

MFT National Exam Study Guide

Who is the founder of Bowenian therapy? - THE CORRECT ANSWER IS Murray Bowen & James Framo (follower, although some argue he is more object-relations, he feels he is transgenerational)

Which theory focuses on ledgers and balances? - THE CORRECT ANSWER IS Contextual therapy

Who created the rubber fence theory? - THE CORRECT ANSWER IS Wynn

Who created the term garage mechanic? - THE CORRECT ANSWER IS Carl Whitaker

What is the emphasis in Bowenian therapy? - THE CORRECT ANSWER IS Differentiation of self

What is Bowen's differentiation of self defined? - THE CORRECT ANSWER IS refers to the autonomy of function which results in being less reactive to family systems dynamics and other members emotional states; the extent to which they have learned to manage emotionality.

what is the core problem in Bowenian theory? - THE CORRECT ANSWER IS triangles and emotional reactivity

what are Bowenian's key techniques? - THE CORRECT ANSWER IS genogram and process questions

who are the founders of experiential therapy? - THE CORRECT ANSWER IS Virginia Satir & Carl Whitaker

What is the emphasis in experiential therapy? - THE CORRECT ANSWER IS authenticity and self-actualization

what is the core problem in experiential therapy? - THE CORRECT ANSWER IS emotional suppression and mystification

what are key techniques used in experiential therapy? - THE CORRECT ANSWER IS confrontation and structured exercises

who are the founders of solution-focused therapy? - THE CORRECT ANSWER IS Steve de Shazer and Insoo Kim Berg

What is the emphasis in solution-focused therapy? - THE CORRECT ANSWER IS language creates reality

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