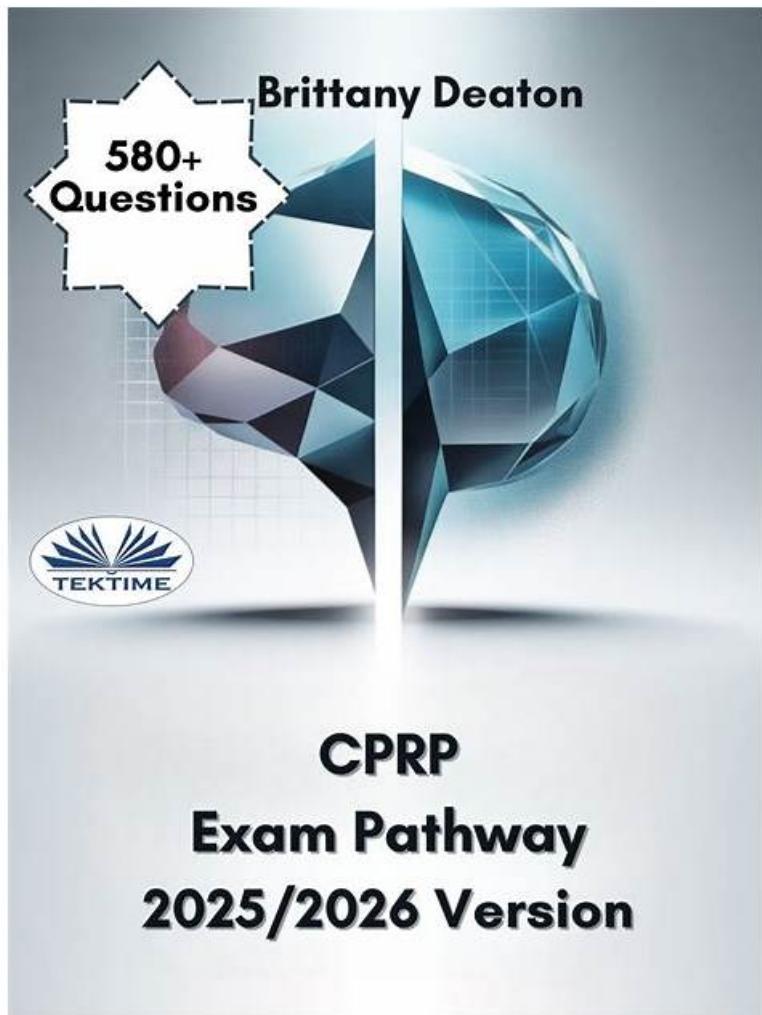


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Psychiatric Rehabilitation Association Certified Psychiatric Rehabilitation Practitioner Sample Questions (Q63-Q68):

NEW QUESTION # 63

A readiness assessment includes exploration of a person's

- A. natural support system
- **B. commitment to change.**
- C. hopes and dreams.
- D. skills and resources.

Answer: B

Explanation:

Rehabilitation readiness assessment evaluates an individual's preparedness to engage in goal-setting and recovery activities, focusing on their motivation and mindset. The CPRP Exam Blueprint (Domain IV: Assessment, Planning, and Outcomes) specifies that readiness assessment includes exploring the individual's commitment to change, as this reflects their willingness and motivation to pursue goals (Task IV.A.2: "Assess individual's stage of change and readiness for goal-setting"). Option B (commitment to change) aligns with this, as it involves assessing factors like hope, confidence, and alignment with the Stages of Change model (e.g., contemplation or preparation stages) to determine readiness for rehabilitation.

Option A (natural support system) is part of resource assessment, not readiness. Option C (skills and resources) relates to functional and resource assessments. Option D (hopes and dreams) informs goal-setting but is broader than the specific focus on commitment to change. The PRA Study Guide highlights commitment as central to readiness assessment, supporting Option B.

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CPRP Exam Blueprint (2014), Domain IV: Assessment, Planning, and Outcomes, Task IV.A.2.

PRA Study Guide (2024), Section on Rehabilitation Readiness Assessment.

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

NEW QUESTION # 64

An Illness Management group should include which of the following areas?

- A. Psychoeducation, conflict resolution, psychopharmacology, and coping skills training
- B. Medication adherence, relapse prevention, and social skills
- **C. Psychoeducation, behavioral tailoring, relapse prevention, and coping skills training**
- D. Behavioral tailoring, conflict resolution, and psychopharmacology

Answer: C

Explanation:

This question pertains to Domain V: Strategies for Facilitating Recovery, which includes implementing evidence-based practices like Illness Management and Recovery (IMR). The CPRP Exam Blueprint specifies that IMR groups focus on "psychoeducation, behavioral tailoring, relapse prevention, and coping skills training to empower individuals to manage their mental health." The question tests knowledge of the core components of an IMR group, an evidence-based practice in psychiatric rehabilitation.

* Option D: This option lists psychoeducation (education about mental health), behavioral tailoring (strategies to incorporate medication or treatment into daily routines), relapse prevention (identifying and managing early warning signs), and coping skills training (techniques to manage symptoms). These are the core components of IMR, as outlined in PRA study materials and IMR protocols.

