

# DECEMBER 2020 FACT SHEET

## Marriage & Family Therapists in North Dakota

Licensed marriage and family therapists (LMFTs) diagnose and treat mental and emotional disorders from a family systems perspective. They can provide assessments, establish treatment plans, and provide treatment to individuals or groups to alleviate the effects of emotional, mental, or behavioral problems that significantly impact behavioral health within the context of marriage and family systems. Licensed associate marriage and family therapists (LAMFTs) have the same scope of practice as LMFTs, but require supervision as they work toward completing full licensure.

In 2020, there were 52 LMFTs and 4 LAMFTs licensed to practice in North Dakota. There were also 14 board approved supervisors, 7 of which were located in North Dakota. The other 7 were located in either MN or SD. LMFTs are a tier 2a behavioral health professional. The tiered system for behavioral health professionals in North Dakota is a basic ranking of behavioral health professionals based on their scope of practice, with tier 1 being the highest rank and tier 4 being the lowest rank.

### Education

Licensed marriage and family therapists must have a master's degree or higher from a board approved program. There are many options when it comes to what is considered a board approved educational program for licensed marriage and family therapists. These options include a master's degree or doctoral degree in marriage and family therapy from a program accredited by the Commission on Accreditation for Marriage and Family Therapy Education (COAMFTE). Another option involves a master's or doctoral degree in marriage and family therapy from a program not accredited by COAMFTE, but accredited by an accreditation body recognized by the Council for Higher Education Accreditation (CHEA), as long as certain practicum requirements are met. The final option is a master's or doctoral degree from a program accredited by an accrediting body that is recognized by the Council for Higher Education Accreditation (CHEA) in a related mental health field, with a planned course of study in marriage and family therapy. North Dakota has no educational programs accredited by COAMFTE.

### Licensure Requirements

The licensure requirements for marriage and family therapists include:

- Completion of a master's or doctoral degree in marriage and family therapy from a recognized educational institution, or a graduate degree in an allied field from a recognized educational institution with graduate level coursework equivalent to a master's degree in marriage and family therapy.
- Successful completion of two calendar years of work experience in marriage and family therapy under qualified supervision.
- Successful passing of the examination administered or adopted by the North Dakota Marriage and Family Therapy Licensure Board.
- Demonstration of good moral character, showing they have not been subject to discipline, and are qualified for licensure.

The training licensure for LAMFTs has the same licensure requirements as the LMFT license, except for a supervision requirement. LAMFTs cannot practice without supervision by a fully licensed and board approved supervisor.

### Conclusions

- Marriage and family therapists provide treatment from the perspective of family systems to alleviate the negative effects of emotional or behavioral problems.
- They have many options for education but limited options for supervised training.
- As of 2020, North Dakota had 52 LMFTs and 4 LAMFTs.

### Data

North Dakota Marriage & Family Therapy Licensure Board. (2020). Licensure file. Retrieved from ndmftlb.org