

試験の準備方法-権威のあるCPRP前提条件試験-有効的なCPRP関連資格知識

自由権規約委員会総括所見 11月3日発表

CCPR/C/JPN/CO/7「思想・良心・宗教の自由及び表現の自由」

東京・教育の自由裁判をすすめる会 国際人権プロジェクトチーム 仮訳

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39(委員会の勧告)

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P.S.JPTestKingがGoogle Driveで共有している無料の2026 Psychiatric Rehabilitation Association CPRPダンプ：<https://drive.google.com/open?id=1xvL3RqjGuiWFPSSSyaC-PiT3E6mNXuVi>

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Psychiatric Rehabilitation Association CPRP 認定試験の出題範囲:

トピック	出題範囲
トピック 1	<ul style="list-style-type: none"> • Strategies for Supporting Recovery: This domain measures the skills of Psychiatric Rehabilitation Specialists and focuses on implementing practical and evidence-based methods to promote recovery. It includes empowering clients, fostering motivation, teaching coping skills, and providing support that aligns with person-centered recovery principles.

トピック 2	<ul style="list-style-type: none"> • 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.
トピック 3	<ul style="list-style-type: none"> • 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.
トピック 4	<ul style="list-style-type: none"> • 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.

>> CPRP前提条件 <<

CPRP関連資格知識 & CPRP受験対策書

高品質のCPRPの実際のテストと高い合格率のおかげで、当社はより速く、より速く開発され、世界で高い評価を得ています。教育の専門家は、試験問題とCPRP研究急流の回答の設計と研究に精通しています。さらに、最新のCPRP試験情報リソースをいつでも入手できます。学習ガイド資料には独自の利点があります。私たちの高い合格率は、この分野でトップの位置です。

Psychiatric Rehabilitation Association Certified Psychiatric Rehabilitation Practitioner 認定 CPRP 試験問題 (Q19-Q24):

質問 # 19

After a lengthy assessment process, an individual and her practitioner identified a long-term goal of getting a job as a massage therapist. Halfway through the program, she has a car accident and has to drop out of the program due to injuries and lack of transportation. She is overwhelmed and uncertain about next steps. Which of the following actions would the practitioner recommend FIRST?

- A. Assess the potential for the individual to return to training after the accident.
- B. Provide education regarding possible options for alternative and available training programs.
- C. Help the individual to develop contacts with other individuals regarding various training programs.
- **D. Help the individual determine her goals with regard to returning to massage therapy training.**

正解: D

解説:

The individual's car accident and subsequent challenges require revisiting her goals to address her current circumstances and emotional state. The CPRP Exam Blueprint (Domain IV: Assessment, Planning, and Outcomes) emphasizes re-evaluating goals in response to significant life changes to ensure person-centered planning remains relevant (Task IV.B.1: "Develop person-centered plans based on individual aspirations").

Option D (help the individual determine her goals with regard to returning to massage therapy training) aligns with this, as it prioritizes exploring whether she still wishes to pursue massage therapy or adjust her goals (e.

g., alternative careers or delayed training) given her injuries, transportation issues, and feelings of being overwhelmed.

Option A (provide education on alternative programs) assumes a change in direction without confirming her goals. Option B

(develop contacts) is premature without clarity on her aspirations. Option C (assess potential to return) is a secondary step, as her goals must guide the assessment. The PRA Study Guide underscores goal re-evaluation as the first step after disruptions, supporting Option D.

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CPRP Exam Blueprint (2014), Domain IV: Assessment, Planning, and Outcomes, Task IV.B.1.

PRA Study Guide (2024), Section on Goal Re-Evaluation in Planning.

CPRP Exam Preparation & Primer Online 2024, Module on Assessment, Planning, and Outcomes.

質問 # 20

Which of the following best reflects key elements of recovery?

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

正解: A

解説:

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).

質問 # 21

What is the MOST critical component to successful implementation of the Illness Management and Recovery model?

