



Arkansas Board of Examiners in Counseling and Marriage & Family Therapy

Applicant Legal Name \_\_\_\_\_

LAMFT or LMFT  
Course Summary for Application

**"B" Grade or Above Required In Each of the Required 60 Semester Graduate Hours.  
Course Equivalents: 3 Semester Credits or 4 Quarter Credits or 45 Didactic Contact Hours (Lecture Hours)**

Brick-Mortar (Traditional In-Classroom) and Distance Learning Course Work Accepted If Courses Meet Standard IV of the current  
COAMFTE Adopted Standards

---

Board Adopted Course Descriptions Follow This **Two Page** Form That Must Be Completed And Enclosed With Your Application. Do Not Enclose The Course Descriptions Provided For Your Information.

*Foundations of Relational/Systemic Practice, Theories & Models (Minimum of 6 semester credits/8 quarter credits/90 clock hours)*

Course #	Course Title	Institution	Traditional Class	Online Course

*Clinical Treatment with Individuals, Couples and Families (Minimum of 6 Credits/8 quarter credits/90 clock hours)*

Course #	Course Title	Institution	Traditional Class	Online Course

*Biopsychosocial Health & Development Across the Life Span (Minimum of 3 Credits/4 quarter credits/45 clock hours)*

Course #	Course Title	Institution	Traditional Class	Online Course

*Diverse, Multicultural and/or Underserved Communities (Minimum of 3 Credits/4 quarter credits/45 clock hours)*

Course #	Course Title	Institution	Traditional Class	Online Course

*Systemic/Relational Assessment & Mental Health Diagnosis and Treatment (Minimum of 3 Credits/4 quarter credits/45 clock hours)*



**INFORMATION ONLY DO NOT INCLUDE WITH APPLICATION**

Review the descriptions to select courses from your transcripts to complete the required 2 page form you must complete and mail with your application

Course Descriptions Adopted From  
Commission on Accreditation for Marriage and Family Therapy Education (COAMFTE)

The COAMFTE embraces a family systems perspective of human and family development and of the treatment of both individual and family problems. The foundational curriculum covers the knowledge and skill required to practice as an MFT by covering the Foundational Curricular Areas below. The following seven areas are deemed foundational educational training for the practice of marriage and family therapy.

Descriptions adapted from Version 12.0  
Commission on Accreditation for Marriage and Family Therapy Education of the American Association  
for Marriage and Family Therapy  
112 South Alfred Street, Alexandria, VA 22314-3061  
Phone: (703) 838-9808. Fax (703) 838-9805  
Home Page: <http://www.aamft.org>

The requirements above are for the Arkansas Marriage and Family Therapy License only. See AAMFT (American Association for Marriage and Family Therapy Clinical Membership) for national clinical membership requirements (WWW.AAMFT.ORG)

Required Core Curriculum Course Descriptions for LAMFT or LMFT  
Application

“B” Grade or Above Required In Each of the Required 60 Semester Graduate Hours.  
Brick-Mortar (Traditional In-Classroom) and Distance Learning Courses Accepted If Courses Meet the  
COAMFTE Standards Adopted by the Board

---

The COAMFTE embraces a family systems perspective of human and family development and of the treatment of both individual and family problems. The foundational curriculum covers the knowledge and skill required to practice as an MFT by covering the Foundational Curricular Areas (FCA) below. The following seven areas are deemed foundational educational training for the practice of marriage and family therapy.

*Course Equivalents: 3 semester credit or 4 quarter credits or 45 didactic contact hours (lecture hours)*

***FCA 1: Foundations of Relational/Systemic Practice, Theories & Models (Minimum of 6 semester credits/8 quarter credits/90 clock hours)***

This area facilitates students developing competencies in the foundations and critical epistemological issues of MFTs. It includes the historical development of the relational/systemic perspective and contemporary conceptual foundations of MFTs, and early and contemporary models of MFT, including evidence-based practice and the biopsychosocial perspective.

***FCA 2: Clinical Treatment with Individuals, Couples and Families (Minimum of 6 Credits/8 quarter credits/90 clock hours)***

This area facilitates students developing competencies in treatment approaches specifically designed for use with a wide range of diverse individuals, couples, and families, including sex therapy, same-sex couples, working with young children, adolescents and elderly, interfaith couples, and includes a focus on evidence-based practice. Programs must include content on crisis intervention.

***FCA 3: Diverse, Multicultural and/or Underserved Communities (Minimum of 3 Credits/4 quarter credits/45 clock hours)***

This area facilitates students developing competencies in understanding and applying knowledge of diversity, power, privilege

and oppression as these relate to race, age, gender, ethnicity, sexual orientation, gender identity, socioeconomic status, disability, health status, religious, spiritual and/or beliefs, nation of origin or other relevant social categories throughout the curriculum. It includes practice with diverse, international, multicultural, marginalized, and/or underserved communities, including developing competencies in working with sexual and gender minorities and their families as well as anti-racist practices.

