State Licensure Statutes, Regulations, Forms, and Policies not only change on a regular basis, but may contain contradictory information. It is the responsibility of any individual who may review this document to check with their licensure board regarding all requirements and policies regarding the licensure process. For more information please refer to your state licensing board, click here to find your state licensing board website aamftrc.org

Does the State require a degree program to include a specific number of credit hours (e.g. 45, 48 or 60 semester credits)? If so, how many credit hours are required?

Delaware requires at least 45 credit hours.

What type of institutional or programmatic accreditation is required?

All successful applicants for licensure in Delaware must possess either:
1. A graduate degree in marriage and family therapy (MFT) from a graduate program accredited by the Commission on Accreditation for Marriage and Family Therapy Education (COAMFTE),

2. A graduate degree in marriage and family therapy from a non-COAMFTE accredited graduate program acceptable to the Board, or

3. A graduate degree from a nationally accredited college or university in an allied field which is acceptable to the Board. Acceptable allied fields are limited to: counseling, social work, psychology, and psychiatry.

Does the State require the program to have COAMFTE or CACREP Accreditation?
While Delaware does encourage COAMFTE accreditation, they do not require this accreditation.

Does the State accept a COAMFTE accredited degree without requiring the applicant to list specific courses on the license application?
All applicants must submit education transcripts.

What courses does the State require an applicant to have taken in order to be have met this educational requirement for licensure?

All candidates for licensure must have at least one course minimum (three (3) credit hours) in each of the 10 core content areas for a total of 30 credit hours. The 10 core content areas are:

1. Marriage and Family Therapy Models and Theories: Courses in this area are intended to provide a substantive understanding of the major theories of marriage and family change and the applied practices evolving from each theoretical orientation. Major theoretical approaches include: strategic, structural, object relations family therapy, behavioral family therapy, communications family therapy, and intergenerational family therapy, sex therapy, and related therapeutic approaches.

2. Diagnosis and Treatment of Mental and Emotional Disorder: Courses in this area are intended to provide substantive understanding of the assessment, diagnosis and treatment of mental and emotional disorders. Areas of study include DSM, assessment and testing, treatment of behavioral health
disorders, and interventions for specific diagnostic categories (e.g., schizophrenia, depression, anxiety disorders, ADHD).

3. Psychopathology: Courses in this area are intended to focus on the identification of major behavioral health and family problems and dysfunctions. Areas of study include advanced psychopathology, assessment of family health and dysfunction, and specific diagnostic categories (e.g., schizophrenia, depression, anxiety disorders, ADHD).

4. Gender, Culture, and Ethnic Diversity in marriage and family therapy: Courses in this area include the study of ethnicity, race, socioeconomic status, culture, and gender issues as it relates to family therapy. Areas of study include cultural issues in the delivery of family therapy, barriers to effective treatment for minority groups, cultural expectations in the treatment process, and cultural proficiency.

5. Sexual Issues In Marriage and Family Therapy: Courses in this area are intended to provide substantive understanding of normal sexual development, sexual behavior and dysfunction, and sexual orientation in couple and family relationships. Areas of study include sex therapy, sexual healthy and dysfunction, biological and psychological basis of sexuality, and related issues of sexual behavior.

6. Family Therapy Theory & Techniques: Course in this area focus of family therapy models and techniques. Areas of study include strategic, structural, object relations family therapy, cognitive behavioral family therapy, Bowen family systems, symbolic-experiential, person-centered, MRI, EFT, solution-focused therapy, and interventions for specific populations (e.g., divorce/remarriage, adolescents, children, domestic violence, substance abuse, etc.).

7. Marital and Couple Therapy Theory and Techniques: Courses in this area focus on theoretical approaches and techniques for assisting couples in distress or seeking to improve their relationships. Areas of study include strategic, structural, object relations, cognitive behavioral, Bowen systems, symbolic-experiential, person-centered, MRI, EFT, solution-focused therapy, trauma-informed couple therapy, couple therapy, theory, and techniques.

8. Ethical, Legal and Professional Issues in marriage and family therapy: Courses in this area are intended to contribute to the professional development of the therapist. Areas of study include the therapist’s legal responsibilities, professional ethics as a marriage and family therapist, professional socialization, and the role of the professional organization, licensure or certification legislation, independent practice, and inter-professional cooperation.

9. Research Methods and Evaluation: Courses in this area should assist students in understanding and performing research and evaluation. Topic areas may include: research methodology, quantitative and qualitative methods, statistics, and program evaluation.

