AMFTRB
Association of Marital & Family Therapy Regulatory Boards

# Handbook for Candidates

For the AMFTRB Marital and Family Therapy National Examination

**2026** Edition

Visit www.ptcny.com for the online application and the complete listing of deadlines and test dates.

PROFESSIONAL TESTING CORPORATION

Revised: April 30, 2026

## CONTACT INFORMATION

| | |
|---|---|
| Association of Marital & Family Therapy Regulatory Boards (AMFTRB)<br><br>https://www.amftrb.org | • State Licensing Board Contact Info |
| Professional Testing Corporation (PTC)<br><br>(212) 356-0660<br><br>www.ptcny.com/exam-sponsors/amftrb | • Apply for the examination<br>• Obtain application information & testing policies<br>• Transfer to a new testing period<br>• Request Test Accommodations<br>• Request Score Validation/Score Transfer<br>• Question about score reports<br>• Miscellaneous inquiries<br>• MFT Practice Test |
| Prometric<br>Computer Testing Centers<br><br>(800) 741-0934<br><br>www.prometric.com/AMFTRB | • Schedule test appointment<br>• Reschedule test appointment (within the same month)<br>• Cancel test appointment<br>• Find directions to test site<br>• Questions regarding testing sites and appointments |

## TESTING PERIODS

| App Deadline | Testing Window |
|---|---|
| 12/1/2025 | 1/17 - 1/24/2026 |
| 1/1/2026 | 2/14 - 2/21/2026 |
| 2/1/2026 | 3/14 - 3/21/2026 |
| 3/1/2026 | 4/11 - 4/18/2026 |
| 4/1/2026 | 5/9 - 5/16/2026 |
| 5/1/2026 | 6/13 - 6/20/2026 |
| 6/1/2026 | 7/18 - 7/25/2026 |
| 7/1/2026 | 8/15 - 8/22/2026 |
| 8/1/2026 | 9/12 - 9/19/2026 |
| 9/1/2026 | 10/17 - 10/24/2026 |
| 10/1/2026 | 11/14 - 11/21/2026 |
| 11/1/2026 | 12/12 - 12/19/2026 |

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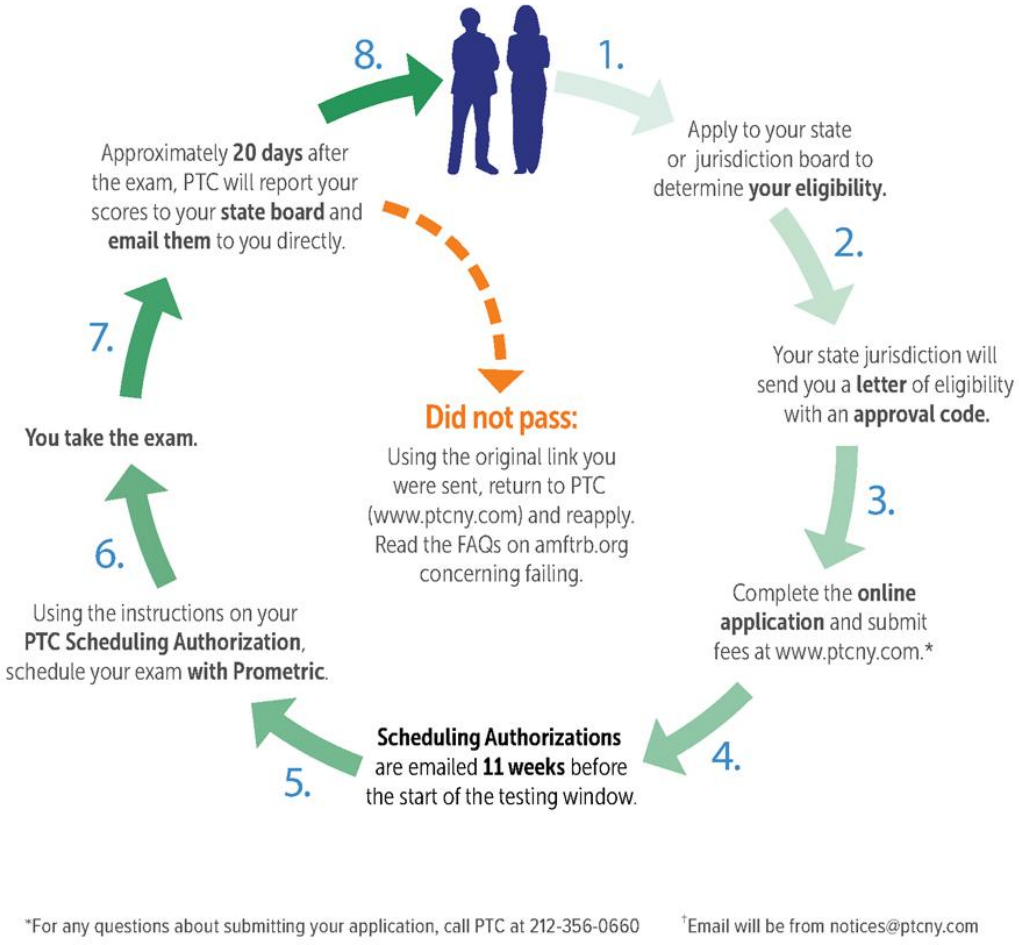
## HOW TO TAKE THE MFT NATIONAL EXAMINATION




Go to https://amftrb.org/your-exam-roadmap/ for more information

## A NOTE ABOUT STATE APPROVAL CODES

State licensing boards issues 13-character approval codes to eligible MFT candidates.

Candidates, except those from New York and Texas, will need a new approval code with each new application filled out on www.ptcny.com.

## PURPOSE OF THE EXAMINATION

The Association of Marital and Family Therapy Regulatory Boards (AMFTRB) MFT National Examination is provided to assist state licensing boards in evaluating the knowledge and experience of applicants for licensure. There is a wide diversity of educational backgrounds among the applicants who seek licensure in marital and family therapy. AMFTRB offers a standardized examination for use by its member boards in order to determine if these applicants have attained the knowledge and experience considered essential for entry level professional practice and to provide a common element in the evaluation of candidates from one state to another. The contribution of subject matter experts, AMFTRB, and Professional Testing Corporation (PTC) are used in the development and continuing improvement of the examination. The MFT National Examination is only part of the overall evaluation used by the member boards.

AMFTRB expects that candidates will be allowed to sit for the examination only after credentials have been examined and are found to meet the education and experience requirements for licensure in the respective state. Candidates are expected to have attained a broad basic knowledge of marital and family therapy regardless of the individual background. The examination is designed to assess this knowledge through questions focused on the tasks that an entry level marital and family therapist should be able to perform and the knowledge required to perform those tasks successfully. Candidates who have completed the required academic and experiential preparation and who have developed the level of competence necessary for entry level professional practice in marital and family therapy should be able to pass the examination. The practice domains, task statements, and knowledge statements upon which the examination is based have been included in this Handbook and may be helpful while preparing for the examination. AMFTRB, PTC, and the member boards cannot send copies of past examinations to applicants; additionally, there is not a list of recommended books or other materials for use in preparation for the examination.

## ADMINISTRATION

The Marital and Family Therapy National Examination is sponsored by the Association of Marital and Family Therapy Regulatory Boards (AMFTRB). Questions regarding eligibility criteria should be addressed to your state board. For a list of state boards, visit www.amftrb.org.

The Marital and Family Therapy National Examination is administered for AMFTRB by the Professional Testing Corporation (PTC). Questions concerning the examination should be referred to PTC at www.ptcny.com/contact.

## NON-DISCRIMINATION & DEI STATEMENTS

AMFTRB is committed to the principle of equal opportunity for all certification applicants, employees, and outside contractors. AMFTRB does not discriminate on the basis of race, ethnicity, gender, religion, sexual orientation, national origin, age, disability, socioeconomic status, or other characteristics or status protected by federal or state law in the administration of its policies, employment, and other administered programs and activities.

