



Why Licensed Marriage & Family Therapists?

- ★ Licensed Marriage and Family Therapists (LMFTs) focus on understanding client symptoms and interaction patterns within their existing environment. LMFTs can work with an individual, a couple and an entire family while holding the lens of understanding on the broader sociocultural systems.
- ★ The methods used by LMFTs are based on the research and theories that individuals are social creatures and do not exist in a vacuum. LMFTs hold a therapeutic view that it is important to attend to the individual and family's larger systems—community, school and work—rather than individual pathology.
- ★ LMFTs offer treatment for a variety of clinical issues including, but not limited to:
 - Anxiety
 - Child-parent relations
 - Childhood, and adolescent behavioral and emotional disorders
 - Depression
 - Grief and loss
 - Life transitions
 - Relationship enhancement
 - Relationship issues including divorce, remarriage and co-parenting
 - Sexual and domestic violence
 - Spirituality
 - Stress
 - Substance abuse

Who are LMFTs?

- ★ Licensed mental health practitioners.
- ★ Educated with a master's or doctoral degree and are trained with a minimum of two 2 years and 3000 hours of supervised clinical experience.
- ★ Mental health providers with specific clinical training working with couples and families.
- ★ One of the five core mental health professionals recognized in Texas.
- ★ In a client satisfaction survey conducted by the U.S. Census, MFT services were rated good or excellent at a rate of 98.1%.

Where do LMFTs practice?

- ★ LMFTs practice in (but are not limited to): schools, hospitals, inpatient psychiatric facilities, community agencies, not-for-profits, juvenile justice departments and private practice.
- ★ Due to their clinical training in understanding and working with systems, LMFTs are uniquely suited to work within a multitude of practice settings.

Sources

American Association of Marriage and Family Therapy (AAMFT) at www.AAMFT.org
 Austin AAMFT at www.AustinAAMFT.org
 U.S. Census Data & CSAT Practice Research Network Survey

Contact us at AustinAMFT.org