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## Psychiatric Rehabilitation Association CPRP Exam Syllabus Topics:

Topic	Details
Topic 1	<ul style="list-style-type: none"><li>Assessment, Planning, and Outcomes: This section assesses the abilities of Rehabilitation Counselors and focuses on evaluating individual strengths, needs, and preferences. It includes setting recovery-oriented goals, developing personalized plans, tracking progress, and using outcome measures to guide and adjust interventions effectively.</li></ul>
Topic 2	<ul style="list-style-type: none"><li>Supporting Health and Wellness: This final domain of the exam measures the skills of Psychiatric Rehabilitation Specialists and focuses on promoting overall well-being alongside recovery. It includes supporting physical health, stress management, lifestyle improvement, and access to wellness resources to enhance long-term recovery outcomes.</li></ul>
Topic 3	<ul style="list-style-type: none"><li>Interpersonal Competencies: This section of the CPRP Exam measures the skills of Psychiatric Rehabilitation Specialists and focuses on establishing effective, respectful, and empathetic communication with clients. It covers active listening, trust-building, conflict resolution, and maintaining professional boundaries to support individuals in their recovery journey.</li></ul>
Topic 4	<ul style="list-style-type: none"><li>Systems Competencies: This section evaluates the competencies of Rehabilitation Counselors and focuses on understanding how service systems operate within the broader mental health and social service environments. It covers collaboration with agencies, policy awareness, advocacy, and navigating service delivery systems to ensure coordinated care.</li></ul>

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## Psychiatric Rehabilitation Association Certified Psychiatric Rehabilitation Practitioner Sample Questions (Q25-Q30):

### NEW QUESTION # 25

Which of the following BEST describes motivational interviewing?

- A. Providing the individual with information about how their mental disabilities will affect their future
- **B. Helping the individual to come to an understanding about how they want to advance their recovery**
- C. Telling the individual the most important steps to take to determine their future
- D. Including the treatment provider and individual when determining plans

**Answer: B**

Explanation:

Motivational interviewing (MI) is a collaborative, person-centered approach that helps individuals explore and resolve ambivalence to advance their recovery goals. The CPRP Exam Blueprint (Domain V: Strategies for Facilitating Recovery) describes MI as a technique to support individuals in clarifying their motivations and developing a personal vision for change (Task V.B.2: "Facilitate the development of self-management skills"). Option D (helping the individual to come to an understanding about how they want to advance their recovery) aligns with this, as MI uses empathetic, non-directive techniques (e.g., open-ended questions, reflective listening) to guide individuals toward self-determined recovery steps.

Option A (providing information about disabilities) is educational, not MI, which avoids directive advice.

Option B (including provider and individual) is too vague and does not capture MI's focus on internal motivation. Option C (telling important steps) is directive, contradicting MI's collaborative nature. The PRA Study Guide defines MI as fostering self-directed recovery understanding, supporting Option D.

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CPRP Exam Blueprint (2014), Domain V: Strategies for Facilitating Recovery, Task V.B.2.

PRA Study Guide (2024), Section on Motivational Interviewing.

CPRP Exam Preparation & Primer Online 2024, Module on Strategies for Facilitating Recovery.

### NEW QUESTION # 26

Supports for individuals receiving supported employment services should be

- **A. long-term**
- B. focused on vocational testing.
- C. focused on past employment.
- D. time-limited.

**Answer: A**

Explanation:

Supported employment services aim to help individuals with psychiatric disabilities achieve and maintain competitive employment through ongoing, individualized supports. The CPRP Exam Blueprint (Domain III:

Community Integration) emphasizes that supported employment provides long-term supports to ensure job retention and success, tailored to the individual's evolving needs (Task III.A.3: "Support individuals in pursuing self-directed community activities, including employment"). Option B (long-term) aligns with this, as supported employment models, like Individual Placement and Support (IPS), offer continuous assistance (e.

g., job coaching, workplace accommodations) without predetermined time limits, recognizing that employment challenges may persist.

Option A (time-limited) contradicts the supported employment model, which avoids arbitrary cutoffs. Option C (focused on past employment) is irrelevant, as supports address current and future job needs. Option D (focused on vocational testing) is a preliminary step, not the core of ongoing employment support. The PRA Study Guide and IPS guidelines confirm long-term supports as essential for supported employment, supporting Option B.

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CPRP Exam Blueprint (2014), Domain III: Community Integration, Task III.A.3.

### NEW QUESTION # 27

Which of the following best reflects key elements of recovery?

- A. The process of redefining attitudes, feelings, and beliefs that takes place within a defined period of time
- **B. The process of readjusting attitudes, feelings, and beliefs about self and others that addresses life goals**
- C. The personal process of adjusting attitudes, feelings, and beliefs that is defined by a particular diagnosis of illness
- D. The linear process of examining attitudes, feelings, and beliefs that moves toward a defined goal

**Answer: B**

Explanation:

This question falls under Domain V: Strategies for Facilitating Recovery, which emphasizes the principles of recovery-oriented psychiatric rehabilitation, including hope, self-determination, and personal growth. The CPRP Exam Blueprint defines recovery as "a personal, non-linear process of readjusting attitudes, feelings, and beliefs to pursue meaningful life goals, regardless of the presence of mental illness." The question tests the candidate's understanding of recovery as a holistic, individualized process focused on life goals rather than a time-bound, linear, or diagnosis-driven framework.