AMFTRB recognizes and affirms the inherent dignity, value, and rights of every individual and is committed to embracing diversity, equity, inclusion, and accessibility within our organization, among our member boards and other stakeholders. AMFTRB strives to create a truly equitable environment in which the unique ideas, points of view, and experiences of all members of the stakeholder community are accepted and embraced in a manner that creates safety and support and is mindful of all aspects of human differences, such as socioeconomic status, race, ethnicity, language, nationality, sex, gender identity, sexual orientations, religion, geography, differing abilities, and age.

### Choosing a Testing Period

The MFT National Examination is given during a one-week window every month. Keep the following in mind when choosing your testing period:

1. Give yourself enough time to study. A practice test is offered at www.ptcny.com.

2. You may need to have your results in to your state board by a certain date. Be sure that you allow yourself enough time to retest if you fail the first time.

3. Emergencies happen. Check pages 6-7 of this Handbook to see how you can change your testing period from one month to another.

# INITIAL APPLICATION PROCEDURE

***Step 1 – Apply for Eligibility with Your State Board***

- Contact your state licensing board
    - Licensing eligibility requirements
    - Licensing application deadlines
    - Licensing application fees
    - Note: licensing application requirements, deadlines, and fees may be in addition to those of the National MFT Examination
- See www.amftrb.org for state board contact information.
- Once approved, your state licensing board will send a letter/email with your approval code.
- **The approval code may only be used once with every application you complete.**
- You must contact your state licensing board if you lose or do not receive an approval code.

***Step 2 – Fill Out the Examination Application with Professional Testing Corporation (PTC)***

- Go to http://www.ptcny.com/test-sponsors/AMFTRB

| Fee Type | Amount | Details |
|---|---|---|
| Examination Fee | US $370.00 | • Non-refundable<br>• Non-transferable<br>• Includes testing center fees<br>• No discounts available |
| Rescheduling Fee (29-5 days prior to scheduled appointment; see page 6) | US $50.00 | • **Applies to candidates moving their appointment within their current testing period**<br>• Payable directly to Prometric<br>• Reschedule with Prometric online or over the phone |
| Transfer Fee (see page 7) | US $180.00 | • **Applies to candidates who need to move to a new testing period for any reason**<br>• Submit new application & fee to PTC |

    - Read the Handbook for important information, test dates, fees and application deadlines.
    - Fill out the online application using your first and last name exactly as it appears on your current driver's license, passport, state-issued non-driver ID, or military ID.
    - Applications are not complete until all information, documentation, and payment have been provided.
- When you start a new application you will be asked to create a user account and password. This account will be used to access your score report after the exam, so keep this information for later use.
- Candidates will receive an email with their Scheduling Authorization within 11 weeks before the start of the testing window. Scheduling Authorization emails come from notices@ptcny.com. Do not lose this email.
    - If you don't receive your Scheduling Authorization email 3 weeks before the start of your testing window, contact PTC.

The Scheduling Authorization includes important information including:

- Your PTC Candidate ID number
- Instructions on how to make your Exam appointment with Prometric.

***Step 3 – Schedule Your Examination Appointment***

- Follow the directions on your Scheduling Authorization from PTC to schedule your examination appointment with Prometric.
- See "EXAMINATION ADMINISTRATION AND SCHEDULING" on page 6 for more information on scheduling.

***A candidate may only sit for the examination once in a given calendar quarter.***

## EXAMINATION FEES

No refunds will be issued for applying for the incorrect examination or testing period, for failing to make an examination appointment, or for failing to appear at your scheduled appointment.

Be advised: Prometric does not have the authority to grant transfers to another testing period or refunds.

## EXAMINATION ADMINISTRATION AND SCHEDULING

The AMFTRB MFT National Examination is administered during an established one-week testing period daily, Monday through Saturday, excluding holidays, at computer-based testing facilities managed by Prometric.

**NOTE: Do not submit and pay for more than one application at a time since the application fees are not refundable. If you pass the exam on the first try, any fees paid for an application for a later testing period will not be refunded.**

### SCHEDULING EXAMINATION APPOINTMENTS

Follow the steps on your Scheduling Authorization to schedule your examination appointment with Prometric.

- Appointment times are first-come, first-served, so schedule your appointment as soon as you receive your Scheduling Authorization.
- Candidates who wait until the last minute run the risk of missing out on their preferred date, time, and/or testing center. Candidates unable to schedule an appointment will forfeit their fees.

After you make your test appointment, Prometric will send you a confirmation email with the date, time, and location of your exam. Check this confirmation carefully and contact Prometric at (800) 741-0934 if you do not receive this email confirmation or if there is a mistake with your appointment.

**IMPORTANT!**

All candidates **MUST** present their current driver's license, passport, or U.S. military ID at the test center. Expired, temporary, or paper driver's licenses will **NOT** be accepted.

### INTERNATIONAL CANDIDATES

International candidates may also locate a testing center, schedule, reschedule, or cancel an appointment online at www.prometric.com/AMFTRB.

### RESCHEDULING EXAMINATION APPOINTMENTS WITHIN A TESTING PERIOD

Candidates can reschedule their examination appointments within the same testing period as long as the request is submitted within the timeframe described below. Reschedule within the permitted time frame by calling or going to the Prometric website: www.prometric.com/AMFTRB.

| Time Frame | Reschedule Permitted? | Stipulations |
|---|---|---|
| Requests submitted 30 days or more before the original appointment | Yes | None |
| Requests submitted 5 to 29 days before the original appointment | Yes | Candidate must pay Prometric a rescheduling fee of $50. |
| Requests submitted less than 5 days before the original appointment | **No** | Candidates who do not arrive to test for their appointment will be considered a no-show and all their examinations fees will be forfeited. Candidates will need to reapply and pay fees for a future testing period. |

### TRANSFERRING TO A NEW TESTING PERIOD

Candidates unable to take the examination during their scheduled testing period* may request a **ONE-TIME** transfer to a future testing period. **There is a transfer fee of $180.00.**

The $180 transfer fee applies equally to all candidates who could not test during their selected testing period. Reasons for not testing, such as medical excuses, are not required and will not be considered. When contacting your state board, you will only need to request a new candidate approval code and not provide any further information.

After you have transferred once by paying the transfer fee, you will need to pay the examination fee of $370.00 in order to transfer a second time; so, ***plan carefully***. **Note:** requests to transfer to a new testing period must be received within 12 months of your originally scheduled testing period.

Candidates wishing to transfer to a new testing period need to follow the steps below.

1. Go to apply.ptcny.com
2. Click "Transfer Existing Application."
3. PTC Support will send you an email letting you know your transfer application was approved and that you can log back into your application and pay the one-time $180.00 transfer fee.

**Contact PTC at www.ptcny.com/contact if you have any questions regarding the transfer process.**

If you are unable to attend the examination on the date for which you are registered and elect not to transfer to another testing period, the application will be closed and all fees will be forfeited. There will be no refund of fees.

The transfer fee is based on costs and is not punitive in nature. The transfer fee must be paid at the time the request is approved.

Note: Transferring your examination only refers to instances when you are unable to take your exam during a testing period for which you have already applied. Candidates who did not pass their examination and are retaking the examination need to pay the full Examination Fee.

***If your appointment is cancelled by Prometric, contact PTC for further instruction.***

### FAILING TO REPORT FOR AN EXAMINATION

If you fail to report for an examination, you will forfeit all fees paid to take the examination. A completed application form and examination fee are required to reapply for the examination.

## TEST ACCOMMODATIONS

AMFTRB and PTC support the intent of and comply with the Americans with Disabilities Act (ADA) and will take steps reasonably necessary to make testing accessible to persons with disabilities covered under the ADA. According to the ADA, an individual with a disability is a person who has a physical or mental impairment that substantially limits a major life activity (such as seeing, hearing, learning, reading, concentrating, or walking) or a major bodily function (such as neurological, endocrine, or digestive system).

The information you provide and any documentation regarding your disability and ADA test accommodations are confidential and are not included in scoring or reporting.

All approved ADA testing accommodations must maintain the psychometric nature and security of the examination. ADA accommodations that fundamentally alter the nature or security of the exam will not be granted. Note that ADA accommodations for an examination (test accommodations) may not be the same as accommodations provided by your employer for your job. You can find more information about ADA testing accommodations under the Americans with Disabilities Act (www.ada.gov).

