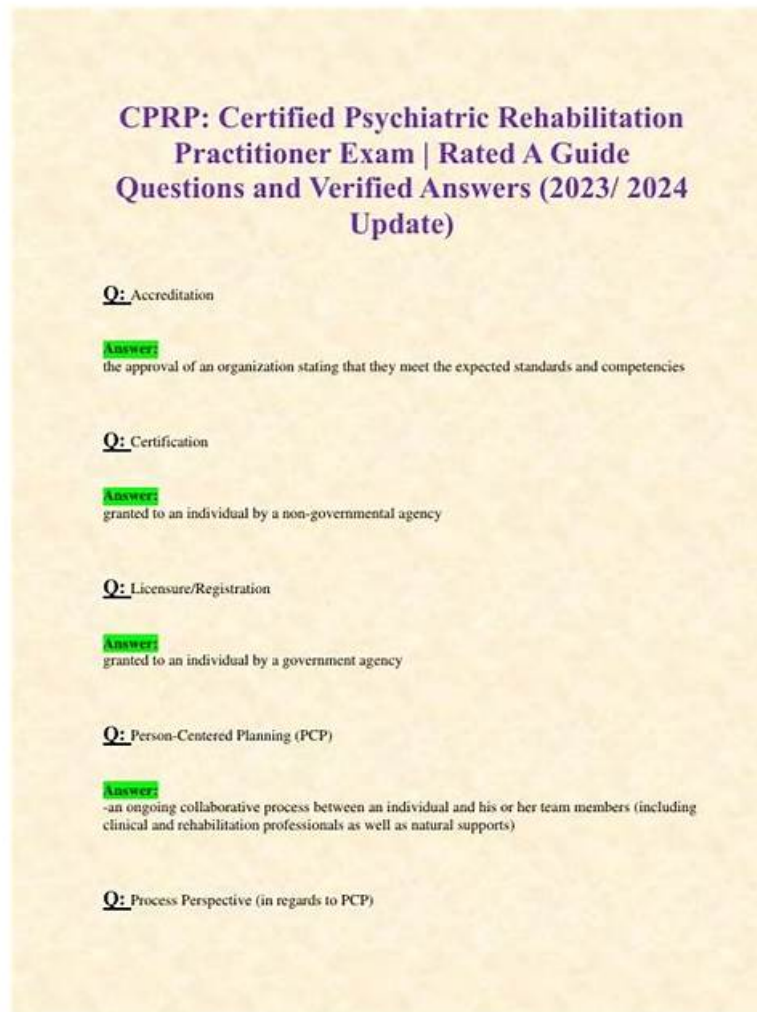


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Psychiatric Rehabilitation Association CPRP Exam Syllabus Topics:

Topic	Details
Topic 1	<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.

Topic 2	<ul style="list-style-type: none"> Professional Role Competencies: This section evaluates the abilities of Rehabilitation Counselors and emphasizes professionalism, ethics, and accountability in practice. It addresses maintaining confidentiality, applying rehabilitation principles, collaborating with multidisciplinary teams, and demonstrating cultural competence and self-awareness.
Topic 3	<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.

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Psychiatric Rehabilitation Association Certified Psychiatric Rehabilitation Practitioner Sample Questions (Q65-Q70):

NEW QUESTION # 65

What is the best location for learning the skills and activities of food preparation?

- **A. The individual's own home**
- B. A residential program with an intensive skill-training component
- C. The kitchen unit of a Clubhouse
- D. A community college which offers cooking courses near the individual's home

Answer: A

Explanation:

This question pertains to Domain III: Community Integration, which emphasizes providing services in natural, normalized environments to promote independence and skill development. The CPRP Exam Blueprint highlights "teaching skills in the individual's own environment to enhance generalization and community integration." Learning food preparation skills is most effective in a setting where the individual will apply them, ensuring relevance and practicality.

