

MFT

MARITAL AND FAMILY THERAPY

STUDY GUIDE & PRACTICE QUESTIONS 2025-2026

COMPREHENSIVE MATERIAL THAT **COVERS THE ENTIRE SYLLABUS**, ENSURING YOU MISS NOTHING IMPORTANT FOR YOUR EXAMS.



Detailed Content Review

This **MFT Study Guide 2025-2026** is meticulously structured to cover every aspect of the **Marital and Family Therapy National Licensing Exam (MFT)**. Designed to provide a depth review of the key content areas, this guide offers a comprehensive blend of theoretical knowledge and practical application, ensuring that you are well-prepared to succeed on the exam and in your professional practice.

Section 1: The Practice of Systemic Therapy

1.1 Individual-Based Theory and Therapy Models

- **Overview:** This section explores prominent individual-based theories and therapeutic models, focusing on how these theories apply within family and systemic therapy.

 **IN-DEPTH COVERAGE**

 **FOCUSED LEARNING**

 **INTERACTIVE EXERCISES**

 **EXAM-STYLE QUESTIONS**

Family Solutions Mft Study Guide

Simon



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