Requests for ADA Test Accommodations must be uploaded with your application and fees at least 8 weeks before the start of your testing period. You must complete and upload both Part 1 and Part 2 of the Request for Test Accommodations Form at the same time. Missing information or incomplete Forms will result in a delay in processing. **If your Form is incomplete and/or not received at least 8 weeks before the start of the testing period, we cannot guarantee that we can make these ADA test accommodations in time for you to test and you may need to transfer to another testing period and pay the transfer fee.**

To request test accommodations, follow these 3 steps:

1. Download the Request for Test Accommodations Form, available from www.ptcny.com or by calling PTC at (212) 356-0660.
2. Complete Test Accommodations Form with your doctor/healthcare professional.
3. Upload the completed and signed Request for Test Accommodations Form with the online exam application. Submit your application at least 8 weeks prior to the start of your chosen testing period.

**NOTES:**

- Only those requests made and received on the official Request for Test Accommodations Form will be reviewed.
- All requests must be made at the time of application. ADA accommodations cannot be added to an existing exam appointment.
- Do not go to www.prometric.com or contact Prometric to request ADA test accommodations as they are not authorized to approve accommodations. All requests for ADA test accommodations must be submitted on the PTC Request Form.
- If you need to use your cell phone or another electronic device to monitor a medical condition, such as diabetes, be sure to include this on Part 1 of the Request for Test Accommodations Form so that we can notify Prometric in advance.
- If you are a nursing parent and will need to use a breast pump during your exam, complete Part 1 of the Request for Test Accommodations Form and submit it at least 8 weeks before your testing period to allow time to make suitable arrangements at the test center.
- Only pre-approved ADA test accommodations will be permitted on the day of the examination. Test center personnel are not authorized to make any changes to the test accommodations on the day of the testing session and any such change may result in your examination score being canceled.

## ENGLISH LANGUAGE LEARNERS

- A special arrangement of extra time for English Language Learners (ELL) can be obtained ONLY from your state licensing board.
- Not all states will allow this arrangement as it is not an American with Disabilities Act (ADA) sanctioned accommodation.
- The state that approved the candidate to take the examination is the state that must complete the approval form for ELL special arrangements.
- Candidates wishing to learn more about this arrangement should contact their state licensing board directly. State board contact information can be found at www.amftrb.org.
- Approved ELL candidates will be granted extra time on their examination, for an additional fee.
- Dictionaries and other reference materials are not allowed.

Note: not all state boards will accept a score obtained under an ELL special arrangement; be sure to check with your state board. If transferring to a new state, you may need to retest.

### STEP 1: CONTACT YOUR STATE BOARD AND OBTAIN A REQUEST FORM

- If your state board allows extra time for ELL, they will give you a request form to fill out. If you are approved, your state board will send back the completed form for you to upload when applying for your examination.
- This form is **NOT** the same as the Request for Test Accommodations Form.
- Allow at least 8 weeks for processing; for example, if you wish to test in September's testing period, you must have your exam application and approved ELL Request Form submitted to PTC no later than July.

### STEP 2: APPLY FOR THE EXAMINATION

Follow the directions found in the Application Procedure section of this Handbook (page 5).

- Be sure to answer "Yes" to the question asking if you are requesting extra time as an English Language Learner.

- Choose the amount of time you wish to be added, either 1 or 2 hours.
- Upload your completed state board Request Form to the "Supporting Documents" section of the Online Application.
- The fees will be added to your total examination fees at the bottom of the application.

Note: Extra time allowed for ELL candidates is not the same as extra time allowed due to disabilities covered under the Americans with Disabilities Act (ADA). If you have a disability covered under the ADA, say no to the ELL question on the application and follow the directions in the previous section (Test Accommodations, pages 7-8).

## PREPARING FOR THE EXAMINATION

- Check your driver's license, passport, non-driver state issued ID or U.S. Military ID. Is it expired?

- Does the first and last name on your ID match the first and last name on your Scheduling Authorization email?

- Proctors at the Prometric testing center will refuse admission to candidates with expired ID, IDs with names that do not match their records, and temporary paper IDs. Candidates will be marked as no-shows and will forfeit their exam fees.

- Check your PTC Scheduling Authorization email and Prometric Appointment Confirmation email to make sure everything is accurate (i.e., your first and last name, exam name, appointment date, time and location).

- Make yourself familiar with the location of your test center and parking options and check the weather and traffic conditions before you leave for the test center. Allow plenty of time as late arrival may prevent you from testing.

- In the event of inclement weather, check the Prometric website for site closures: https://www.prometric.com/closures

- Prometric's website provides information on what you can expect on your test day, including a walkthrough of check in and security procedures: https://www.prometric.com/test-center-security.

- This Handbook provides the Content Outline for the Examination (see appendix). Use this to help you start studying for the examination.

- Review What to Expect at the Test Center and Rules for the Examination on the next pages before your appointment.

- Review the Prometric exam software tutorial here: https://ptcny.com/pdf/prometricsoftwaretutorial.pdf
- Make any arrangements necessary ahead of your appointment as you will not be able to use your cell phone once the exam has begun.

- Read the AMFTRB Security Statement (page 24) before your appointment.

## WHAT TO EXPECT AT THE TESTING CENTER

- Candidate Check-In
  - Candidates will be asked to:
    - present their IDs.
    - empty and turn out their pockets.
    - walk through a metal detector or get "wanded".
  - Eyeglasses, jewelry, and other accessories will be inspected.
    - Jewelry other than wedding and engagement rings is prohibited.
    - Leave these at home or place them in your locker.
  - Religious headwear may be worn into the testing room; however, it is subject to inspection by test center staff.
  - Prometric provides lockers to store purses, backpacks, mobile phones, jackets, food, drinks and medical supplies.
  - Water in a clear plastic containers (no labels) may be brought into the testing room.

- During the Exam
  - No breaks are scheduled during the exam.
  - Candidates are only permitted to leave the testing room to use the restroom or access food, drink, or medicine from their assigned locker. The exam timer will NOT be paused.
  - Smoking is prohibited at the testing center.]

- All examinations are monitored and may be recorded in both audio and video format.

- Keep in mind:
  - Other exams will be going on at the same time as your examination.
  - You may hear ambient noises such as typing, coughing, or people entering and exiting the testing room that cannot be avoided.
  - Prometric is unable to provide a completely noise-free environment.
  - Headphones may be requested to minimize the impact of ambient noise.
  - Proctors will walk through the testing room as part of their monitoring process.

See Prometric's website for more information about what to expect on testing day.

**NOTE: Accessing anything else from the locker during a break, including a cell phone or other electronic devices, is a violation of the AMFTRB Security Policy and will result in invalidation of the results of your examination and the incident will be reported to your jurisdiction.**

## RULES FOR THE EXAMINATION

Read the information below carefully. You are responsible for adhering to the examination rules while at the testing center. You will review and sign the AMFTRB Security Agreement before starting the exam (see page 24). You are held accountable to the Security Agreement.

- **DO NOT BRING**
  These items are strictly prohibited at the testing center. Leave these items in your car or your assigned locker:
  - **Cell phones and all other electronic devices**
  - Jackets/coats/bulky clothing such as sweatshirts
  - Hats (except hats worn for religious reasons)
  - Jewelry, including watches and wearable technology

- You may NOT access the following at any time during your exam or breaks: papers, books, any reference materials; electronic devices including your cell phone. Candidates may access the following items from their locker: snacks, drinks, medicine, or other personal healthcare items. **Candidates who access cell phones or other electronic devices during their examination will not receive score reports.**

- No questions concerning content of the examination may be asked during the examination session. Read carefully the directions that are provided on screen at the beginning of the examination session.

- You are prohibited from leaving the testing room while your examination is in session, except for going to the restroom. Candidates who do go to their lockers or the restroom will need to repeat the security screening before being permitted to reenter the testing room. **Candidates who leave the center will have their examinations terminated.**

- See Prometric's statement on Test Center Security for more information.

Contact PTC at (212) 356-0660 or www.ptcny.com/contact with any questions about the Examination Rules.

