal: 36Qs</b>
Date:								
Week 4	Rest	12 Qs & review	Review (1 hour)		12 Qs & review	Review (1 hour)	Practice Exam 2	
Enter Q Completed/Day								<b>Goal: 24Qs</b>

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total Qs
Date:								
Week 5		12 Qs & review	Review (1 hour)	Review (1 hour)	12Qs & review	Rest	12 Qs & Review	
Enter Q Completed/Day								<b>Goal: 36 Qs</b>
Date:								
Week 6	Rest	12 Qs & review		12 Qs & review	Review (1 hour)	Rest	Practice Exam 3 & Review	
Enter Q Completed/Day								<b>Goal: 24Qs</b>
Date:								
Week 7	Rest	12 Qs & review	Review (1 hour)	12 Qs & review	Review (1 hour)	Rest	12 Qs & Review	
Enter Q Completed/Day								<b>Goal: 36 Qs</b>
Date:								
Week 8	Rest	12 Qs& review		12Q& review	Review (1 hour)	Rest	Practice Exam4 & Review	
Enter Q Completed/Day								<b>Goal: 24Qs</b>

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total Qs
Date:								
Week 9 Baseline MFT Exam		12 Qs & review	Review (1 hour)	12 Qs & review	Review (1 hour)	Rest	12 Qs & review	
Enter Q Completed/Day								<b>Goal: 36Qs</b>
Date:								
Week 10	Rest	12 Qs & review		12 Qs & review	Review (1 hour)	Rest	Practice Exam 1 and Review	
Enter Q Completed/Day								<b>Goal: 24Qs</b>
Date:								
Week 11	Rest	12 Qs & review	Review (1 hour)	12 Qs & review	Review (1 hour)	Rest	12Qs and review	
Enter Q Completed/Day								<b>Goal: 36Qs</b>
Date:								
Week 12	Rest	12 Qs & review	Review (1 hour)	12 Qs & review		Review (1 hour)	Practice Exam 2	
Enter Q Completed/Day								<b>Goal: 24Qs (total=360Q)</b>

- This plan is based on 20 hours of total content review study time (e.g., Anki, concept mapping, teaching a friend, and other active learning strategies), finishing all 360 question bank questions and using 5 practice exams (included baseline practice test). You can choose, number of weeks, which days to use for study and how many days a week makes sense for you. We recommend that you spread out your studying in a way like this for best results!
- Please reach out to us and we will help you design a customized plan specific to you and your needs.

### Preparing for Marriage & Family Licensure Exam

<b>Broad Topics</b>	<b>Subtopics</b>
<b>Foundations</b>	History, philosophy of approach, systems approach
<b>Theories &amp; Theorists</b>	Structural, Strategic, Bowenian, Narrative, Solution-Focused Brief, Psychoanalytic & Psychodynamic Theories
<b>Assessment &amp; Diagnosis</b>	DSM-5 diagnostic criteria for common mental health disorders. Interview/intake techniques, clinical assessment tools, standardized tests, including strengths-based and trauma-informed approaches. Cultural competence in assessment. Use of standardized assessment tools.
<b>Addictive/Abusive Behaviors</b>	DSM-5R
<b>Interventions</b>	Therapeutic approaches, Cognitive-Behavioral Therapy (CBT) Emotionally Focused Therapy (EFT) Psychodynamic and Psychoanalytic Approaches Solution-Focused Brief Therapy Structural and Strategic Family Therapy Narrative Therapy

<b>Human Development</b>	Cognitive development, emotional development, physical development, Life span development stages, Attachment theories, Family systems theory, Behavioral and cognitive-behavioral
<b>Diversity</b>	Understanding cultural, racial, and socioeconomic Gender, age, disability, etc., adapting therapy to meet varying client needs
<b>Professional Topics including supervision &amp; consultation</b>	Roles and responsibilities of an MFT, Supervision and training requirements, Practice management and business ethics, Continuing education requirements, Practice management and business ethics, boundaries, professional conduct and dual relationships, Ethical decision-making models, models of supervision, Record keeping and documentation
<b>Research/Evaluation</b>	Research methods, evaluating published work, Understanding research design and methodology Applying research findings to clinical work Critical appraisal of clinical studies Understanding research methods Applying evidence to practice