

CALIFORNIA MARRIAGE AND FAMILY THERAPY (MFT) LAW & ETHICS PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://camftlawethics.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

SAMPLE

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

SAMPLE

- 1. Are MFTs allowed to provide therapy to minors without parental consent in California?**
 - A. Yes, for all issues
 - B. No, always requires parental consent
 - C. Only in specific circumstances
 - D. Only if the minor is over 18
- 2. What must interns include in their advertisements?**
 - A. Personal testimonials from clients
 - B. Name of the employer and the fact that they are under supervision
 - C. A list of all therapies they offer
 - D. Their personal philosophy on therapy
- 3. In marriage and family therapy, what does the term "informed consent" refer to?**
 - A. The process of getting permission from the therapist for all client actions
 - B. The therapist's agreement to confidentiality
 - C. The client's understanding and agreement to the process and potential outcomes of therapy
 - D. The general rules of therapy
- 4. When can an MFT disclose a client's information without consent?**
 - A. When the client requests it
 - B. In cases of suspected child or elder abuse, threats of harm to self or others, or if required by law
 - C. When collaborating with other therapists
 - D. When the information is needed for marketing purposes
- 5. Under which condition can a therapist release confidential records?**
 - A. If the client verbally agrees to the release
 - B. If the therapist feels it is necessary for treatment
 - C. If the court orders it or with client's written permission
 - D. If there is a family emergency

- 6. According to CAMFT standards, ethical behavior must satisfy whose judgment?**
- A. Only the individual therapist's judgment
 - B. Peer judgment based on recognized norms
 - C. Public opinion on therapy practices
 - D. Judgment of insurance companies
- 7. What is a therapist's initial response upon receiving a subpoena?**
- A. To ignore the subpoena
 - B. To deny the request for records
 - C. To assert privilege
 - D. To provide records immediately
- 8. Which act allows for exceptions to confidentiality regarding disclosures made to protect individuals?**
- A. The Family Law Act
 - B. The Tarasoff Law
 - C. The Patriot Act of 2002
 - D. The Children's Health Care Act
- 9. What is required for telehealth sessions according to current regulations?**
- A. Written informed consent must be obtained
 - B. Documenting consent in the client's file suffices
 - C. A face-to-face consent session is necessary
 - D. Consent does not need to be documented at all
- 10. In Melendez vs Superior Court, what can a therapist use to warn a victim?**
- A. Evidence from social media
 - B. Statements made by the client
 - C. Personal opinions about the client
 - D. Legal documents

Answers

SAMPLE

1. C
2. B
3. C
4. B
5. C
6. B
7. C
8. C
9. B
10. B

SAMPLE

Explanations

SAMPLE

1. Are MFTs allowed to provide therapy to minors without parental consent in California?

- A. Yes, for all issues
- B. No, always requires parental consent
- C. Only in specific circumstances**
- D. Only if the minor is over 18

In California, Marriage and Family Therapists (MFTs) can provide therapy to minors without parental consent in specific circumstances defined by law. One significant aspect of this provision is related to the treatment of certain issues that may warrant confidentiality and autonomy for minors. For instance, California Family Code allows minors aged 12 and older to consent to mental health treatment if they are considered mature enough to participate in therapy. This means that if a minor is experiencing issues such as emotional distress, substance abuse, or certain behavioral problems, they may seek therapy without requiring parental consent, reflecting an understanding of their right to privacy and the necessity for a safe space to explore their feelings and issues. This nuanced provision helps protect the minor's interests, especially in sensitive situations where involving a parent might deter the child from seeking help. However, these specific circumstances do not extend to all issues or situations, thus making the answer "C" the most accurate choice. MFTs must navigate these complex laws to provide ethically sound and legally compliant services based on the individual circumstances of the minor.

2. What must interns include in their advertisements?

- A. Personal testimonials from clients
- B. Name of the employer and the fact that they are under supervision**
- C. A list of all therapies they offer
- D. Their personal philosophy on therapy

In California, Marriage and Family Therapy interns are required to include specific disclosures in their advertisements to ensure transparency and protect the public. Including the name of the employer and indicating that they are under supervision is essential because it informs potential clients that the intern is still in training and under the guidance of a licensed professional. This requirement serves to maintain ethical standards and assure clients that they are receiving services within a structured and regulated framework. Other options do not align with the legal and ethical guidelines. Personal testimonials from clients could lead to issues regarding confidentiality and the integrity of the therapeutic relationship. A list of therapies offered might not provide relevant information about the intern's qualifications or the supervision context. Sharing a personal philosophy on therapy, while it may reflect the intern's approach, is not mandated in advertising and does not fulfill the requirements for transparency and clarity about their professional status.