**Irregular or improper behavior that is observed, made apparent by statistical analysis, or uncovered by other means before, during or after the examination will be considered a violation of these rules and may constitute grounds for invalidation of a candidate's examination. AMFTRB will initiate an investigation and request suitable analyses and appropriate documentation.**

## TESTING CONDITIONS OR EXAMINATION FEEDBACK

Any candidate who feels that the examination effort was negatively impacted by the test center conditions should notify the proctor immediately. The situation should also be reported to PTC at www.ptcny.com/contact within 3 business days of the test appointment. Any comments about the test itself should also be reported to PTC at www.ptcny.com/contact within 3 business days of the test appointment. In no event shall AMFTRB reduce its standards (such as changing a candidate's score or changing a fail score to a pass score) as a means of correcting a problem in examination administration.

## SCORE REPORTS

Test results are not released at the testing center but are sent to the state licensing board portal and the candidate via email within 20 business days following the close of the testing period. This is necessary to allow for the psychometric review and administration time required to ensure accurate and reliable scores. Your scores on the domains and on the total examination will be emailed to you within 20 business days following the close of the examination window. Your Individual Candidate **Score Report will be available online only for 90 days. Be sure to save a copy of your score report in your permanent files.**

Candidates that require a duplicate score report need to complete the Duplicate Score Report and Official Score Transfer Request form available at www.ptcny.com/exam-sponsors/amftrb and submit it with a payment of $65. A duplicate score report will be emailed to the candidate.

In order to receive your scores be sure to notify PTC of any changes to your contact information.

### REPORTING SCORES TO STATE LICENSING BOARDS

Your results from the MFT National Examination are sent to the state licensing boards within 20 business days of the close of the examination administration. PTC must wait until the examination administration window has closed to perform the statistical analyses of the test data. Once the analyses are completed, test score results are made available to your state licensing board office.

If you do not receive your score report within 20 business days from the end of your testing window, contact PTC – www.ptcny.com/contact

### REQUESTING AN EXAM SCORE VERIFICATION

Candidates who fail the examination may request an exam score verification of their data file. Score verification is a manual check of the data file by the testing service to determine if there have been any errors in scoring. Although the probability of such an error is extremely remote, this service is available. Requests for score verification must be received by PTC no later than 90 days after the date of the examination by completing and returning the Exam Score Verification Form on www.ptcny.com with a payment of $35. Candidates who fail the examination will not be permitted to see the examination questions. For reasons of test security, no candidate is allowed to review the examination or any of its items.

To ensure correct reporting of results, PTC automatically performs score verifications of candidates who score within 3 points of passing as a quality control measure. Thus, it is extremely doubtful that any examination results will change from "fail" to "pass" through this exam score verification process.

### SCORE TRANSFER SERVICE BETWEEN STATES

A score transfer service is available to facilitate the transfer of scores between respective states. PTC maintains a permanent record of candidate scores. Upon receipt of a candidate's score transfer request, PTC will report the score directly to the requested jurisdiction along with the normative data that can be used to ensure appropriate interpretation of results. PTC registers only examination scores on the MFT National Examination. Other requirements for licensure are handled by individual state licensing boards. To request the transfer of your scores, you must complete a Score Transfer Form available at www.ptcny.com/exam-sponsors/amftrb. **You should make a special note of the PTC Candidate ID number assigned to you for the MFT National Examination as this information is necessary in requesting a transfer.** You may request a transfer of your scores at the time of administration or at any time thereafter.

### SETTING A PASSING SCORE

A passing score is established by a panel of expert judges on an "anchor examination." The technique used

is called a modified Angoff method. Each panel member estimates for each item on the test what percentage of just qualified therapists would get the item correct. Their responses are examined and analyzed by psychometric experts and minor adjustments can be made by the Examination Advisory Committee. The anchor examination becomes the standard of knowledge to which all future forms of an examination are compared. Some forms of the examination will contain individual items that may differ in difficulty than items on other forms. To compensate for these variations, test forms are compared using a psychometric process called equating. This equating process accounts for the varying item difficulties and adjusts the passing score up or down accordingly. As a result, the required standard of knowledge for passing the examination remains consistent from test form to test form.

### VALIDATION OF THE EXAMINATION

Every effort has been made to ensure the reliability and validity of the MFT National Examination. The MFT National Examination construction process constitutes one major effort devoted to the assurance of content validity. Another major facet is the role delineation study (last performed in 2024-2025) to develop practice relevant test specifications for the examination. First, the Examination Advisory Committee and several other panels of subject matter experts convened to define the performance domains, tasks, and knowledge required for entry-level practice in marital and family therapy. This role delineation then underwent a validation survey by a representative sample of licensed marital and family therapists nationwide. Domains and task statements were rated for frequency of performance and relation to clinical competence. The test specifications now in use are based on the findings of this role delineation study.

### CONFIDENTIALITY OF EXAMINATION SCORES

**AMFTRB WILL RELEASE THE INDIVIDUAL EXAMINATION SCORES ONLY TO THE INDIVIDUAL CANDIDATE AND THE APPROPRIATE STATE BOARD AS AUTHORIZED BY THE CANDIDATE WITHIN 20 BUSINESS DAYS AFTER THE CLOSE OF THE TESTING PERIOD. ANY QUESTIONS CONCERNING TEST RESULTS SHOULD BE REFERRED TO THE PROFESSIONAL TESTING CORPORATION, WWW.PTCNY.COM/CONTACT.**

## FREQUENTLY ASKED QUESTIONS ABOUT THE MFT NATIONAL EXAM

**Does AMFTRB recommend any study materials?**

AMFTRB cannot recommend any study materials beyond the official Handbook for Candidates and Practice Exam.

**I registered but haven't heard anything.**

Scheduling Authorizations are emailed starting 11 weeks before the start of your testing window. If you have not received a scheduling authorization, contact PTC at www.ptcny.com/contact for assistance.

**I haven't received my scores and it's been 20 days.**

If you or your state board or jurisdiction do not receive your scores after 20 business days following the close of the testing period, contact PTC (www.ptcny.com/contact) directly—neither Prometric nor AMFTRB distributes scores.

**I need my scores sent to a new state board or jurisdiction.**

Fill out the online Official Score Transfer Request to a State Board and Duplicate Score Report Form through PTC. You can use this form to obtain a copy of your scores for yourself, a new state board, your school, or your employer. If you have any questions about your score records, forgot when you took the exam, or about the online transfer request form, contact PTC: www.ptcny.com/contact.

**I failed the exam, what are my options?**

If you have failed the exam and wish to retest, read page 13 of this handbook ("Reexamination Procedure"). In summary: a.) talk to your state board or jurisdiction, b.) you will need to reapply to take the exam, c.) you will need to contact your board for a new or renewed eligibility code, d.) you will have to pay the full exam fee. Additionally, you can take the following steps:

- Learn more about the exam and what is covered on the exam, so you are familiar with its content. Note that AMFTRB does not recommend study materials
- Take the practice exam.
- Talk with your supervisor.
- Talk to your state board or jurisdiction.
- If there was a technology failure, or another environment issue outside your control, that

might have impeded your ability to complete the exam and was reported to the proctor at the time of the exam, contact PTC.

- AMFTRB offers the MFT National Examination as a standardized examination for use by its member state boards and jurisdictions. Each member board makes an independent determination whether or not the examination meets its individual needs and licensing requirements. There is no vehicle by which an applicant can challenge the validity of the exam, its questions, or scoring.

**How do I find out when I took the national exam?**

If you have forgotten when or where, or what your score was, contact PTC: www.ptcny.com/contact.

**See more FAQs at FAQs New – AMFTRB**

## REEXAMINATION PROCEDURE

In order to retake the Marital and Family Therapy National Examination, you need to complete and submit a new application and pay the examination fee at www.ptcny.com, provided that your eligibility is still valid according to your state licensing board. You can contact your state licensing board to determine if you are still eligible to take the MFT National Examination before reapplying. State licensing board contact information is listed on www.amftrb.org.