Option B: The individual's own home is the best location, as it is the natural environment where food preparation will occur. Learning in this setting ensures skills are tailored to the individual's kitchen, resources, and routines, promoting generalization and independence, which aligns with recovery-oriented principles.

Option A: A residential program may provide structured training but is less normalized and may not reflect the individual's actual living situation, limiting skill transfer.

Option C: A community college cooking course is a community-based option but may be too generalized or inaccessible (e.g., cost, transportation), and it is not tailored to the individual's home environment.

Option D: A Clubhouse kitchen unit offers a supportive environment but is not the individual's natural setting, reducing the direct applicability of learned skills.

Extract from CPRP Exam Blueprint (Domain III: Community Integration):

"Tasks include: 1. Supporting skill development in natural environments, such as the individual's home, to promote independence. 2. Providing services in settings that enhance community integration and skill generalization." References:

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

PRA. (2024). CPRP Exam Preparation & Primer Online 2024 Course: Module 4 - Community Integration.

Bond, G. R., & Drake, R. E. (2015). Making the Case for IPS Supported Employment. Administration and Policy in Mental Health (emphasizes normalized settings for skill development).

NEW QUESTION # 66

An individual was recently discharged from an inpatient facility where he was treated for schizophrenia. During a meeting with a practitioner, he shared previous struggles with landlords and neighbors and how that left him feeling unsafe and very angry. What would be the BEST option to offer him?

- A. Help him find a supported housing apartment with a roommate.
- B. Refer him to a residential program where similar issues have been addressed.
- **C. Help him make a decision about where he wants to live.**
- D. Refer him to an anger management group where attitudes can be discussed.

Answer: C

Explanation:

Supporting an individual recently discharged from inpatient care involves addressing barriers to community integration, such as past housing conflicts, while prioritizing self-determination. The CPRP Exam Blueprint (Domain III: Community Integration) emphasizes empowering individuals to make choices about their living arrangements to foster stability and safety (Task III.A.1: "Support individuals in accessing and maintaining stable housing"). Option D (help him make a decision about where he wants to live) aligns with this by focusing on person-centered planning, allowing the individual to explore housing options that address his feelings of unsafety and anger, such as locations or settings that feel secure and supportive.

Option A (anger management group) addresses anger but not the root issue of housing-related distress or safety concerns. Option B (residential program) assumes a specific solution without involving the individual's preferences, which may not align with his recovery goals. Option C (supported housing with a roommate) is prescriptive and may not suit his needs, especially given past conflicts with others, without first exploring his preferences. The PRA Study Guide underscores the importance of choice in housing to promote community integration, supporting Option D.

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

PRA Study Guide (2024), Section on Housing and Self-Determination.

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

NEW QUESTION # 67

A best practice of practitioners in permanent supported housing programs is

- A. short-term targeted interventions.
- B. motivational interviewing.
- C. clear eligibility and readiness criteria.
- **D. community integration.**

Answer: D

Explanation:

Permanent supported housing programs aim to provide stable, long-term housing with flexible supports to enable individuals with psychiatric disabilities to live independently in the community. The CPRP Exam Blueprint (Domain III: Community Integration) identifies community integration as a best practice, emphasizing the facilitation of meaningful roles and connections in community settings (Task III.A.1:

"Support individuals in accessing and maintaining stable housing"). Option B (community integration) aligns with this, as practitioners in supported housing programs promote engagement in community activities, such as employment, social groups, or volunteering, to enhance recovery and quality of life.

Option A (short-term targeted interventions) contradicts the long-term, flexible nature of supported housing.

Option C (clear eligibility and readiness criteria) is minimal in supported housing, typically requiring only a desire to participate, not a best practice. Option D (motivational interviewing) is a technique, not a core housing practice. The PRA Study Guide and SAMHSA's supported housing guidelines highlight community integration as a key best practice, 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 Supported Housing Best Practices.

