

PENNSYLVANIA

CERTIFICATION BOARD

CANDIDATE GUIDE

FAMILY-BASED THERAPY EXAMINATION

Pennsylvania Certification Board
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PURPOSE OF THE CANDIDATE GUIDE

The examination for Family-Based Therapists (FBT) is an examination that tests knowledge and competency about Ecosystemic Structural Family Therapy. The exam is based on current research in the field and was developed by Subject Matter Experts.

The purpose of the Candidate Guide is to provide you with guidance for the FBT examination process. By providing you with background information on examination domains, your preparation for the exam can be enhanced.

EXAMINATION CONTENT

The 2018 Content Outline for the FBT identified four performance domains. Within each performance domain there are several identified knowledge and competency areas that provide the basis for questions in the examination. The complete list of knowledge and competency areas are located in the Content Outline. The following is a list of the performance domains for the examination. Each domain is weighted equally.

FBT DOMAINS

Family Dynamics and Systems

ESFT Theory

ESFT Assessment Method, Interventions and Treatment

Cultural Competency and Ethical Responsibility

TAKING THE EXAMINATION

The FBT examination is a 75-question multiple choice exam given in paper and pencil format. One and a half (1.5) hours is the time permitted to complete the exam.

The FBT examination follows a 3 and 4 option multiple-choice format. Questions of this type begin with a stem (the premise statement/question) and are followed by three or four options with only one correct answer. In answering the questions, candidates should read the stem and options carefully. They should then select the one best answer and fill in the letter on the answer sheet that corresponds to the best answer for the question. In some cases, you will need to read a vignette then answer three to five questions based on the information you read.

The test measures the four major performance domains about the FBT. Exam questions are designed to assess knowledge as well as the candidate's ability to work with the ESFT model. Successful candidates will draw on knowledge, analysis, and application to identify the one best option.

In taking the test, you may find it helpful to eliminate obviously incorrect responses after the first reading so as to increase the probability of selecting the best response. If you determine that there are two reasonable options, you should select the most plausible choice.

The questions in the examination are multiple choice with three or four choices marked A, B, C and D. There is only one correct choice for each question. Carefully read each question and all of the choices before making a selection. Choose the single **best** answer. Mark your answer on the answer sheet by blackening the circle under the letter of your choice.

EXAMINATION RULES

No books, papers, or other reference materials may be taken into the examination room. No examination materials, documents, or memoranda of any type may be taken from the room by any candidate.

The examination will be given only on the date and time noted on the confirmation email you will receive. If an emergency arises and you are unable to take the examination as scheduled, you must contact the PCB Office.

No questions concerning the content of the examination may be asked during the examination period. The candidate should listen carefully to the directions given by the Proctor and read the directions carefully in the examination booklet.

SPECIAL ADMINISTRATIONS

Individuals with disabilities and/or religious obligations that require modifications in test administration may request specific procedure changes, in writing, to PCB, no fewer than 60 days prior to the scheduled test date. With the written request, the candidate must provide official documentation of the disability or religious issue. Candidates should contact PCB on what constitutes official documentation. PCB will offer appropriate modifications to its procedures when documentation supports the need for them.

ADMISSION TO THE CERTIFICATION EXAMINATION

Upon fulfillment of the appropriate eligibility requirements and completion of the application process for FBT, you will be seated for the examination. PCB will send you a confirmation email confirming your enrollment approximately two (2) weeks prior to the examination date. This confirmation email will also contain the reporting time, test time, location, contact person, and other relevant information.

A PHOTO IDENTIFICATION CARD (Work ID, Driver's License, etc.) must be presented for entrance to the examination.

EXAMINATION DATES

The available dates and location of the examination will be provided to you after your FBT application has been submitted to and approved by PCB.

SCORING

PCB will score all examinations and mail score reports to candidates. Scores will be broken down by domain so that candidates can see areas of strength and weakness. This process takes approximately three to four weeks.

The passing point is fixed to assure that all candidates must achieve the same score. To achieve a passing score, candidates must correctly answer 75% of the questions correctly.

TEST DISCLOSURE

If candidates wish to appeal their scores on the examination, they must submit a written request to PCB within 30 days of the postmark on the test score report. Candidates should be aware that test security and item banking procedures do not permit candidate's access to test questions, answer keys, or other secure materials.

RE-TESTING

Candidates who fail the test may re-test if they choose. Candidates must re-test at least one time in the 12-months following the date of the test they failed. All reasonable requests will be considered if a candidate is unable to re-test within the 12-month time frame. Such requests for additional time beyond the 12-months must be submitted in writing to PCB prior to the 12-month deadline.

REFERENCES

The following resources were used as the basis for the questions on the FBT examination. Consulting these references may be beneficial to you as you prepare for the exam.

1. Behun, R., Owens, E., & Cerrito, J. (2015). The Amended Child Protective Services Law: New Requirements for Professional Counselors as Mandated Reports in Pennsylvania. *Journal of the Pennsylvania Counseling Association*. Volume 19 pgs. 79-85.
2. Blackall, G., Simms, S., and Green M. (2009). *Breaking the Cycle: How to Turn Conflict into Collaboration When you and your Patients Disagree*. Philadelphia: ACP Press.
3. Carlson, J (Ed.). (2015) *Contemporary Families: Translating Research into Practice*. New York: Rutledge.
4. Felitti, V, Anda R, Nordenberg, D., Williamson, D., Spitz, A., Edwards, V., Koss, M., & Marks, J. (1998). Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults – The Adverse Childhood Experiences (ACE) Study. *American Journal of Preventative Medicine*. 14(4), pg. 245-258.
5. Gehart, D (2018). *Mastering Competencies in Family Therapy: A Practical Approach to Theories and Clinical Case Documentation* (3rd Ed.). Boston: Cengage Learning.
6. Jones, C. W (2019): *Setting the Stage for Change: An Eco-Systemic Approach to In-Home Family-Based Treatment* (2nd Ed.). Bala Cynwyd: Center for Family Based Training.
7. Lindblad-Goldberg, M, Morrison Dore, M. and Stern, L (1998). *Creating Competence from Chaos: A Comprehensive Guide to Home-Based Services*. New York: W. W. Norton & Company.
8. McGoldrick, M., Gerson, R. and Petry, S. (2008). *Genograms Assessment and Intervention* (3rd Ed.) New York: W.W. Norton Norton & Company, Inc.
9. Metcalf, L. (Ed) (2011). *Marriage and Family Therapy: A Practice-Oriented Approach*. New York: Spring Publishing Company.
10. Remly, T. and Herlihy, B. (2014). *Ethical, Legal and Professional Issues in Counseling* (4th Ed.). New York: Pearson, Inc.
11. Substance Abuse and Mental Health Services Administration. *Improving Cultural Competence*. Treatment Improvement Protocol (TIP) Series No. 59. Rockville, MD: SAMHSA, 2014.
12. Substance Abuse and Mental Health Services Administration. *Trauma-Informed Care in Behavioral Health Services*. Treatment Improvement Protocol (TIP) Series No. 57. Rockville, MD: SAMHSA, 2014.

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