* A candidate may only sit for the examination once in a given calendar quarter.
* AMFTRB recommends that after three failures, you wait a minimum of one year before re-applying, in order to focus on test preparation and practice areas.
* AMFTRB also recommends that you check with your state board to see if there are state rules or regulations that your state has in place regarding retesting after failing to successfully pass the exam. For example, Illinois candidates MUST reapply with their state approved exam company, Continental, before reapplying to take the exam. New Jersey has the following statute: N.J.S.A. 45:8B-20. Any person who shall have failed an examination conducted by the board may not be admitted to a subsequent examination for a period of at least 6 months.
* Once you are certain that your state has no further rules or regulations regarding retesting, you may follow the procedure below. **You need to request new codes from your state for each examination application (except those being licensed in Texas or New York).**

### STEP 1 – FILL OUT THE EXAMINATION APPLICATION WITH PROFESSIONAL TESTING CORPORATION (PTC)

- **Obtain a NEW state issued approval code and proceed to the PTC Online Application System (https://secure.ptcny.com/apply).**
- Complete the online application and submit examination fee payment. Applications are not considered complete until all information has been provided and payment is received.
- PTC will email candidates a Scheduling Authorization within eleven (11) weeks prior to the start of your chosen testing period. The Scheduling Authorization will include your PTC Candidate ID number, instructions on how to make your appointment, and important information regarding the examination.
- **Retain the Scheduling Authorization for your records.**
- Once you receive your Scheduling Authorization email schedule your exam (Step 2).

### STEP 2 – SCHEDULE YOUR EXAMINATION APPOINTMENT

- Using the directions found on your Scheduling Authorization from PTC, you may schedule your examination appointment with Prometric. Choose the date, time and location of your examination appointment either online or over the phone by calling Prometric at 1-800-741-0934.
- If you do not receive a Scheduling Authorization or are having trouble scheduling your appointment call PTC for assistance at 212-356-0660.
- The PTC Candidate ID number on your Scheduling Authorization is only valid for use during the testing period you chose during Step 1. If you cannot test during your chosen testing period, see page 6 of this Handbook.

## CONTENT OF THE EXAMINATION

1. The Marital and Family Therapy National Examination is a computer-based examination composed of 180 multiple-choice, objective questions with a total testing time of four (4) hours.

2. The content of the examination is divided into 6 domains. The domains and their weightings in terms of % of the examination and associated number of items appearing on the examination are based upon an examination blueprint that was updated based on the results of the 2024-2025 role delineation. The 6 domains as well as the % of the examination and the associated number of items appearing on the examination are set forth in the chart appearing on page 15.

3. The content for the examination is described in the Content Outline starting on page 16.

4. The questions for the examination are obtained from individuals with expertise in marital and family therapy and are reviewed for construction, accuracy, and appropriateness by the Association of Marital and Family Therapy Regulatory Boards.

5. AMFTRB, with the advice and assistance of the Professional Testing Corporation, prepares the examination.

6. The Marital and Family Therapy National Examination covers six content areas and will be weighted as per the chart on the next page.

*Exam Blueprint Updated for 2026 Examinations Based on Results of 2024-2025 Role Delineation*

| Domains of Practice | % of examination | # of items |
|---|---|---|
| **Domain 1–The Practice of Systemic Therapy**<br>Tasks related to incorporating systemic theory and perspectives into practice activities, and establishing and maintaining ongoing therapeutic relationships with the client system. | 16% | 29 |
| **Domain 2–Assessing, Hypothesizing, and Diagnosing**<br>Tasks related to assessing the various dimensions of the client system, forming and reformulating hypotheses, and diagnosing the client and family system in order to guide therapeutic activities. | 16% | 29 |
| **Domain 3–Designing and Conducting Treatment**<br>Tasks related to developing and implementing interventions with the client system. | 17% | 30 |
| **Domain 4–Evaluating Ongoing Process and Terminating Treatment**<br>Tasks related to continuously evaluating the therapeutic process and incorporating feedback into the course of treatment, as well as planning for termination. | 16% | 29 |
| **Domain 5–Managing Crisis Situations**<br>Tasks related to assessing and managing emergency situations, and intervening when clinically indicated and/or legally mandated. | 16% | 29 |
| **Domain 6–Maintaining Ethical, Legal, and Professional Standards**<br>Tasks related to ongoing adherence to legal and ethical codes and treatment agreements, maintaining competency in the field, and professionalism. | 19% | 34 |

*The terms "client" and "client system" refer to the individual, couple, family, group, and other collaborative systems that are a part of treatment.*

*The term "contextual"' refers to factors including but not limited to acculturation, abilities, diversity, socio-economic status, religion, spirituality, age, gender, gender identity, sexuality, sexual orientation, culture, minority stress, immigration status, and power differentials.*

*The list of examples presented with some tasks is not exhaustive or comprehensive.*

# CONTENT OUTLINE

**Domain 01—The Practice of Systemic Therapy** — Tasks related to incorporating systemic theory and perspectives into practice activities, and establishing and maintaining ongoing therapeutic relationships with the client system inclusive of diverse cultural contexts. (16%; 29 items)

01.01 Conceptualize therapy consistent with the philosophical perspectives of systemic theory.
01.02 Maintain consistency between systemic theory and clinical practice.
01.03 Integrate individual treatment approaches with systemic treatment approaches.
01.04 Integrate multiple dimensions of diversity and social justice theories with systemic treatment approaches.
01.05 Use a systemic perspective to co-create a safe, inclusive, and non-judgmental space.
01.06 Use a systemic perspective to co-create a therapeutic relationship with the client system.
01.07 Use a systemic perspective to understand the complexities inherent in therapeutic interactions (e.g., family homeostasis, self of the therapist).

**Domain 02–Assessing, Hypothesizing, and Diagnosing** – Tasks related to assessing and conceptualizing the various dimensions of the client system inclusive of diverse cultural contexts, including forming and reformulating systemic hypotheses and diagnosing the client system to guide therapeutic activities and interventions, including use of artificial intelligence (AI) as appropriate. (16%; 29 items)

02.01 Assess the client system's verbal and non-verbal communication styles to develop hypotheses about relationship patterns, perceptions, and responses to the reciprocal influence of relational patterns and the presenting issues.
02.02 Assess the mental status of clients.
02.03 Assess historic and current self-injurious behavior, suicidal ideation and intent, and/or homicidal ideation and intent.
02.04 Identify and assess behavioral dynamics, processes, and interactional patterns (e.g., boundaries, roles, rules, alliances, coalitions, and hierarchies) within the client system to determine systemic functioning.
02.05 Formulate and continually assess hypotheses regarding the client system that consider and incorporate diverse contexts.
02.06 Assess appropriateness of potential treatment and therapeutic delivery modalities for the client system.
02.07 Assess environmental factors (e.g., discrimination, gang violence, migration) affecting the client system.
02.08 Assess the client system's levels of economic, social, emotional, physical, spiritual, and cognitive functioning.
02.09 Assess historic and current effects of substance use disorders on the functioning of the client system.
02.10 Assess historic and current effects of violence or trauma, including vicarious trauma, on the client system.
02.11 Assess historic and current effects of childhood experiences and traumas on the client system.
02.12 Assess historic and current effects of impact of process use disorders (e.g., gambling, internet use, technology use, shopping) on functioning of the client system.
02.13 Assess historic and current effects of sexual functioning on the client system.
02.14 Assess how the developmental and family life cycle stages of the client system impact problem formation, maintenance, and resolution.
02.15 Assess strengths, resources, coping skills, and resilience within and available to the client system.
02.16 Select, administer, review, and/or interpret results of standardized instruments within the therapist's training, competence, and scope of practice.
02.17 Assess and diagnose clients in accordance with current DSM and ICD diagnostic criteria while maintaining a systems perspective.
02.18 Formulate treatment hypotheses that integrate systemic perspectives, assessment inventories, and diagnostic impressions.
02.19 Assess effects of occupational issues on the client system (e.g., military personnel, workers in geographically dispersed locations, first responders).

02.20 Collaborate with the client system to determine need for evaluation by other professional and community systems.

02.21 Collaborate with professional and community systems as appropriate in making diagnoses and establishing treatment priorities.

