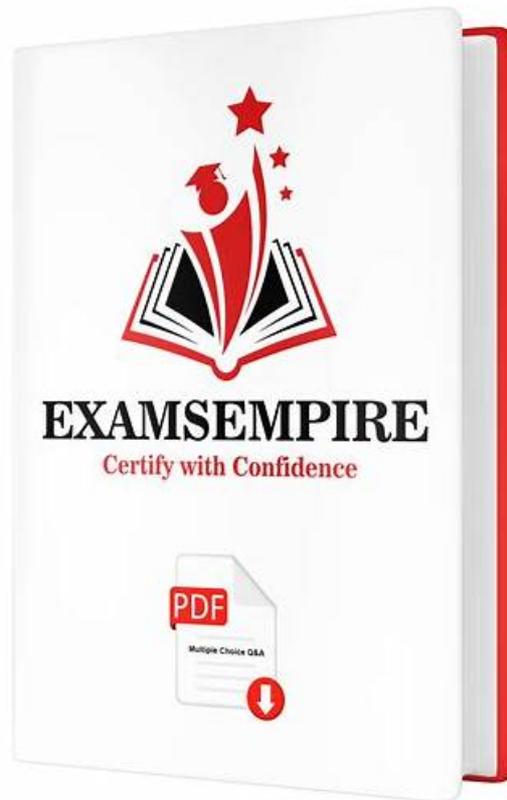


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## Psychiatric Rehabilitation Association Certified Child and Family Resiliency Practitioner (CFRP) Sample Questions (Q19-Q24):

### NEW QUESTION # 19

According to the Adverse Childhood Experience (ACE) Study, adverse childhood experiences can BEST be reversed by

- A. a biological family member.
- B. ongoing therapeutic interventions.
- C. residential treatment programs.
- **D. a consistent nurturing person.**

**Answer: D**

Explanation:

In the CFRP framework, supporting health and wellness includes addressing the impacts of adverse childhood experiences (ACEs) as identified in the ACE Study. The study emphasizes that the presence of a consistent nurturing person, such as a supportive caregiver or mentor, is the most effective way to mitigate the long-term effects of ACEs by fostering resilience and emotional security. The CFRP study guide states, "According to the ACE Study, the effects of adverse childhood experiences are best reversed by a consistent nurturing person who provides emotional support and stability." A biological family member (option B) is not necessarily required, as the key is nurturing support. Residential treatment (option C) and ongoing therapy (option D) may help but are less impactful than a nurturing relationship.

\* CFRP Study Guide (Section on Supporting Health and Wellness): "The ACE Study highlights that a consistent nurturing person is the most effective means to reverse the impacts of adverse childhood experiences, promoting resilience through stable support."

References:

Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Supporting Health and Wellness, Adverse Childhood Experiences.

Psychiatric Rehabilitation Association (PRA) Guidelines on Trauma Recovery.

### NEW QUESTION # 20

What factors must be understood when considering typical childhood development?

- A. Education and learning needs
- B. Gender and birth order
- **C. Context and culture**
- D. Nature and environment

**Answer: C**

Explanation:

The Supporting Health and Wellness domain requires practitioners to understand developmental factors to tailor interventions.

The PRA CFRP Study Guide 2024-2025 emphasizes that context and culture are critical in assessing typical childhood development, as they shape social, emotional, and behavioral norms.

Option B (Context and culture) is correct because the PRA framework highlights the importance of cultural values, family dynamics, and environmental context in understanding developmental milestones and behaviors.

Option A (Education and learning needs) is incorrect because, while important, these are secondary to broader contextual factors in developmental assessment.

Option C (Nature and environment) is incorrect because "nature" is vague, and the PRA prioritizes culture over general environmental factors.

Option D (Gender and birth order) is incorrect because, while influential, these are not the primary factors compared to context and culture in the PRA guidelines.

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Psychiatric Rehabilitation Association, CFRP Study Guide 2024-2025, Section on Supporting Health and Wellness: Childhood Development.

PRA Certification Candidate Handbook, Competency Domain 7: Supporting Health and Wellness.

PRA Code of Ethics, Principle 3: Respect for Diversity.

### NEW QUESTION # 21

Which of the following sequence of events is considered best practice during a practitioner's initial meeting with a child and family?

