

**ALABAMA BOARD OF EXAMINERS IN MARRIAGE
AND FAMILY THERAPY**

Post Office Box 240066

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Dear Mental Health Provider:

The State of Alabama regulates the practice of Marriage and Family Therapy through MFT licensure. You are encouraged to review the information provided in this mailing in order to determine whether adding the credential of Licensed Marriage and Family Therapy (LMFT) to your vita may be a strategic move for your professional future. In many states, mental health professionals carry dual and even triple licensure status in order to remain on the cutting edge of today's changing market.

Why should I become an LMFT? Consumers are increasingly seeking the services of MFT's. According to a study published in *American Psychologist*, consumers reported that marriage and family therapists are the mental health care professionals they would most likely recommend to friends. Nearly 95% of managed mental health care providers and 92% of EAPs name marital and family problems as a frequent reason for assessment and treatment. Due to their pioneering of brief, solution-focused approaches, MFT's are increasingly utilized by managed care providers. MFT's make up 22% of the panels for provider owned networks. With forty states currently licensing MFT's and thirty-eight states using a National Exam, there is an open opportunity for endorsement between states, thus providing mobility.

Now is the time to become a part of this recognized profession. Review the enclosed information, send for the official packet, and determine for yourself whether licensure as a Marriage and Family Therapist is for you.

Licensed Marriage and Family Therapist (LMFT) Requirements

Educational Requirements

- ◆ Master's or Doctoral degree in MFT or an allied mental health field.
- ◆ Completed course work that embraces a family systems perspective of human and family development and treatment of individuals, couples, and families, either alone or in a group. The coursework will address the practice of marriage and family therapy through utilization of established principles that recognize the interrelated nature of the individual problems and dysfunctions in family members in order to assess, understand, and treat emotional and mental problems and modify intrapersonal and interpersonal dysfunctions:

Marriage and Family Studies	-3 courses
Marriage and Family Therapy	-3 courses
Human Development	-3 courses
Professional Ethics	-1 course
Research	-1 course

- ◆ Completed a 12 month internship, consisting of a minimum of 500 direct client contact hours (250 with couples or families physically present in the therapy room) with 100 hours of Board approved MFT supervision.
- ◆ Passed the National Examination in Marital & Family Therapy.
- ◆ Completed a minimum of 2 years post degree full time MFT work experience, consisting of a minimum of 30 hours per week, including a minimum of 1000 direct client contact hours and weekly Board approved MFT supervision at a minimum ratio of 1:10 supervision to client contact.

Other MFT designations

MFT Intern

MFT Associate

LMFT Supervisor

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REQUEST FOR APPLICATION FORM

Instructions: To receive a hardcopy information packet, which includes a copy of the Alabama Marriage and Family Therapy Licensure Law, the Administrative Code, along with the official forms for application as an LMFT, and LMFT Supervisor, or a designated MFT Associate or MFT Intern, send this completed request form and the \$25 Application Packet Fee made payable to ABEMFT to the above address. The before mentioned items are available at no cost at www.mft.alabama.gov

Name: _____

Address: _____

Phone: _____

Please indicate which of the following professions you are currently identified:

- Marriage and Family Therapy
- Psychology
- Social Work
- Professional Counseling
- Pastoral Counseling
- Psychiatric Nursing
- Psychiatry
- Other _____