02.22 Collaborate with the client system to refer as appropriate based on diagnoses and treatment priorities.

**Domain 03–Designing and Conducting Treatment** – Tasks related to developing and implementing a course of culturally responsive treatment with the client system, including identifying possible therapeutic models, implementing associated interventions, and treatment planning, including use of artificial intelligence (AI) as appropriate. (17%; 30 items)

03.01 Evaluate and maintain a quality therapeutic alliance with the client system.

03.02 Establish therapeutic contracts.

03.03 Utilize assessment information to develop a treatment plan that reflects a contextual understanding of the presenting issue.

03.04 Determine relevant short-term goals, long-term goals and objectives for treatment, as well as criteria for successful completion of treatment.

03.05 Identify the client system's previous and current attempts to resolve the presenting issues.

03.06 Identify members of client and collateral systems involved in resolving issues.

03.07 Develop and monitor ongoing safety plan to address identified safety risks for the client in all therapeutic delivery contexts.

03.08 Engage in therapeutic interventions based on theory and current research and a shared contextual understanding of the client system and presenting issues.

03.09 Clarify with the client system the rationale for selecting therapeutic interventions as appropriate.

03.10 Collaborate with the client system to determine sequence of treatment and identify which members will be involved.

03.11 Develop and monitor recovery-oriented systemic care for treatment of substance use disorders.

03.12 Use genograms and/or family mapping as therapeutic interventions as indicated.

03.13 Facilitate client system change through restructuring and reorganization.

03.14 Collaborate with the client system to identify and explore competing priorities of client issues to be addressed in treatment.

03.15 Assist the client system in developing decision-making, coping, and effective verbal and non-verbal communication skills in their relational contexts.

03.16 Attend to the homeostatic process and its impact on the client system's ability to attain therapeutic goals.

03.17 Assist the client system in developing alternative perspectives of ~~the~~ presenting issues to facilitate solutions.

03.18 Influence client behavior and perceptions through use of metaphor, rewriting narratives, mindfulness, etc.

03.19 Integrate cultural, spiritual, social, intellectual, and biological characteristics and strengths of the client system when devising effective treatment strategies.

03.20 Recognize and support client autonomy when devising effective treatment strategies.

03.21 Maintain awareness of common side effects of medications, monitor client system for these within the boundaries of professional competence, and coordinate care with any relevant prescribers.

03.22 Adapt therapeutic stance and interventions to accommodate the process and structure of ~~all~~ therapeutic delivery modalities.

**Domain 04—Evaluating Ongoing Process and Terminating Treatment** — Tasks related to continuously evaluating the therapeutic process, incorporating feedback into the course of treatment, and planning for termination, inclusive of different cultural contexts and use of artificial intelligence (AI) as appropriate. (16%; 29 items)

04.01 Use theory and current research in the ongoing evaluation of—process, outcomes, and termination.

04.02 Evaluate the progress of therapy in collaboration with client and collateral systems as indicated.

04.03 Modify treatment plan in collaboration with client and collateral systems as indicated.

04.04 Continually evaluate client system appropriateness for all therapeutic delivery modalities.

04.05 Develop a termination plan in collaboration with the client and collateral systems to

maintain therapeutic gains after treatment has ended.

04.06 Terminate therapeutic relationship in a professional and culturally responsive manner.

**Domain 05—Managing Crisis Situations** — Tasks related to assessing and managing emergency situations, inclusive of different cultural contexts, and intervening when clinically indicated and/or legally mandated. (16%; 29 items)

05.01 Assess impairment in the client system during crisis situations to determine if and what immediate interventions may be needed.

05.02 Assess for presence of suicidal ideation and determine the level of intervention.

05.03 Assess for risk of violence toward the client from others to determine the need for intervention.

05.04 Assess the client's potential for self-injurious behavior to determine level of intervention.

05.05 Assess the client's potential for violence or harm toward others, including the therapist, to determine level of intervention.

05.06 Assess risk of violence toward therapist from sources outside of the client system and develop a safety plan.

05.07 Assess impact of community-level crisis on client system and develop interventions as they pertain to that crisis.

05.08 Assess the impact of client system's trauma history and other relevant contextual factors on current crisis.

05.09 Collaborate with other relevant stakeholders in managing client system's crisis.

05.10 Respond to emerging crisis as appropriate to the therapeutic delivery modality and use relevant crisis resources.

**Domain 06—Maintaining Ethical, Legal, and Professional Standards** —Tasks related to ongoing adherence to legal and ethical codes and treatment agreements, maintaining culturally responsive competency, upholding professional standards, and utilizing artificial intelligence (AI) in clinical practice. (19%; 34 items)

06.01 Demonstrate professional responsibility and competence regarding legal issues and regulations across therapeutic delivery modalities, including use of artificial intelligence (AI).

06.02 Compare agency and employment policies with relevant ethics code, statutes, case law, and regulations and privilege the higher standard.

06.03 Integrate current ethical codes of licensing boards, relevant professional organizations, and associations into appropriate professional practice.

06.04 Adhere to relevant business laws related to clinical practice (e.g., Stark Law, Anti-Kickback Statute, False Claims Act, etc.)

06.05 Practice within therapist's scope of competence.

06.06 Maintain awareness of and effectively manage how the therapist's personal issues, life experiences, values and morals, and previous trauma impact the therapeutic process.

06.07 Maintain awareness of and effectively manage how the supervisors' personal issues, life experiences, values and morals, and previous trauma influence the supervisory process

06.08 Adhere to treatment agreements with client systems and respect the rights of clients.

06.09 Provide the client system with written professional disclosures regarding fees, credentials, reporting complaints, confidentiality, privileged communication, and providing technologically assisted services, including use of artificial intelligence (AI), etc.

06.10 Confirm the client system's identities, locations, and safety levels at the beginning of each teletherapy session.

06.11 Monitor and mitigate risk for potential exploitation of the client system by the therapist.

06.12 Consult with colleagues and other professionals as necessary regarding ethical and legal issues, and document these consultations.

06.13 Respect the roles and responsibilities of other professionals involved in the client system's treatment process as they relate to ethical and legal issues.

06.14 Maintain accurate and timely records including long-term safe and confidential storage and plan record transfer and/or disposal within timeframes specified by current statutes.

06.15 Adhere to ethical and regulatory guidelines for engaging in the supervisor-supervisee relationship across modalities.

## KNOWLEDGE AREAS

1. Foundations of the discipline of marital, couple, and family therapy
2. Models of marital, couple, and family therapy
3. Development and evolution of the practice of systemic therapy
4. Family studies and science
5. Marital studies and science
6. Couple/relationship/marital studies and science
7. General Systems Theory
8. Clinical application of couple and family therapy models
9. Evidence-based approaches to couples and family therapy
10. Individually based theory and therapy models
11. Impact of couple dynamics on the system
12. Family belief systems and their impact on problem formation and treatment
13. Family homeostasis as it relates to problem formation and maintenance
14. Family life cycle stages and their impact on problem formation and treatment
15. Human development throughout the lifespan
16. Diverse family patterns
17. Strength-based resilience across the lifespan
18. Theories of personality
19. Psychopathology across the lifespan
20. Impact of developmental disorders on system dynamics
21. Trauma and vicarious trauma
22. Bias and discrimination
23. Risk factors, indicators, and impact of abuse and patterns of endangerment across the lifespan (e.g., physical, emotional, verbal, social, and sexual)
24. Risk factors, indicators, and impact of loss and grief across the lifespan (e.g., end of life, death, sudden unemployment, incarceration, and runaway children)
25. Behaviors, psychological features, or physical symptoms that indicate a need for medical, educational, psychiatric, or psychological evaluation
26. Diagnostic interviewing techniques
27. Diagnostic and Statistical Manual of Mental Disorders (DSM) and International Statistical Classification of Diseases and Related Health Problems (ICD)
28. Standardized psychological assessment tests
29. Non-standardized assessment tests (e.g., genograms, family maps, and scaling questions)
30. Relational diagnostic tests (e.g., Dyadic Adjustment Scale, Marital Satisfaction Inventory, FACES, Prepare/Enrich)
31. Dynamics of and strategies for managing transference and countertransference (e.g., use of self of therapist, handling/control of the therapy process)
32. Stages of acculturation, multiethnic identities, and multicultural identities
33. Effect of immigration or refugee/asylum status
34. Implications of human diversity factors on client systems
35. Reference materials regarding purpose, use, side effects and classification of medications
36. Effects of non-prescription substance use on the client system (e.g., herbal remedies, over-the-counter medications)
37. Effects of substance abuse and dependency on individual and family functioning
38. Effects of addictive behaviors on the client system
39. Addiction treatment modalities