- A. Assessment, planning, and goal setting
- **B. Orientation, rapport building, and information gathering**
- C. Goal setting, review, and skills training

- D. Completing forms, interviewing, and observation

**Answer: B**

Explanation:

This question pertains to the Assessment, Planning, and Outcomes domain, which outlines best practices for initiating services with children and families. According to the PRA CFRP Study Guide 2024-2025, the initial meeting is critical for establishing trust and setting the foundation for effective psychiatric rehabilitation. Best practice prioritizes building a therapeutic relationship before engaging in formal assessment or planning.

Option D (Orientation, rapport building, and information gathering) is correct. The PRA guidelines specify that the initial meeting should focus on orienting the family to the practitioner's role, building rapport to foster trust, and gathering preliminary information about the child's and family's needs. This sequence aligns with trauma-informed and family-centered principles, ensuring the family feels heard and respected before delving into structured processes like assessment or goal setting.

Option A (Assessment, planning, and goal setting) is incorrect because conducting a formal assessment or setting goals in the first meeting can overwhelm families and hinder rapport. The PRA study guide advises delaying these steps until trust is established.

Option B (Completing forms, interviewing, and observation) is incorrect because prioritizing administrative tasks like form completion in the initial meeting can alienate families. The PRA framework emphasizes relationship-building over paperwork in the first encounter.

Option C (Goal setting, review, and skills training) is incorrect because these activities are premature for an initial meeting. The PRA training materials note that skills training and goal setting require a foundation of trust and a thorough understanding of the family's needs, which are developed after the first meeting.

References:

Psychiatric Rehabilitation Association, CFRP Study Guide 2024-2025, Section on Assessment, Planning, and Outcomes: Initial Engagement.

PRA Certification Candidate Handbook, Competency Domain 4: Assessment, Planning, and Outcomes.

PRA Code of Ethics, Principle 1: Building Therapeutic Relationships.

## NEW QUESTION # 22

Emotional regulation can be acquired through

- A. developing natural supports.
- **B. teaching and reinforcing social skills.**
- C. modeling appropriate and inappropriate expressions.
- D. practicing executive functioning.

**Answer: B**

Explanation:

In the CFRP framework, strategies for facilitating recovery include promoting emotional regulation as a critical skill for children's mental health. Teaching and reinforcing social skills is an effective method for acquiring emotional regulation, as it equips children with tools to manage emotions in social contexts. The CFRP study guide states, "Emotional regulation is often acquired through teaching and reinforcing social skills, which help children navigate emotions and interactions effectively." Developing natural supports (option B) fosters resilience but is less direct for emotional regulation. Practicing executive functioning (option C) supports cognitive skills but is not the primary method. Modeling expressions (option D) can help but is less comprehensive than social skills training.

\* CFRP Study Guide (Section on Strategies for Facilitating Recovery): "Teaching and reinforcing social skills is a key method for helping children acquire emotional regulation, enabling effective management of emotions in social settings." References:

Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Strategies for Facilitating Recovery, Emotional Regulation.

Psychiatric Rehabilitation Association (PRA) Guidelines on Social-Emotional Learning.

## NEW QUESTION # 23

A practitioner is meeting with a parent who wants her son to be sent to a residential treatment facility because he is acting out and threatening his younger siblings. How should the practitioner proceed?

- A. Call the authorities to remove the child from the family home.
- B. Refer the child to an anger management class.
- C. Refer the child to a residential treatment facility.
- **D. Request a treatment team meeting including the child and family.**

**Answer: D**

Explanation:

In the CFRP framework, assessment, planning, and outcomes prioritize family-driven and collaborative approaches. When a parent requests residential treatment due to a child's threatening behavior, the practitioner should first request a treatment team meeting including the child and family to assess the situation, explore alternatives, and develop a plan. The CFRP study guide states, "When a parent seeks residential treatment for a child's challenging behaviors, the practitioner's first step is to request a treatment team meeting with the child and family to collaboratively assess needs and explore less restrictive options." Immediate referral to residential treatment (option A) or anger management (option B) bypasses assessment.

Calling authorities (option D) is premature and escalates unnecessarily.

\* CFRP Study Guide (Section on Assessment, Planning, and Outcomes): "For requests for residential treatment due to behavioral issues, practitioners should first convene a treatment team meeting with the child and family to assess and plan collaboratively."

References:

CFRP Study Guide, Section on Assessment, Planning, and Outcomes, Collaborative Planning.

Psychiatric Rehabilitation Association (PRA) Guidelines on Family-Centered Interventions.

## NEW QUESTION # 24

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