

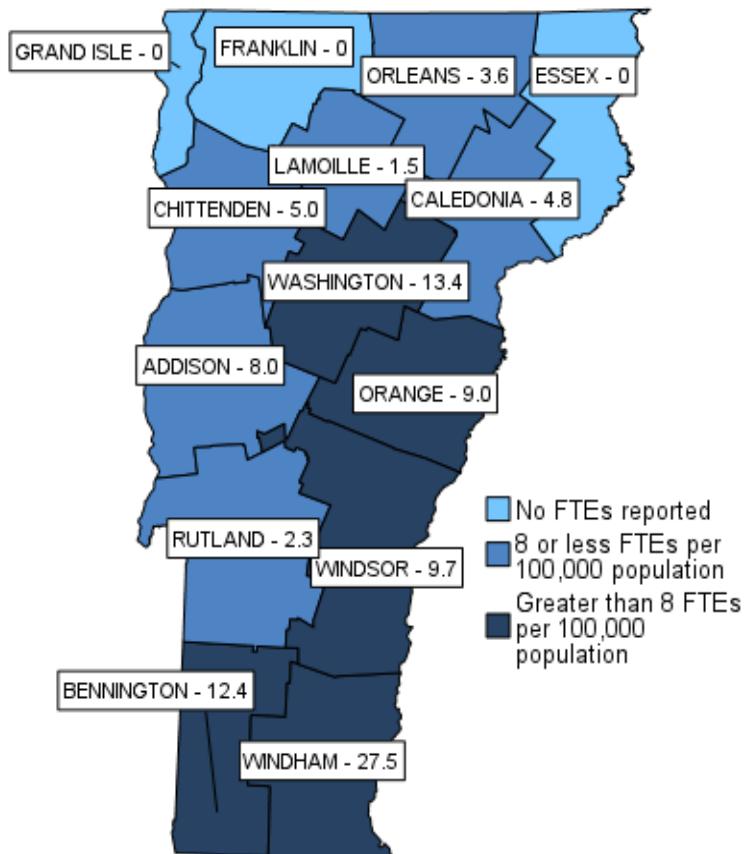
## Overview

This Marriage and Family Therapist census is part of the Vermont Department of Health's health care provider data program, which is used to monitor and measure the supply of health care providers in Vermont over time.

Vermont professionals are relicensed every two years. Data for this report were obtained during the November 2022 relicensing period and represent a snapshot of the profession at that time.

Marriage and family therapists (MFTs) diagnose mental disorders and provide psychosocial treatment for individuals, families, and groups. They are part of the allied mental health professional workforce in Vermont. To be licensed in Vermont, therapists must have completed a graduate degree with specific marriage and family therapy focus, have two years (at least 3000 hours) of supervised practice, and pass an examination.

### Full time equivalents per 100,000 population by county



## In Brief

### Workforce

Survey period: November 2022  
Response Rate: 100%  
Licenses renewed: 113  
Active in VT: 76  
Full-time Equivalents: 48.3

### Demographics

% Female: 67.1%  
Median Age: 53  
% 60 or older: 30.3%

### Education and Training

% PhD/PsyD/EdD: 6.6%  
% educated in VT: 1.4%  
% educated in Northeast: 46.4%

### Main Specialties

Couple and Family Psychology: 34.2%  
No specialty – general practice: 21.1%  
Counseling Psychology: 14.5%

### Current Employment

Full time hours at main site: 26.3%  
Plans to reduce hours: 6.6%  
Plans to retire: 0%

### Geographic Distribution

FTEs per 100,000 population:  
Highest: 27.5, Windham County  
Lowest: 0, Essex, Franklin, and Grand Isle Counties

### Trends in Statewide FTEs

2016: 32.2  
2018: 35.3  
2020: 38.1  
2022: 48.3

## Workforce

- 113 marriage and family therapists renewed their Vermont license in 2022, and 113 completed the census for a 100% response rate.
- 76 MFTs (67.3%) indicated that they were active and providing direct patient care in Vermont.
- 14/37 (37.8%) of those that were not active in Vermont said they expect to resume Vermont activity within a year.
- The remainder of this report is based on the 76 MFTs active in Vermont.

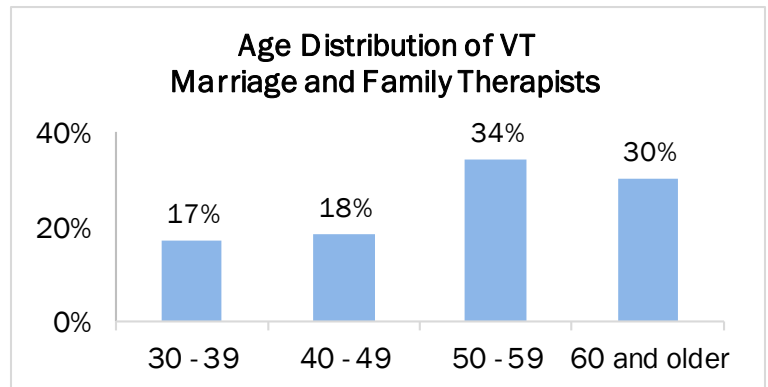
## Demographics

### Gender

- 67.1% of MFTs were female.
- 27.6% were male.
- 5.3% were another gender.

### Age

- Half of MFTs active in Vermont were under age 53.
- 30.3% were aged 60 and older.



### Race and Ethnicity

- MFTs were asked to select their race and could select multiple responses or choose not to answer, so numbers may not equal the total number of MFTs.
- 71 MFTs were white (93.4%), 1.3% were American Indian or Alaska Native, 1.3% were Black or African American, 1.3% were Native Hawaiian or Pacific Islander, and 3.9% of MFTs selected another race that was not listed. Three MFTs did not answer the question about race.
- 3.9% of MFTs indicated that they were Hispanic, Latino/a, or of Spanish origin, 90.8% were not, and 5.2 preferred not to answer.