40. Principles and elements of recovery-oriented systems of care for addiction and substance abuse
41. Divorce and its impact on the client system
42. Child custody and its impact on the client system
43. Infertility and its impact on the client system
44. Adoption and foster care and its impact on the client system
45. Infidelity and its impact on the client system
46. Trauma intervention models
47. Crisis intervention models
48. Sex therapy
49. Human sexual anatomy, physiology, and development
50. Sexual behavior and maladaptive sexual behavior
51. Sexual orientation and gender identity
52. Sexual abuse treatment for victims, perpetrators, and their families
53. Spiritual and religious beliefs and their impact on the client system
54. Physical and mental health status, and experience of acute and chronic illness and disability and their impact on the client system
55. Impact of client system's use of resources (e.g., online assessments, educational materials, spirituality, and support groups)
56. Current research literature and methodology, including quantitative and qualitative methods, sufficient to critically evaluate assessment tools and therapy models
57. Methodologies for developing and evaluating educational support groups
58. Applicable statutes, case law, and regulations regarding the practice of therapy
59. Codes of ethics
60. Business practices (e.g., storage and disposal of records, referrals, advertising)
61. Implications of the use of technology in business practice by therapists and office staff
62. Impact of technology on the client system
63. Training and practice of teletherapy and tele-supervision
64. Impact of social stratification, social privilege, and social oppression on the client system
65. Influence of prevailing sociological climate on the therapeutic relationship
66. Impact of economic stressors on presenting problems and treatment
67. Community systems (e.g., schools and human service agencies)
68. Mandated group treatment programs
69. Group treatment, education, and support programs
70. Supervision issues and their impact on supervisee and supervisor relationship
71. Application of Artificial Intelligence (AI) in clinical practice
72. Implications of Artificial Intelligence (AI) on clinical practice/systemic therapy
73. Application of AI-powered tools in assessments, treatment planning, and administrative tasks (automated progress tracking)
74. Ethical considerations of AI use in therapy (privacy, consent, biases in algorithms)
75. Crisis management in large-scale emergencies (e.g. natural disasters, public health crises, community trauma)

## SAMPLE EXAMINATION QUESTIONS

**QUESTIONS 1 AND 2 REFER TO THIS INFORMATION.**

A couple has been married for 1 ½ years and have a newborn baby. They seek therapy to deal with behavioral problems involving the mother's three children from a previous marriage. The father angrily says that the children, 9, 12, and 16, mouth back at him and do not respect their mother's authority. The couple has started having serious fights.

1. The therapist decides to focus initially on the times when the father has thought that the children were respecting their mother's authority. The purpose of this focus is to help the

   1. parents unite the marital dyad.

   2. father accept his role as a stepparent.

   3. parents feel hopeful about the situation.

   4.mother perceive her part in the interaction.

2. Which of the following statements should the therapist make to help the family perceive their complaints from a systems perspective?

   1. "It is difficult to be a stepfather."

   2. "The children are having difficulty adapting to the new baby."

   3. "The marital relationship is being affected by your wife's children."

   4. "You are experiencing a normal adjustment to becoming a stepfamily."

3. An adult female presents with a variety of disruptive symptoms, including a feeling of going crazy, anxiety about leaving home, an inability to concentrate, insomnia, irritability, excessive fears about dying, chest pains, a flushed feeling, shakiness, loss of usual interests, and frequent crying spells. The therapist should **FIRST**

   1. provide reading material about clinical depression.

   2. request primary physician prescribe anti-anxiety medication.

   3. refer the client to appropriate websites for learning about anxiety.

   4. obtain a psychiatric evaluation including assessment for medication.

4. After hearing a father's insistence that therapy involve only the mother and daughter, a therapist becomes adamant that without the father's assistance, it seems impossible to address the problem. This is an example of

   1. a family enactment.

   2. the battle for structure.

   3. disrupting homeostasis.

   4. a paradoxical intervention.

5. The use of an enactment is similar to the therapeutic use of

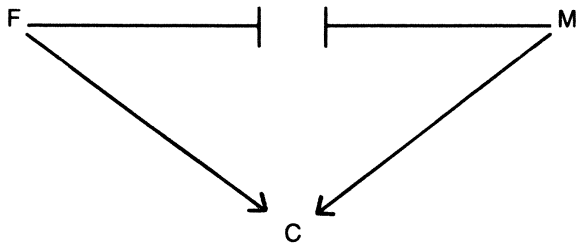
   1. family sculpting.

   2. homework tasks.

   3. affective intensity.

   4. family reconstruction.

6. To a therapist practicing from a structural perspective, the diagram below represents which of the following?




   1. Parents who form a coalition against their child

   2. Parents who have set rigid boundaries for their children

   3. Parents who are over involved with a child while detouring tension

   4. Parents who are scapegoating a child as a means of detouring conflict

| ANSWER KEY | |
|---|---|
| **Q** | **A** |
| 1 | 3 |
| 2 | 4 |
| 3 | 4 |
| 4 | 2 |
| 5 | 1 |
| 6 | 4 |

## ONLINE PRACTICE EXAMS

Candidates can take an AMFTRB Practice Exam to help assess their knowledge level before taking the actual licensure examination. The practice exams were developed using actual test questions from previous examinations. A practice exam provides the opportunity to become familiar with the format of the test questions and an indication of preparedness for the actual examination. These are the closest practice exams to the "real thing" on the market today since they are the only practice exams designed and developed by AMFTRB. *The AMFTRB Practice Exams are designed to give candidates exposure to the kinds of questions that appear on the actual examination, enabling candidates to gauge their test preparation*.

**Why Take the AMFTRB Practice Exam?**

The practice exam is designed to help you:

- assess your level of MFT knowledge and experience.
- expose you to the types of questions you will see on the actual examination.
- determine if you have the right experience and knowledge to attempt licensing as a marriage and family therapist.
- gain practice experience in viewing and responding to items in an electronic environment as the items are actually presented during the examination and in a timed format, including the ability to mark questions for review or as "skipped" to be returned to later.
- the practice exam is designed to show strong and weak areas of your knowledge and experience by domain.

**What You Need to Know**

You may take the practice exam at any time, any place, using a computer that can connect to the Internet. The practice exam is not a teaching tool. It only provides, as is stated, feedback on how a candidate performs by domain, identifying their strong domains and their weak domains, that is the number of correct items in a domain

- **There are two practice exams, each with two formats:** 1) a regularly-timed test, and, 2) an extended-time test for qualifying ADA candidates. You will be able to select either one during the application process. ***Some of the questions on both forms of the practice exam are the same.*** There are no refunds if you decide to take both forms. You only need to take one or the other depending on your individual situation.
- You may take the practice exam as many times as you like; however, you will be charged the full practice exam fee each time you register for a practice exam.
- The 90 questions on each practice exam will remain the same each time you take the examination.
- You will receive your overall score on the practice exam, as well as a breakdown by domain at the end of the practice exam. Answers to the practice examination items are *not* made available.
- A score on the practice exam of 90 questions (actual examination currently has 180 questions) does not guarantee a similar outcome on the MFT National Examination. It can, however, be a good indication of your preparedness.

**The Practice Exam vs. The Actual MFT National Examination**

The practice exam has been developed by MFT content experts using the same methodology used to develop the actual MFT National Examination. Because the practice exam questions are actual test questions that have appeared on previous examinations (but have been removed from the bank of test questions), the questions on the practice exams are formatted in the same way as the actual examination questions. It is important to note that **your score on the practice exam**

**does not guarantee a similar outcome on the actual licensing examination**. It can, however, be a good indication of your preparedness.