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

NEW QUESTION # 68

An individual is working on setting an overall rehabilitation plan with her practitioner. One of the objectives is to return to college to finish her degree in accounting, but she wants to work on other objectives first. This person is MOST likely in what stage of change?

- A. Action.
- **B. Contemplation.**
- C. Maintenance.
- D. Acceptance.

Answer: B

Explanation:

The Stages of Change model guides the development of rehabilitation plans by assessing an individual's readiness to pursue specific goals. The CPRP Exam Blueprint (Domain IV: Assessment, Planning, and Outcomes) emphasizes evaluating stages of change to prioritize goals in person-centered planning (Task IV.A.

2: "Assess individual's stage of change and readiness for goal-setting"). Option C (Contemplation) aligns with this, as the individual is considering returning to college (indicating awareness of the goal) but prioritizes other objectives first, suggesting she is not yet ready to act on the college goal but is weighing its importance.

Option A (Acceptance) is not a stage of change, though it may describe an attitude in later stages. Option B (Action) involves actively pursuing a goal, which does not match the individual's focus on other objectives.

Option D (Maintenance) applies to sustaining changes already made, not planning future goals. The PRA Study Guide describes contemplation as the stage where individuals are aware of a goal but not yet committed to action, supporting Option C.

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

PRA Study Guide (2024), Section on Stages of Change Model.

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

NEW QUESTION # 69

A woman with a psychiatric disability informs the practitioner that she feels violated in the adult care residence because there are no locks on the bedroom doors. She has awakened to find male residents in her room. She has complained to the manager/owner for months and nothing has been done about it. What is the best way for the practitioner to address this situation?

- **A. Provide the individual with the name and telephone number of the local human rights agency.**
- B. Demonstrate several self-defense techniques that are effective against intruders.
- C. Provide the individual with supportive counseling to address underlying sexual concerns.
- D. Call the residence and strongly advise them to address the problem.

Answer: A

Explanation:

This question falls under Domain II: Professional Role Competencies, which emphasizes advocacy, ethical practice, and empowering individuals to access resources and assert their rights. The CPRP Exam Blueprint specifies that practitioners must "advocate for individuals' rights and access to appropriate services while maintaining professional boundaries." The scenario involves a serious safety and privacy violation in an adult care residence, requiring the practitioner to empower the individual to address the issue effectively while adhering to ethical standards.

* Option C: Providing the individual with the contact information of a local human rights agency empowers her to seek external advocacy and support to address the residence's failure to ensure her safety and privacy. This aligns with the PRA's emphasis on advocacy and empowerment, as it equips the individual to take action while respecting her autonomy. It also addresses the systemic issue (lack of response from the manager/owner) by connecting her to an authority that can enforce change.

* Option A: Teaching self-defense techniques places the burden on the individual to protect herself, which is inappropriate given the residence's responsibility to provide a safe environment. This does not address the systemic issue or empower the individual to seek resolution.

* Option B: Calling the residence to advise them directly may overstep professional boundaries, as the practitioner is not in a supervisory role over the residence. It also does not empower the individual or ensure a sustainable resolution, as the manager has already ignored her complaints.

* Option D: Providing supportive counseling for "underlying sexual concerns" assumes the issue is psychological rather than a legitimate safety violation, which is dismissive and inappropriate. It fails to address the immediate safety concern or advocate for systemic change.

Extract from CPRP Exam Blueprint (Domain II: Professional Role Competencies):

"Tasks include: 2. Advocating for individuals' rights and access to safe and appropriate services. 3.

Empowering individuals to self-advocate and access community resources. 4. Maintaining professional boundaries in all interactions."

:

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

PRA. (2024). CPRP Exam Preparation & Primer Online 2024 Course: Module 3 - Professional Role Competencies.

PRA Code of Ethics (2019). Emphasizes advocacy and empowerment in ensuring individuals' rights and safety.

NEW QUESTION # 70

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