## Education and Training

- 46.4% of the 76 MFTs active in Vermont in 2022 completed their degrees in the Northeast (including one in Vermont), and 44.9% in the West.
- 6.6% had earned a doctoral degree (PhD/PsyD/EdD), and 90.8% had earned a master's degree.
- 3.9% also maintained a license as Alcohol and Drug Abuse Counselor, and 3.9% as a Mental Health Counselor.

## Practice Characteristics

### Practice setting

For MFTs' main practice location, the most common settings were:

- independent solo practice (68.4%)
- independent group practice (6.6%)
- school-based mental health service (2.6%)
- other setting (not listed) (18.4%).

Highest degree awarded in...	Number	Percent
Northeast	32	46.4%
South	3	4.3%
Midwest	2	2.9%
West	31	44.9%
Outside US	1	1.4%
*Missing data for 7 individuals		

### Number of sites

- 11.8% (9) MFTs practiced at 2 or more locations.

## Specialties

- The most common primary specialty of marriage and family therapists were Couple and Family Psychology (34.2%), No Specialty – General Practice (21.1%), and Counseling Psychology (14.5%).

## Access to care

- 86.1% of MFTs accepted new patients.
- 62.5% participated in Medicaid, and 54.3% accepted new Medicaid clients.
- Medicare does not reimburse marriage and family therapists directly so MFTs accepting Medicare must be able to bill using another provider type or provide services under supervision of a covered license type.

% of MFTs that	Number	Percent
Accept new patients	62	86.1%
Participate in Medicaid	45	62.5%
Accept new Medicaid patients	38	54.3%
Participate in Medicare	9	14.8%
Accept new Medicare patients	6	9.7%

## Full Time Equivalent (FTEs)

- 48.3 total FTEs were provided by the 76 total MFTs.
- 12.7 FTEs, or 26.3% of total FTEs, were provided by MFTs aged 60 and older (23 individuals).
- 26.3% of MFTs worked 40 hours or more per week at their main site.
- 28.9% worked 40 hours or more per week at all their work sites combined.
- 69.7% worked at least 20 hours per week at all of their work sites combined.

Average weekly hours – main site	Number	Percent
Less than 20 hours	25	32.9%
20 to 39 hours	31	40.8%
40 hours or more	20	26.3%

## Current Experience

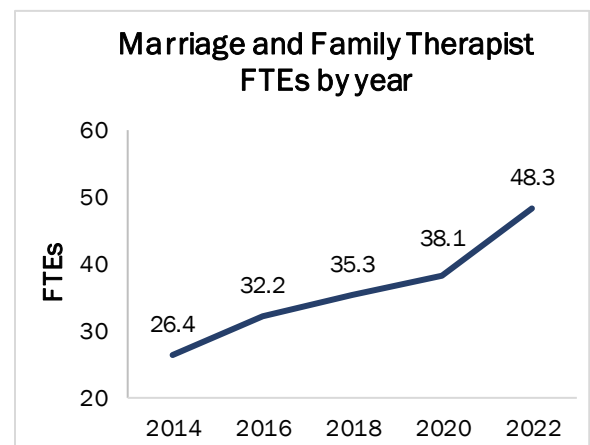
- Median time since first licensed as a marriage and family therapist: 8 years.

## Future Plans

- 58 MFTs (76.3%) planned to continue as they are in the next 12 months, and 13 (17.1%) planned to increase their hours.
- 5 (6.6%) planned to reduce their hours in the next 12 months, and no one planned to retire.

## Trends in Statewide FTEs

- MFT FTEs increased by 44.3% from 26.4 in 2014 to 38.1 in 2020. The increase from 2020 to 2022 in the number of active MFT FTEs was 26.8%, to 48.3 FTEs.



## Key Takeaways

- Two-thirds of MFTs in Vermont are female, and the median age of MFTs is 53.
- The most common settings for MFTs are independent solo practices.
- Relative to population, MFTs are most common in Windham and Washington Counties.
- MFTs saw a 26.8% increase in FTEs between 2020 and 2022.

For more information, contact: [AHS.VDHPhysicianCensus@vermont.gov](mailto:AHS.VDHPhysicianCensus@vermont.gov)

## Appendix

### Active Marriage and Family Therapist

An MFT who reported working in Vermont as such (regardless of how many hours) is considered active.

### Census

The census was taken during the biennial MFT relicensing process which ended on November 30, 2022. Census questions available upon request.

### Main Practice, Site, Setting, and Specialty

The main practice site, setting, or specialty of an individual refers to the practice site, setting, or specialty with the greatest number of reported annual hours.

### Full Time Equivalent (FTE)

Full time is defined as 40 or more working hours in Vermont per week, 48 weeks or more per year. Reporting more than 40 hours per week is defined as one FTE regardless of the number of hours over 40 per week worked.

### Maps

For county map, colors define quartiles. The lowest 25% of FTE equivalents to population ratio is displayed in the lightest color, the middle 50% in medium, and highest 25% in the darkest color.

### Missing data

Unless otherwise noted, missing data are excluded from tables. Thus, totals may vary from table to table.

### Population Estimates

Population estimates are for July 2021 and were provided by the Vermont Department of Health.

### Weekly Hours

Average weekly hours is based on hours and weeks reported, adjusted to a full-time 48-week working year ( $\text{hours} * (\text{weeks}/48)$ ). Thus, the average weekly hours for an individual working 40 hours a week for half the year (24 weeks) is 20.