10. Clinical Supervised Experience in marriage and family therapy: Courses in this area must be 9 semester credit hours and are intended to provide clinical supervision (live or recorded) to students providing 300 hours of direct client contact (150 with couple or families).

How many client contact hours must a student obtain during practicum, and how many of these must be relational hours?
Delaware requires that the internship must have included at least 300 hours of direct client counseling, 150 hours of which must have been spent on couples and family therapy.

**How many supervision hours must a student obtain during practicum?**

Delaware does not specify a minimum number of supervision hours during practicum.

**What is the required length of practicum in this State?**

Delaware requires that nine (9) credit hours earned by serving an internship.
Post-Graduation Requirements

What are the minimum number of years of clinical experience a graduate needs to obtain a license, the minimum number of client contact hours, and how many of these hours must be relational hours?

Delaware requires that following completion of the master's degree an applicant for licensure must successfully complete 2 calendar years of work experience in Marriage and Family Therapy under professional direct supervision. Delaware requires 1500 hours of client contact, 100 hours of face-to-face clinical supervision, and a total of 3200 hours of experience. The client contact hours must break down as follows: 500 hours of couple and family therapy, 500 hours of individual therapy, and 500 hours of any combination of couple and family or individual therapy (in addition to the above).

What are the minimum number of experience hours required by this State?

Delaware requires that the post graduate experience must consist of not less than 3,200 hours obtained over a period of not more than 4 consecutive years, at least 1,600 of which shall have been under direct professional supervision acceptable to the Board. When professional direct supervision is not available, a licensed clinical social worker, licensed psychologist, licensed professional counselor of mental health, or licensed physician specializing in psychiatry may supervise the applicant upon approval by the Board.

What are the minimum number of post-graduate supervision hours required by this State, and how many of these hours must be individual supervision?

Delaware requires 100 hours of face-to-face clinical supervision with an approved supervisor(s)

What are the State requirements for an individual to be qualified as a supervisor?

The supervisor(s) must be one of the following:

1. Delaware-licensed Marriage and Family Therapist, or
2. American Association for Marriage and Family Therapy (AAMFT) “approved supervisor,” or
3. AAMFT “approved supervisor” candidate who is acceptable to the Board, or
4. Licensed marriage and family therapist from another state who has held a license in good standing for at least five years in that state and who has passed the Association of Marital and Family Therapy Regulatory Boards (AMFTRB) exam.

Unless the supervisor is an AAMFT “approved supervisor,” the Delaware Board must approve the supervisor.

Additional Notes:

Delaware defines "direct supervision" as face to face consultation, on a regularly scheduled basis, between a licensed associate marriage and family therapist (LAMFT) and a licensed marriage and family therapist (LMFT) as required by the nature of the work of the LAMFT. The supervising LMFT is responsible for insuring that the extent, kind and quality of the services rendered by the LAMFT are consistent with the person's education, training and experience.
Delaware defines "professional direct supervision" as supervision by a licensed marriage and family therapist, or an individual holding the "approved supervisor" designation from the American Association for Marriage and Family Therapy (AAMFT) or a candidate for the "approved supervisor" designation who is acceptable to the Board.

If none of the above supervisors is available, a licensed clinical social worker, licensed psychologist, licensed professional counselor of mental health, or licensed physician specializing in psychiatry with training in marriage and family therapy supervision may act as a supervisor upon approval of the Board.

**Does the state require the National Examination offered by the Association of Marital and Family Therapy Regulatory Boards (AMFTRB)?**

Yes. A score of 70% or greater is required to pass the exam.

**Does the State have specific training requirements beyond the graduate degree?**

None are noted in Delaware.

**Can an individual with a criminal history request board review before actually having to apply for licensure?**

It is unclear if Delaware has a process to pre-approve applications.

**How can someone contact the Board in this state?**

Board of Mental Health and Chemical Dependency Professionals
Cannon Building,
Suite 203
861 Silver Lake Blvd.
Dover, DE 19904
Phone: (302) 744-4500
Fax: (302) 739-2711
Email: customerservice.dpr@state.de.us
Website: http://www.dpr.delaware.gov/boards/profcounselors/index.shtml

Every state has a "definitions" section of their rules and/or statutes. Are there any definitions that might be important for an applicant to pay attention? (Note: this is not a complete list, please review definitions in your state)

None are noted in Delaware.