

# MFT Comprehensive Exam (Fall 2024) questions and answers A+ score assured

\*Blended Family - ✓✓ANSW✓✓a) Divorce  
b) Step-families. Separate families united by marriage or coupling which face non-normative developmental challenges of redefining/merging roles, rules, and rituals for a new family structure

c) Redefining the role of parenting a new step-dad will have with his new step-children.

First Order Change - ✓✓ANSW✓✓a)

Cybernetics

b) Temporary or superficial change that occurs within the threshold of the system and does not require structural change.

c) A wife replaces fighting with her husband with ignoring him completely

Gender Dysphoria - ✓✓ANSW✓✓a) DSM-5  
Diagnosis

b) Emotional and psychological identity to be opposite to one's biological sex

c) A child born as a girl may express a desire to be a boy, not want to get her period or wear dresses, insist on being called by a boy's name, and want to grow up to be a man.

Genogram - ✓✓ANSW✓✓a) Bowen

b) A generational map of a family that highlights important information such as divorce, substance use, mental health, etc.

c) A therapist may use a genogram to highlight patterns of abuse in a family.

Hierarchy - ✓✓ANSW✓✓a) Structural

b) Part of the family structure that determines who is in charge, how decisions are made, and the power balance in the system.

c) In a patriarchal society it is common for men to be at the top of the hierarchy

Homeostasis - ✓✓ANSW✓✓a) General Systems Theory

b) A system's tendency to regulate itself regardless of external influence.

c) A mother calms her children during a storm, to restore balance.

Incongruous Hierarchy - ✓✓ANSW✓✓a) Strategic, MRI

b) The idea that the problem is both a source of power and a weakness that maintains the power balance of the system

c) An alcoholic Father has power because he is able to organize the family around his needs. His alcoholism is also a weakness because he is unable to take care of himself.

Informed Consent - ✓✓ANSW✓✓a) Legal and Ethical

b) A therapist's responsibility to inform clients about purposes, policies, procedures, and potential risks.

c) An Mft's informed consent will cover topics such as confidentiality, fees, etc.

Internalized Racism - ✓✓ANSW✓✓a) Social justice

b) When racist attitudes and prejudices are felt about ones own race

c) An African Woman uses bleaching creams to pass as white

Intimate Partner Violence - ✓✓ANSW✓✓a) Couples

b) Sexual, physical, or emotional aggression by a current or former partner or spouse.

c) Hitting, shoving, slapping, assaulting, verbal threats, humiliation, control, stalking, sexual assault & can occur in dating couples.

Joining (Structural) - ✓✓ANSW✓✓a) Structural

b) Establishing trust and rapport with clients; greater leverage for interventions, and circumvent resistance.

c) A therapist notices a teen wearing a baseball cap and asks about the team and finds common interests in the sport of baseball

\*Complementarity - ✓✓ANSW✓✓a) structural