3. In marriage and family therapy, what does the term "informed consent" refer to?

- A. The process of getting permission from the therapist for all client actions
- B. The therapist's agreement to confidentiality
- C. The client's understanding and agreement to the process and potential outcomes of therapy**
- D. The general rules of therapy

Informed consent in the context of marriage and family therapy is fundamentally about ensuring that clients understand and agree to the therapy process, including the objectives, methods, potential risks, and outcomes of treatment. It emphasizes the client's autonomy and ability to make informed choices regarding their participation in therapy. This process includes providing clients with clear and relevant information, allowing them to actively engage in their treatment decisions. By obtaining informed consent, therapists also establish a professional relationship based on trust and transparency, helping to ensure that clients feel safe and empowered throughout their therapeutic journey. This is particularly important in marriage and family therapy, where dynamics can be complex, and clients may have varying needs and expectations. The other options focus on aspects that do not capture the comprehensive nature of informed consent as it relates to the client's right to understand and engage in the therapy process. For example, getting permission from the therapist for client actions does not reflect the collaborative nature of therapy, and confidentiality agreements, while important, are just one facet of the informed consent process rather than the entirety of it. Similarly, the general rules of therapy do not convey the specific, individualized nature that informed consent entails.

4. When can an MFT disclose a client's information without consent?

- A. When the client requests it
- B. In cases of suspected child or elder abuse, threats of harm to self or others, or if required by law**
- C. When collaborating with other therapists
- D. When the information is needed for marketing purposes

The correct response relates to the ethical and legal obligations of Marriage and Family Therapists (MFTs) regarding client confidentiality. MFTs are permitted to disclose a client's information without consent specifically in circumstances that involve protecting the safety and welfare of individuals or fulfilling legal mandates. This includes situations where there is suspected child or elder abuse, potential threats of harm to the client themselves or others, or when disclosure is mandated by law. In cases of suspected abuse, MFTs are typically required to report such suspicions to the appropriate authorities, thereby prioritizing the safety and protection of vulnerable individuals. Similarly, if a client poses a risk of serious harm to themselves or others, therapists must act to mitigate that risk, which may involve disclosing information to prevent harm. Legal requirements also sometimes necessitate reporting under certain circumstances. The other options provided do not align with the legal and ethical guidelines governing MFT practice. For example, while a client may request their information, MFTs cannot disclose it without consent, especially if it puts someone at risk or violates confidentiality agreements. Collaborating with other therapists also requires client consent unless the circumstances fall under the exceptions for mandatory reporting. Lastly, using client information for marketing purposes is a violation of confidentiality and ethical standards,

5. Under which condition can a therapist release confidential records?

- A. If the client verbally agrees to the release
- B. If the therapist feels it is necessary for treatment
- C. If the court orders it or with client's written permission**
- D. If there is a family emergency

A therapist can release confidential records when a court orders it or with the client's written permission because these are the two primary circumstances under which confidentiality can be breached according to California law. The court order is a legal directive, compelling the therapist to provide specific records or information, thus overriding the confidentiality agreement held with the client. On the other hand, obtaining written permission from the client is a way to ensure informed consent, allowing the therapist to share the records as directed by the client. This dual requirement emphasizes the necessity of legal backing or explicit consent to safeguard the client's privacy while still allowing for necessary information sharing under regulated conditions. In contrast, the other options do not adequately uphold the ethical and legal standards governing confidentiality in therapy. A verbal agreement alone does not provide the same legal standing as written consent or a court order. Relying on a therapist's opinion regarding necessity for treatment does not justify the release of records without the appropriate permissions or legal mandates. Lastly, a family emergency, while potentially impactful, does not constitute a legal reason to breach client confidentiality unless it directly involves harm to the client or others, which would trigger different legal and ethical considerations. Thus, these conditions are not sufficient grounds for releasing confidential information.

6. According to CAMFT standards, ethical behavior must satisfy whose judgment?

- A. Only the individual therapist's judgment
- B. Peer judgment based on recognized norms**
- C. Public opinion on therapy practices
- D. Judgment of insurance companies

The correct answer is based on the idea that ethical behavior in the field of marriage and family therapy must align with standards that are recognized and accepted within the profession. Peer judgment based on recognized norms ensures that therapists adhere to established ethical guidelines that have been shaped by consensus among professionals in the field. This typically involves the review of best practices, research findings, and ethical codes developed by organizations such as the California Association of Marriage and Family Therapists (CAMFT). When ethical dilemmas arise, therapists are encouraged to consult their peers, professional guidelines, and established norms to determine the most appropriate course of action. This process not only helps to uphold the integrity of the profession but also ensures that clients receive care that meets widely accepted ethical standards. Adhering to peer judgment emphasizes the collaborative effort in defining what is deemed ethical and maintains professional accountability. In contrast, the other choices do not reflect the structured, professional, and consensual basis that ethical behavior relies upon in therapy. Individual therapists' judgments may vary greatly and can be subjective. Similarly, public opinion may not always align with ethical practices upheld by professionals. Lastly, the judgment of insurance companies is often influenced by financial factors rather than ethical considerations. Thus, the emphasis on peer judgment based on recognized norms