\* Option A: This option accurately describes recovery as a process of readjusting attitudes, feelings, and beliefs about self and others while focusing on life goals. It captures the individualized, goal-oriented nature of recovery and aligns with the PRA's recovery model, which emphasizes hope, empowerment, and community integration.

\* Option B: Specifying a "defined period of time" contradicts the non-linear, ongoing nature of recovery, which varies for each individual and is not time-bound.

\* Option C: Describing recovery as a "linear process" is inaccurate, as recovery is recognized as non-linear, with ups and downs, rather than a straightforward progression toward a single goal.

\* Option D: Tying recovery to a "particular diagnosis of illness" is incorrect, as recovery is not defined by a diagnosis but by the individual's personal journey toward meaning and purpose, regardless of symptoms.

Extract from CPRP Exam Blueprint (Domain V: Strategies for Facilitating Recovery):

"Tasks include: 1. Promoting recovery-oriented principles, including hope, self-determination, and personal responsibility. 2. Supporting individuals in redefining attitudes, feelings, and beliefs to pursue meaningful life goals."

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Psychiatric Rehabilitation Association (PRA). (2014). CPRP Exam Blueprint. Retrieved from PRA Certification Handbook.

PRA. (2024). CPRP Exam Preparation & Primer Online 2024 Course: Module 6 - Strategies for Facilitating Recovery.

Anthony, W. A. (1993). Recovery from Mental Illness: The Guiding Vision of the Mental Health Service System in the 1990s.

Psychosocial Rehabilitation Journal (recommended CPRP study literature, defines recovery as a personal, goal-oriented process).

### NEW QUESTION # 28

A practitioner working in a residential program often has to intervene in conflicts among housemates living in the facility. Which of the following strategies would the practitioner use?

- **A. Help housemates distinguish the individuals from the problem.**
- B. Schedule a time for each individual to discuss the problem privately.
- C. Prescribe a time-out for the individuals in conflict.
- D. Recommend the housemates contact their case managers to report the conflict.

**Answer: A**

Explanation:

Conflict resolution is an essential interpersonal competency for practitioners in psychiatric rehabilitation, particularly in settings like residential programs where interpersonal dynamics are common. The CPRP Exam Blueprint (Domain I: Interpersonal Competencies) emphasizes using collaborative, person-centered strategies to manage conflicts (Task I.B.2: "Facilitate conflict resolution using recovery-oriented approaches"). Option D (help housemates distinguish the individuals from the problem) aligns with this task by employing a recovery-oriented technique, such as narrative or solution-focused approaches, that externalizes the problem (e.g., "the conflict is the issue, not the people"). This fosters collaboration and reduces personal blame, promoting constructive dialogue.

Option A (prescribe a time-out) is authoritarian and not recovery-oriented, as it does not empower individuals to resolve the conflict.

Option B (recommend contacting case managers) deflects responsibility and does not address the conflict directly, missing an opportunity for skill-building. Option C (discuss the problem privately) may be part of a process but is less effective than Option D,

as it does not directly facilitate group resolution or teach conflict management skills. The PRA Study Guide highlights externalizing problems as a best practice in conflict resolution, supporting Option D.

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CPRP Exam Blueprint (2014), Domain I: Interpersonal Competencies, Task I.B.2.

PRA Study Guide (2024), Section on Conflict Resolution Strategies.

CPRP Exam Preparation & Primer Online 2024, Module on Interpersonal Competencies.

### NEW QUESTION # 29

Which of the following is the most important initial goal for the practitioner when assessing an individual's readiness for change?

- **A. Building trust and rapport with the individual**
- B. Assessment of the routines required for change
- C. Identifying the individual's goals for the future
- D. Understanding the context of the change

**Answer: A**

Explanation:

Assessing readiness for change requires a foundation of trust to ensure open communication and accurate evaluation of the individual's motivation. The CPRP Exam Blueprint (Domain I: Interpersonal Competencies) emphasizes building trust and rapport as the primary initial goal to facilitate engagement and effective assessment (Task I.B.3: "Adapt communication strategies to build trust and engagement"). Option A (building trust and rapport with the individual) aligns with this, as a trusting relationship encourages the individual to share their thoughts and feelings about change, enabling the practitioner to assess readiness (e.g., through the Stages of Change model) accurately.

Option B (understanding the context) is important but secondary to trust, which enables context exploration.

Option C (assessment of routines) is specific to action planning, not readiness assessment. Option D (identifying goals) follows readiness assessment, which first evaluates motivation. The PRA Study Guide highlights trust as critical for readiness assessment, supporting Option A.

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CPRP Exam Blueprint (2014), Domain I: Interpersonal Competencies, Task I.B.3.

PRA Study Guide (2024), Section on Trust-Building for Assessment.

CPRP Exam Preparation & Primer Online 2024, Module on Interpersonal Competencies.

### NEW QUESTION # 30

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