**Practice Exam Fee and Credit Card Options**

The cost to purchase each practice exam is $70.00, payable by credit card. Candidates will be charged the full fee each time they register for a practice exam. If you choose and begin taking an exam, you will be charged for that exam and will have to pay the fee again if you choose to take that exam again or if you choose another exam. You will not be able to apply for a refund. You are welcome to take a practice exam as many times as you like; however, the $70.00 fee will be collected each time.

**Plan and Prepare**

Before taking a practice exam, be sure to allocate enough time to complete the entire exam. You will be allotted two hours (120 minutes) to take the practice exams. This time frame **simulates** the actual MFT National Examination time period, which is four hours. If you will need extended time on the actual exam due to an ADA accommodation, you will be able to have an additional one hour (60 minutes), which will provide you with three hours (180 minutes) on the practice exam to ensure a simulated examination experience. Each exam must be completed within the allotted time. Your actual "screen time" will be equal to the time period you choose. If at any time during the practice exam process, you experience technical difficulties or problems, contact https://www.ptcny.com/contact.

**Help with the Practice Exam**

- Registration, sign in, or to recover password, visit https://secure.ptcny.com/webtest
- Purchasing and Technical assistance: **call 212-356-0660 or visit https://www.ptcny.com/contact**
- Feedback: https://www.ptcny.com/contact

## ETHICS REMINDER

Marital and Family Therapists are held to the highest ethical standards in all aspects of their professional lives. This ethical obligation extends to those entering the profession as well. The following Security Agreement is in keeping with the ethical behavior expected of all prospective Marital and Family Therapists while sitting for the Marital and Family Therapy National Examination.

## EXAMINATION SECURITY

Candidates seeking admission to take the examination do so for the purpose of pursuing registration, and for no other purpose. Because of the confidential nature of the examination, candidates may not make or keep copies, excerpts, or notes of examination materials, and to not use or divulge information learned from the examination. The examination is the exclusive property of AMFTRB and candidates may not use examination information in any way without the express prior written consent of AMFTRB.

The MFT National Examination is confidential. Candidates are required to sign a confidentiality agreement prior to the start of the examination.

Candidates agree to abide by the testing rules in effect at the time of their test appointment. AMFTRB, PTC, and/or Prometric staff may refuse a candidate admission to the examination if they do not have the proper identification as detailed in the Candidate Handbook. Candidates who do not abide by the testing rules may have their exam terminated during the exam administration in order to maintain a secure and proper exam administration and/or exam scores invalidated.

## CANDIDATE AGREEEMENT

**A.** Agreement to Comply with this Candidate Agreement: As a candidate sitting for the AMFTRB MFT National Examination (the "Examination") I agree to comply with this Candidate Agreement and understand that I will be required to sign a copy of this Candidate Agreement at the testing site before my test administration begins.

**B.** Ethics Reminder: Marital and Family Therapists are held to the highest ethical standards in all aspects of their professional lives. This ethical obligation extends to those entering the profession as well. I agree to conduct myself in a professional and ethical manner in all matters related to the Examination.

**C.** Examination Security:

(a) I understand that candidates seeking admission to take the Examination may only do so for the purpose of pursuing licensure as a Marital and Family Therapist and for no other purpose. I affirm that I am seeking admission to take the Examination for the purpose of pursuing licensure as a Marital and Family Therapist.

(b) I understand that the Examination is the exclusive property of AMFTRB and I agree not use Examination information in any other manner without the express prior written consent of AMFTRB.

(c) I understand that the Examination and the items contained thereon are copyrighted by AMFTRB and are protected by copyright law.

(d) I understand that the Examination and the items contained thereon constitute valuable trade secrets belonging to the AMFTRB.

(e) I understand that AMFTRB, PTC and/or Prometric staff may refuse a candidate admission to the Examination if they do not have the proper identification as detailed in the Candidate Handbook.

(f) I agree to abide by the test center rules, including security procedures, in effect at the time of my testing appointment and understand that if I do not abide by the test center rules that my testing session may be terminated during the administration and my score invalidated.

(g) I understand that the Examination and its related materials may not be copied or reproduced in whole or in part by any means whatsoever, including memorization, note-taking, electronic transcription or electronic transmission and I agree not to do such.

(h) I understand that reproducing, disseminating, or otherwise sharing questions or portions of items from the Examination, through any medium including verbal communications, is strictly prohibited and I agree not to do such. For example, sharing items or portions of items at an examination preparation workshop, in a study group or on an Internet user group is prohibited.

(i) I understand that the unauthorized disclosure of the Examination and the items contained thereon will result in irreparable injury to the AMFTRB and agree not to disclosure the Examination or the items contained thereon without the prior authorization of the AMFTRB.

(j) I understand that the theft or attempted theft of the Examination may subject me to civil and criminal penalties.

(k) I understand that accessing any electronic device, such as cellphones, calculators or notepads, at any time during an administration is strictly prohibited. I understand that all my electronic devices shall be stored in accordance with testing center policies and that accessing any electronic device at any time during an administration for any reason will result in my score being invalidated.

(l) I understand that arrangements for matters such as child care, elder care and pet care should be made prior to the administration to eliminate the need to access a cellphone during the administration.

(m) I understand that I may not leave the test center during an administration without notifying the testing center personnel and that if I do so my testing session will be terminated and my score invalidated.

(n) I understand that I may only access snacks, drinks, medicines or personal healthcare items from my assigned locker during an administration and that any articles I access from my locker are subject to search and may be confiscated for the duration of the administration.

(o) I understand that participation in any irregularity occurring during an administration, such as giving or obtaining unauthorized information or aid, as evidenced by observation or subsequent statistical analysis, may result in termination of the session, invalidation of the results of the Examination or other appropriate action. Examples of irregularities include: accessing any generative AI software; taking or use of notes; failure to comply with the test center's security procedures; failure to comply with the instructions of test center's personnel; or attempting to communicate in any way with fellow examinees.

(p) I understand that in applying for and taking the Examination, certain identifying data will be assigned to me. Such data will be used to identify me as well as to identify the licensing body to which I have applied for licensure. The data will not be used for any other purpose. I agree that I shall keep the identifying data assigned to me confidential; not share the data with any third party; not make the data public; and not make use of identifying data that has been assigned to another candidate.

(q) I have familiarized myself with the operation of the testing system by taking the Prometric testing tutorial.

(r) I understand that once I exit a testing session, even if done in error, that my testing session cannot be restarted, that my Examination will be scored and my score reported. Examples of exiting a testing session include signing out of or ending the exam by pressing the exit key or the wrong key.

**D.** Appeals:

(a) I understand that my appeal rights are strictly limited to certain matters as determined by the AMFTRB.

(b) I understand that appeals concerning the accuracy of the contents of the Examination or the determination of the Examination's passing point will not be considered.

**E.** General:

(a) I understand that the testing session is governed by this Candidate Agreement which may not be modified or waived in whole or in part by the Prometric testing center personnel.

(b) I understand that the failure to abide by the terms set forth in this Candidate Agreement may result in my

Examination score being cancelled and my being prohibited from taking or retaking the Examination.

(c) I understand that if I breach this Candidate Agreement or of the AMFTRB's testing policies that it will be reported to the licensure body to which I applied for licensure. Such licensure body may take additional disciplinary action.

(d) I understand that breaching this Candidate Agreement may result in my having to pay for damages caused to AMFTRB which may include legal fees incurred by AMFTRB.

**F.** Acknowledgement and Agreement:

I hereby acknowledge that I have read and understand this Candidate Agreement and agree to abide its terms and conditions.

**Effective 12 November 2024**

## PTC DEI STATEMENT

At PTC, we encourage and welcome diversity, equity, and inclusion. We value all employees' talents and support an environment that is inclusive, equitable, and respectful. Respecting each individual and recognizing the value that we each bring to our team is essential. By creating a supportive environment that allows everyone to perform to their potential, we achieve success. We are strongly committed to this, realize this is an ongoing process and will commit to looking for ways to be sensitive to all aspects of diversity, equity, and inclusion.