- A. Motivational enhancement strategies
- B. Cognitive behavioral therapy
- C. Goal setting standards
- D. Skilled practitioners

正解: D

解説:

The Illness Management and Recovery (IMR) model is an evidence-based practice that helps individuals manage their mental health conditions through psychoeducation, goal-setting, and skill-building. The CPRP Exam Blueprint (Domain V: Strategies for Facilitating Recovery) emphasizes that the success of IMR depends on the expertise and training of practitioners who deliver the model with fidelity (Task V.B.2:

"Facilitate the development of self-management skills"). Option D (skilled practitioners) aligns with this, as trained practitioners are essential to effectively implement IMR's structured components, including psychoeducation, cognitive-behavioral techniques, and motivational strategies, while adapting to individual needs and maintaining engagement.

Option A (motivational enhancement strategies) is a component of IMR but not the most critical, as it relies on practitioner skill to be effective. Option B (goal setting standards) is part of IMR but secondary to the practitioner's ability to facilitate the process. Option C (cognitive behavioral therapy) is one technique within IMR, not the overarching driver of success. The PRA Study Guide highlights skilled practitioners as the cornerstone of IMR implementation, 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 Illness Management and Recovery Model.

質問 # 22

The practitioner has completed a rehabilitation readiness assessment with the individual and they have decided they are ready to go to work. What would be the practitioners next best step?

- A. Establish a stronger relationship with the individual
- B. Assist the individual to find employment
- C. Speak with the family on behalf of the individual
- D. Identify potential resources for employment opportunities

正解: D

解説:

After confirming readiness for employment, the practitioner must prepare to support the individual's job pursuit by identifying relevant resources. The CPRP Exam Blueprint (Domain III: Community Integration) emphasizes coordinating access to employment resources, such as job boards, supported employment programs, or vocational services, to facilitate community-based work (Task III.C.1: "Coordinate access to community resources to support integration"). Option C (identify potential resources for employment opportunities) aligns with this, as it involves researching and compiling options like IPS programs or local job services to match the individual's goals and needs, setting the stage for job search.

Option A (assist to find employment) is a subsequent step after resource identification. Option B (speak with family) is not indicated unless family involvement is requested. Option D (establish stronger relationship) is less relevant, as readiness assessment implies sufficient rapport. The PRA Study Guide highlights resource identification as key post-readiness, supporting Option C.

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CPRP Exam Blueprint (2014), Domain III: Community Integration, Task III.C.1.

PRA Study Guide (2024), Section on Employment Resource Coordination.

CPRP Exam Preparation & Primer Online 2024, Module on Community Integration.

質問 # 23

An individual living in an agency-owned residence is not following the rules of the house. After multiple warnings, the individual continues to break the rules. He expresses dissatisfaction with the residence. The infractions are causing a safety risk for others in the home. The agency's BEST approach would be to

- A. encourage him to change his behavior through a reward system.
- B. refer him to the local shelter.
- C. assist him in locating a living environment that will work with his behavior.
- D. refer him to a higher level of care.

正解: C

解説:

When an individual in an agency-owned residence repeatedly breaks rules, causing safety risks, and expresses dissatisfaction, the agency must prioritize person-centered, recovery-oriented solutions that support community integration. The CPRP Exam Blueprint (Domain III: Community Integration) emphasizes assisting individuals in finding housing that aligns with their needs and preferences to promote stability and safety (Task III.A.1: "Support individuals in accessing and maintaining stable housing"). Option B (assist him in locating a living environment that will work with his behavior) aligns with this by addressing the individual's dissatisfaction and safety concerns through a collaborative process to find a more suitable living arrangement, such as independent housing or a setting with different rules or supports that better match his behavior and needs.

Option A (refer to a local shelter) is not recovery-oriented, as it risks homelessness and destabilization, contradicting community integration principles. Option C (refer to a higher level of care) assumes a clinical need without evidence and may not address the individual's dissatisfaction or housing mismatch. Option D (encourage behavior change through rewards) does not address the underlying issue of dissatisfaction or ensure safety for others, as the behavior persists despite warnings. The PRA Study Guide emphasizes person-centered housing solutions to resolve conflicts and promote stability, supporting Option B.

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CPRP Exam Blueprint (2014), Domain III: Community Integration, Task III.A.1.

PRA Study Guide (2024), Section on Housing Stability and Person-Centered Solutions.

CPRP Exam Preparation & Primer Online 2024, Module on Community Integration.

質問 #24

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CPRP関連資格知識: <https://www.jpctestking.com/CPRP-exam.html>

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