



AMFTRB Exam Study Tips

With Sample Questions and Rationales

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10 Study Tips

For Success on the AMFTRB Exam

1. The AMFTRB Exam is challenging but fair. There are NO TRICK QUESTIONS. With the right tools, you can pass with confidence.
2. The AMFTRB Exam is a measure of your competence.
3. Competence is measured through reasoning-based, recall and application questions.
4. Half of the questions on the AMFTRB exams are reasoning-based, so you will need clear strategies to know how to figure out the answers.
5. Half of the questions are recall and application-based, so you will also need to have a solid understanding of key concepts and terms.
6. The best way to manage test anxiety is to have clear test taking strategies so you know how to read the questions.
7. An organized study plan is essential. Otherwise you can waste a lot of time “studying” but not actually “preparing to pass.”
8. Not all exam prep materials are created equally. In fact, most study products and workshops are created by people who have NEVER taken licensing exams. **Some aren't even MFTs.** Be sure to find out whether the authors and instructors have the right credentials and experience.
9. It's best to study in sessions of 2 hours or less. The average person stops learning after 90 minutes, so you won't learn most of what is taught in daylong workshops. If you plan to study “all day” take breaks every 2 hours to go have some fun.
10. Being able to talk through concepts and rationales you don't understand is essential to the learning process. Look for a study program that provides access to coaches who have taken the exam.

Practice Questions

What to Expect from AMFTRB Exam

1. A therapist meets with a new client who is complaining that she has been feeling anxious. She states that she isn't sure why she feels this way because everything in her life is going well. She shares that she has a healthy relationship with her partner, has a good relationship with her daughter and grandchildren and stays busy volunteering at her church. The therapist should first:

- A. Refer her to a psychiatrist for a medication evaluation.
- B. Assess for a history of anxiety in her family.
- C. Clarify what the client means by "feeling anxious."
- D. Administer the Beck Anxiety Inventory.

2. A therapist meets with a family for an intake session. The parents complain that their 15-year-old daughter regularly questions their authority and no longer wants to spend time with the family. They add: "All she wants to do is be with her friends." How should the therapist proceed?

- A. Recommend family therapy to address the dysfunctional familial dynamics.
- B. Provide psychoeducation regarding normal adolescent behavior.
- C. Explore how the family members maintain homeostasis.
- D. Initiate individual therapy with the daughter.

Case Scenario (for questions 3 and 4): The mother of a 4-year-old girl is referred to therapy by the child's preschool teacher. The child has recently been urinating in her bed, has been crying during drop-off and does not want to leave her teachers at the end of the day. The mother informs the therapist that she and her boyfriend have been fighting due to finances and they are expecting a child in two months.

3. Question: The therapist's FIRST priority is to:

- A. Assess the boyfriend's relationship with the daughter.
- B. Refer the daughter to a child psychologist for testing.
- C. Assess for potential child abuse.
- D. Obtain a release of information to speak with the daughter's preschool teacher.

4. In order to assess the child, the therapist should administer:

- A. Test of Nonverbal Intelligence
- B. Kinetic Family Drawing
- C. Connors' Rating Scale-Revised
- D. Wechsler Intelligence Scale for Children

Practice Questions

What to Expect from AMFTRB Exam

5. A therapist meets with a client who expresses suicidal ideation. The therapist should FIRST:
- A. Explore if the client has plans and means.
 - B. Shift the focus to client's strengths.
 - C. Determine client's level of spirituality.
 - D. Avoid asking questions that can escalate suicidal risk.
6. The term EMOTIONAL CUT-OFF refers to:
- A. The lack of intimacy between partners.
 - B. Unresolved emotional attachment to a person's family of origin.
 - C. A family's lack of connection with external support systems.
 - D. Two people under stress bring in a third person to minimize anxiety.
7. What is a T-TEST:
- A. A statistical technique that compares and contrasts one variable in two or more populations.
 - B. A formula for evaluating the means of two groups.
 - C. A statistical technique used to compare and contrast the means of two or more populations.
 - D. The midpoint of the observations when data are arranged in increasing order, the score that divides the distribution in half
8. A client seeks services at a community mental health center. He reports that his chief complaint is that he can't get a job so he is "stuck living in his parents' basement." He is dressed in pajamas with a necktie. He reports that his only friends are people he knows online in an alien tracking club. He asks if the therapist believes in ghosts. What diagnosis should be considered for this client?
- A. Schizoid Personality Disorder
 - B. Schizophrenia
 - C. Schizotypal Personality Disorder
 - D. Schizophreniform Disorder

Answers & Rationales

What to Expect from AMFTRB Exam

1. **C** - Rationale: **C** is the best answer to this question because it is specifically asking what the therapist should do first. The woman indicates feeling anxious, but it's not clear if she meets the clinical criteria for anxiety or if "feeling anxious" holds a different meaning for her. The therapist needs to understand what is meant by "feeling anxious" before taking any additional steps. **A**, **B**, and **D** would be appropriate interventions if the client meets the clinical diagnosis of anxiety, but we cannot make that determination without clarification.

2. **B**- Rationale: The parents are describing behaviors that are part of normal adolescent development. We would start by providing psychoeducation since the parents view their daughter's behavior as problematic. **A** is incorrect because there is no indication of dysfunctional familial dynamics. **C** can be ruled out because the stem does not talk about the family maintaining homeostasis. **D** is incorrect because the need for individual therapy is not indicated and if any therapy is pursued, family therapy would be more appropriate.

3. **C** - Rationale: The symptoms described are common in children who are victims of abuse, so the priority is to address safety concerns and assess further (**C**). **A**, **B**, and **D** can be done after the therapist assesses for child abuse.

4. **B** - Rationale: **B** is the best answer because the Kinetic Family Drawing tool is used with children and can assess family relationships and dynamics within the family. **A** and **D** are intelligence tests and do not address the presenting concerns. **C** The Connors' Rating Scale is used to assess ADHD, which is also not indicated in this scenario.

5. **A** - Rationale: When a client expresses suicidal ideation, the first task of the therapist will be to assess for a plan and means. The therapist should stay focused on the possible risk of suicide and not shift away from the client's thoughts or avoid asking questions, **B** or **D**. **C** is possible, but only after assessing for plan and means.

6. **B** – Rationale: Emotional cut-off is a term linked to Bowenian therapy and refers to the unresolved emotional attachment to a person's family of origin.

7. **B** – Rationale: A T-Test is a formula used to evaluate the means of two groups. **A** is describing ANCOVA, while **C** is the definition of ANOVA, and **D** is describing the median.

8. **C** - Rationale: This is a good example of a diagnosis question. Schizotypal Personality Disorder is characterized by social isolation, odd behavior, unusual dress and thinking, and unconventional beliefs.

Study With Us

Learn How Our Program Works

- ✓ Our AMFTRB Study System is an online program that you can access immediately once you sign up. Just log in and start studying.
- ✓ We provide an organized, 10-step study plan with handouts, lectures, Quick Study sheets, quizzes, and practice exams.
- ✓ Our program includes **750+** online practice questions like the ones in this guide.
- ✓ In addition to reviewing content, we emphasize the test taking strategies and reasoning skills you need to pass.
- ✓ We provide **FREE** access to **EXAM COACHES** to answer any questions you have while studying, including whether you are ready to take the exam.
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