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Kentucky Department of Professional Licensing
Kentucky Board of Licensure for Marriage and Family Therapists

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10/22/2026

To: All Marriage and Family Therapy Practitioners licensed in Kentucky

From: The Kentucky Board of Licensure for Marriage and Family Therapists

Re: Continuing Education classes in EMDR, mindfulness and CBT

Per 201 KAR 32:060 Section 1(2), all continuing education courses relied upon by licensees "shall be in 'the practice of marriage and family therapy' as defined in KRS 335.300(4) and shall relate to the professional application of psychotherapeutic and systems theories and techniques in the delivery of services to individuals, couples and families." In some instances, the Board has received post-attendance requests for continuing education approvals of programs focusing upon a) Eye Movement Desensitization and Reprocessing theory ("EMDR"); b) mindfulness theory; and/or c) cognitive behavioral theory ("CBT").

The Board emphasizes that although such courses may be interesting and informative, that for post-attendance continuing education approval, such courses must also instruct on the application of these theories in the delivery of services to individuals, couples and families. Effective **January 1, 2027**, any submission of a course in EMDR, mindfulness, or CBT for continuing education approval, will be more carefully scrutinized by the Board to ensure that it meets these systemic requirements. Prior granting of post-attendance continuing education approval, does not mean that such courses will continue to be approved on a going-forward basis.

Sincerely,

Amanda Villaveces, LMFT
Board Chair