***FCA 4: Research & Evaluation (Minimum of 3 Credits/4 quarter credits/45 clock hours)***

This area facilitates students developing competencies in MFT research and evaluation methods, and in evidence-based practice, including becoming an informed consumer of couple, marriage, and family therapy research. If the program's mission, goals, and outcomes include preparing students for doctoral degree programs, the program must include an increased emphasis on research.

***FCA 5: Professional Identity, Law, Ethics & Social Responsibility (Minimum of 3 Credits/4 quarter credits/45 clock hours)***

This area addresses the development of a MFT Identity and socialization, and facilitates students developing competencies in ethics in MFT practice, including understanding and applying the AAMFT Code of Ethics and understanding legal responsibilities.

***FCA 6: Biopsychosocial Health & Development Across the Life Span (Minimum of 3 Credits/4 quarter credits/45 clock hours)***

This area addresses individual and family development, human sexuality, and biopsychosocial health across the lifespan.

***FCA 7: Systemic/Relational Assessment & Mental Health Diagnosis and Treatment (Minimum of 3 Credits/4 quarter credits/45 clock hours)***

This area facilitates students developing competencies in traditional psycho-diagnostic categories, psychopharmacology, the assessment, diagnosis, and treatment of major mental health issues as well as a wide variety of common presenting problems including addiction, suicide, trauma, abuse, intra-familial violence, and therapy for individuals, couples, and families managing acute chronic medical conditions, utilizing a relational/systemic philosophy.

***The following areas must be covered in the curriculum in some way, though there are no minimum credit requirements.***

***FCA 8: Contemporary Issues***

This area facilitates students developing competencies in emerging and evolving contemporary challenges, problems, and/or recent developments at the interface of Couple or Marriage and Family Therapy knowledge and practice, and the broader local, regional, and global context. This includes such issues as immigration, technology, same-sex marriage, violence in schools, etc. These issues are to reflect the context of the program and the program's mission, goals, and outcomes. Programs are encouraged to innovate in this Foundational Curricular Area.

***FCA 9: Community Intersections & Collaboration***

This area facilitates students developing competencies in practice within defined contexts (e.g., healthcare settings, schools, military settings, private practice) and/or nontraditional MFT professional practice using therapeutic competencies congruent with the program's mission, goals, and outcomes (e.g., community advocacy, psycho-educational groups). It also addresses developing competency in multidisciplinary collaboration.

**Psychopharmacology (Minimum of 3 Credits/4 quarter credits/45 clock hours)**

The physiological/medical aspects of mental illness and the medications that are used to treat specific common disorders are examined. Content includes basic classifications, indications, and contraindications of commonly prescribed psychopharmacological medications so that appropriate referral can be made for medication evaluations and identifying effects and side effects of such medications.

**Foundational Practice Component (Practicum and/or Internship)**

- Master's degree program and Post-degree programs that teach the foundational curriculum offer the foundational practice component (practicum and/or internship).
- Includes a minimum of 500 clinical contact hours with individuals, couples, families and other systems physically present, at least 40% of which must be relational. The 500 hours must occur over a minimum of twelve months of clinical practice. The 500 hours may include a maximum of 100 alternative hours or clinical activity (e.g., couple or family groups, live cases where reflecting teams are directly involved in working with clients, etc.) that is directly related to the program's mission, outcomes, and goals.
- The program demonstrates a commitment to relational/systemic-oriented supervision. Students must receive at least 100 hours of supervision. Students must receive supervision from an AAMFT Approved Supervisor or Supervisor Candidate for

*at least one hour each week in which they are seeing clients. Additional supervision may be provided by AAMFT Approved Supervisors, Supervisor Equivalents, or State Approved Supervisors. Supervision can be individual (one supervisor with one or two supervisees) or group (one supervisor and eight or fewer students) and must include a minimum of 50 hours of supervision utilizing observable data. Supervision may utilize digital technology in which participants are not in the same location as long as the majority of supervision is with supervisor and supervisee physically present in the same location and appropriate mechanisms/precautions are in place to ensure the confidentiality and security of the means of technology delivery.*

#### **Credential Evaluation Services**

International graduate degree(s) must be submitted with an English translation and certificate from a credential evaluation service and approved by the Board. These agencies must certify that the foreign degree is equivalent to a United States graduate degree. All costs for this certification are the responsibility of the applicant. For a list of services, please contact the National Association of Credential Evaluation Services, Inc. at (414)289-3400.