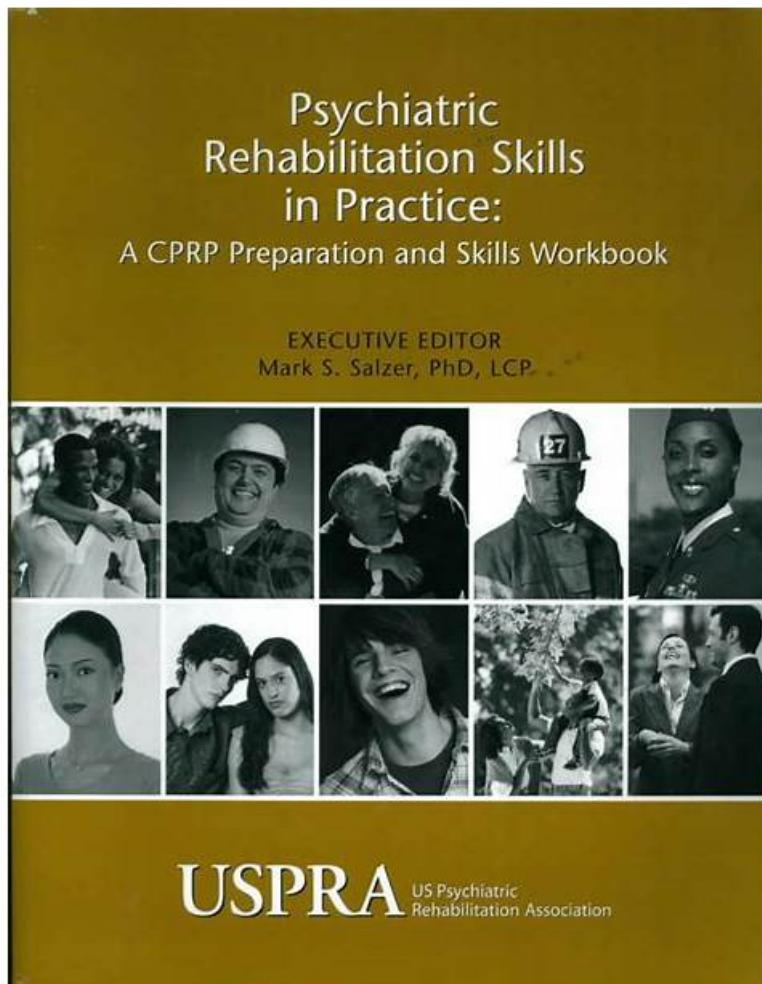


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## **Psychiatric Rehabilitation Association Certified Psychiatric Rehabilitation Practitioner Sample Questions (Q53-Q58):**

### **NEW QUESTION # 53**

An individual states, "I think I made a really huge mistake at work today! I was asked to make 200 copies of a 20-page report, and I copied the wrong document. I told my supervisor, and he seemed pretty annoyed." What response is the best example of paraphrasing?

- A. "You're frustrated because you made a mistake, but it wasn't such a big mistake."
- B. "You made an error, but you did admit it. That took a lot of courage."
- C. "You're frustrated because you made a mistake at work and disappointed your supervisor."
- D. "You made an error today on your job and your boss seemed upset with you."

### **Answer: D**

Explanation:

This question falls under Domain I: Interpersonal Competencies, which emphasizes active listening and communication techniques such as paraphrasing to validate and clarify an individual's statements. The CPRP Exam Blueprint specifies that paraphrasing involves "restating the individual's message in the practitioner's own words to confirm understanding and demonstrate empathy, focusing on the content and facts of the statement." The scenario requires the practitioner to paraphrase the individual's description of a work mistake and their supervisor's reaction without adding interpretations or judgments.

Option A: This response restates the key facts of the individual's statement (making an error at work and the supervisor seeming upset) in a concise, neutral manner. It accurately reflects the content without adding emotional assumptions or judgments, making it the best example of paraphrasing.

Option B: This response includes praise for the individual's courage, which is an interpretation rather than a restatement, and does not fully capture the supervisor's reaction, making it less accurate as paraphrasing.

Option C: This response assumes the individual is frustrated and disappointed the supervisor, which adds emotional interpretations not explicitly stated, diverging from pure paraphrasing.

Option D: This response also assumes frustration and minimizes the mistake's significance, which introduces judgment and does not accurately restate the original statement.

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

"Tasks include: 2. Demonstrating active listening skills, including paraphrasing to confirm understanding of the individual's message. 3. Using person-centered communication to validate individuals' experiences." References:

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, emphasizes paraphrasing).

### **NEW QUESTION # 54**

The true mission of psychiatric rehabilitation is to improve functioning and

- A. increase satisfaction.
- B. increase insight.
- C. decrease symptoms.
- D. decrease stigma.

### **Answer: A**

Explanation:

Psychiatric rehabilitation focuses on enhancing an individual's ability to live, work, and engage in the community while achieving personal fulfillment. The CPRP Exam Blueprint (Domain V: Strategies for Facilitating Recovery) defines the mission as improving functioning (e.g., skills for daily living, employment) and increasing satisfaction with life roles and environments (Task V.A.1: "Promote recovery principles, including self-determination and satisfaction"). Option A (increase satisfaction) aligns with this, as psychiatric rehabilitation prioritizes person-centered outcomes, such as achieving goals that enhance quality of life and personal fulfillment, alongside functional improvements.

Option B (decrease symptoms) is a clinical goal, not the primary focus of rehabilitation, which emphasizes functioning over symptom reduction. Option C (increase insight) is not a core rehabilitation outcome, as insight is secondary to practical and personal goals.

Option D (decrease stigma) is a broader advocacy goal (Domain VI) but not the mission's core focus. The PRA Study Guide

defines psychiatric rehabilitation as improving functioning and life satisfaction, supporting Option A.

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CPRP Exam Blueprint (2014), Domain V: Strategies for Facilitating Recovery, Task V.A.1.

PRA Study Guide (2024), Section on Mission of Psychiatric Rehabilitation.

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

### NEW QUESTION # 55

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. Refer him to an anger management group where attitudes can be discussed.
- 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. Help him find a supported housing apartment with a roommate.

#### 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 # 56

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. Understanding the context of the change
- D. Identifying the individual's goals for the future

#### 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.

### NEW QUESTION # 57

A best practice of practitioners in permanent supported housing programs is

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

**Answer: B**

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 # 58

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