* Option A: Includes conflict resolution, which is not a standard component of IMR, and psychopharmacology, which is too specific (IMR covers medication management broadly, not detailed pharmacology).

* Option B: Includes conflict resolution, which is not part of IMR, and omits key components like psychoeducation and coping skills training.

* Option C: Includes social skills, which is not a core IMR component (though related to other interventions), and omits psychoeducation and behavioral tailoring, making it incomplete.

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

"Tasks include: 3. Implementing evidence-based practices, such as Illness Management and Recovery, which include

psychoeducation, behavioral tailoring, relapse prevention, and coping skills training."

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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.

Mueser, K. T., et al. (2006). The Illness Management and Recovery Program: Rationale, Development, and Preliminary Findings.

Schizophrenia Bulletin (recommended CPRP study literature, details IMR components).

NEW QUESTION # 65

Community integration facilitates opportunities for activities that are

- A. staff led.
- B. **self-directed.**
- C. group directed.
- D. peer led.

Answer: B

Explanation:

Community integration aims to empower individuals with psychiatric disabilities to participate fully in community life through activities that reflect their choices and autonomy. The CPRP Exam Blueprint (Domain III: Community Integration) emphasizes supporting self-directed activities that align with individual meant by the individual's preferences (Task III.A.3: "Support individuals in pursuing self-directed community activities"). Option D (self-directed) aligns with this, as community integration facilitates opportunities for activities chosen by the individual such as employment, volunteering, or hobbies that promote independence and meaningful community roles.

Option A (peer led) is relevant for peer support but narrower, as not all community activities are peer-led.

Option B (staff led) contradicts the recovery-oriented focus on autonomy, as staff-led activities are more program-based. Option C (group directed) is less precise, as group activities may not always reflect individual choice. The PRA Study Guide highlights self-directed activities as the hallmark of community integration, supporting Option D.

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

PRA Study Guide (2024), Section on Self-Directed Community Participation.

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

NEW QUESTION # 66

Wellness Recovery Action Plan (WRAP) is most useful for which of the following?

- A. Increasing adherence to treatment.
- B. Replacing advance directives.
- C. **Providing tools to handle stress.**
- D. Adapting 12-step programs to address symptoms.

Answer: C

Explanation:

The Wellness Recovery Action Plan (WRAP), developed by Mary Ellen Copeland, is a self-directed, recovery-oriented framework that empowers individuals to manage their mental health and wellness. The CPRP Exam Blueprint (Domain V: Strategies for Facilitating Recovery) highlights WRAP as a tool for developing self-management skills, particularly for managing stress and preventing crises (Task V.B.2):

"Facilitate the development of self-management skills"). Option B (providing tools to handle stress) aligns with WRAP's core components, which include identifying triggers, creating a wellness toolkit (e.g., coping strategies like mindfulness or exercise), and developing action plans to manage stress and symptoms effectively.

Option A (adapting 12-step programs) is incorrect, as WRAP is a distinct, personalized recovery model, not an adaptation of 12-step programs, which focus on addiction recovery. Option C (increasing adherence to treatment) may be an indirect benefit but is not WRAP's primary purpose, which emphasizes self-empowerment over compliance. Option D (replacing advance directives) is incorrect, as WRAP complements, but does not replace, legal documents like advance directives, which are addressed separately (Task V.C.3).

The PRA Study Guide emphasizes WRAP's role in fostering resilience and stress management, supporting Option B.

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

NEW QUESTION # 67

Accurately assessing an individual's feelings as expressed through gestures, mannerisms, and body movements is a component of.

- A. Clarifying values.
- B. Reframing.
- C. Active listening.
- D. Focusing.

Answer: C

Explanation:

This question is part of Domain I: Interpersonal Competencies, which emphasizes active listening, empathy, and understanding nonverbal communication to build therapeutic relationships. The CPRP Exam Blueprint includes "interpreting and responding to nonverbal cues, such as gestures and body language, as part of active listening" as a key task. Active listening involves fully engaging with the individual's verbal and nonverbal communication to understand their feelings and experiences.

* Option C: Active listening encompasses observing and interpreting nonverbal cues like gestures, mannerisms, and body movements to accurately assess an individual's feelings. This is a core skill in psychiatric rehabilitation, as it ensures the practitioner understands the individual's emotional state and responds empathetically.

* Option A: Reframing involves helping an individual view a situation from a different perspective, often to promote positive thinking, but it does not specifically involve assessing nonverbal cues.

* Option B: Focusing refers to guiding a conversation toward specific topics or goals, not assessing feelings through nonverbal communication.

* Option D: Clarifying values involves exploring an individual's beliefs or priorities, typically through verbal discussion, and is not directly related to interpreting gestures or body language.

Extract from CPRP Exam Blueprint (Domain I: Interpersonal Competencies):

"Tasks include: 2. Demonstrating active listening skills, including interpreting nonverbal communication such as gestures, mannerisms, and body language. 3. Using person-centered communication to validate individuals' experiences."

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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 2 - Interpersonal Competencies.

Rogers, C. R. (1951). Client-Centered Therapy. Houghton Mifflin (influential in PRA's person-centered approach, emphasizing active listening).

NEW QUESTION # 68

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