7. What is a therapist's initial response upon receiving a subpoena?

- A. To ignore the subpoena
- B. To deny the request for records
- C. To assert privilege**
- D. To provide records immediately

When a therapist receives a subpoena, the appropriate initial response is to assert privilege. This is rooted in the concept of client confidentiality and the importance of the therapist-client relationship. Privilege, in this context, protects the confidentiality of communications between the therapist and the client, acknowledging that such disclosures can be detrimental to the client's therapeutic process. A therapist must assess the validity of the subpoena and the relevance of the requested information to their therapeutic work. Instead of immediately complying, the therapist should consider the legal implications of releasing any information. By asserting privilege, the therapist can protect their client's confidentiality and seek legal counsel if necessary, possibly moving forward with challenging the subpoena in court if deemed appropriate. Ignoring the subpoena is not a legal option, as doing so could lead to legal penalties or contempt of court. Denying the request outright without considering the legal framework may also not be appropriate without a thorough understanding of what the subpoena entails. Providing records immediately without assessing privilege or consulting legal advice may compromise client confidentiality and could violate ethical standards. Thus, asserting privilege is the correct and ethical initial response.

8. Which act allows for exceptions to confidentiality regarding disclosures made to protect individuals?

- A. The Family Law Act
- B. The Tarasoff Law
- C. The Patriot Act of 2002**
- D. The Children's Health Care Act

The correct answer is the Tarasoff Law. This law specifically addresses the issue of confidentiality in the context of mental health treatment. It establishes that a therapist has a duty to protect individuals from harm if a client poses a serious risk to another person. This duty may involve breaching confidentiality to warn or protect a potential victim, following the legal requirement set by the Tarasoff case. In contrast, while the Patriot Act of 2002 has provisions that may allow for the sharing of information for national security reasons, it does not specifically address the nuances of confidentiality in the context of psychotherapy or protect individuals in cases of imminent threat, which is what the Tarasoff Law focuses on. The Family Law Act and the Children's Health Care Act do not primarily concern the confidentiality of disclosures in therapeutic settings, making them less relevant in this specific context of protecting individuals through necessary exceptions to confidentiality policies.

9. What is required for telehealth sessions according to current regulations?

- A. Written informed consent must be obtained
- B. Documenting consent in the client's file suffices**
- C. A face-to-face consent session is necessary
- D. Consent does not need to be documented at all

For telehealth sessions, obtaining informed consent is critical to ensure that clients are fully aware of the nature of the services being provided and any associated risks. Current regulations emphasize that while it is important to secure consent, merely documenting that consent in the client's file is sufficient to meet legal and ethical standards. This means that therapists are not required to have a separate face-to-face consent session, nor do they need to obtain a more formal written consent beyond the documentation in the client's records. This understanding aligns with the goal of telehealth, which is to provide accessible and flexible therapy options while ensuring that clients are informed participants in their treatment process. As long as consent is appropriately documented, therapists can fulfill their compliance requirements without necessitating additional steps that may not be feasible or practical in a telehealth context.

10. In Melendez vs Superior Court, what can a therapist use to warn a victim?

- A. Evidence from social media
- B. Statements made by the client**
- C. Personal opinions about the client
- D. Legal documents

In the case of Melendez vs. Superior Court, the correct approach for a therapist when considering the duty to warn a potential victim involves the use of statements made by the client. This case established the importance of a therapist assessing threats of imminent harm based on direct disclosures from a client. When a client expresses a specific intent to harm themselves or another identifiable individual, these statements serve as a critical basis for the therapist to take appropriate action, including warning the intended victim. Statements made by the client are privileged in most therapeutic contexts, but they can be overridden when there is a clear and present danger. The ethical guidelines and legal mandates surrounding this scenario emphasize that the therapist must prioritize the safety of individuals, using the client's own disclosures as a basis for determining the appropriate course of action. The other options presented do not align with the legal and ethical standards established in this context. For instance, evidence from social media may not provide direct, immediate insight into a client's intent and could be considered speculative. Personal opinions about the client lack the concrete relevance needed in a duty to warn situation, while legal documents, unless they contain explicit threats made by the client, generally do not serve this purpose. Therefore, the reliance on direct statements made by the client is central to

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://camftlawethics.examzify.com>

We wish you the very best on your exam journey. You've got this!

SAMPLE