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Psychiatric Rehabilitation Association CPRP Exam Syllabus Topics:

Topic	Details

Topic 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.
Topic 2	<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.
Topic 3	<ul style="list-style-type: none"> Community Integration: This domain measures the skills of Psychiatric Rehabilitation Specialists and focuses on assisting individuals in engaging with their communities. It covers supporting access to housing, employment, education, and social networks that foster independence and inclusion within community settings.
Topic 4	<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.

Psychiatric Rehabilitation Association Certified Psychiatric Rehabilitation Practitioner Sample Questions (Q83-Q88):

NEW QUESTION # 83

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

Answer: B

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."

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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 3 - Professional Role Competencies.
PRA Code of Ethics (2019). Emphasizes advocacy and empowerment in ensuring individuals' rights and safety.

NEW QUESTION # 84

Which of the following factors predict housing stability for individuals with psychiatric disabilities?

- A. Stable employment and medication compliance.
- B. Symptoms and medication compliance.
- C. Social skills and personal choice on where to live.
- **D. Stable employment and personal choice on where to live.**

Answer: D

Explanation:

Housing stability is a key outcome of community integration for individuals with psychiatric disabilities, requiring both practical resources and personal empowerment. The CPRP Exam Blueprint (Domain III:

Community Integration) highlights the importance of stable resources (e.g., income from employment) and self-determination (e.g., choice in housing) as predictors of housing stability (Task III.A.1: "Support individuals in accessing and maintaining stable housing"). Option A (stable employment and personal choice on where to live) aligns with this, as employment provides financial stability to afford housing, and personal choice ensures the housing meets the individual's preferences and needs, fostering long-term stability. Option B (social skills and personal choice) is less predictive, as social skills are secondary to financial and choice-related factors in maintaining housing. Option C (symptoms and medication compliance) may influence stability but is not as directly predictive as economic and autonomy factors, as symptom management does not guarantee housing retention without resources. Option D (stable employment and medication compliance) omits the critical role of personal choice, which is central to recovery-oriented housing outcomes. The PRA Study Guide emphasizes employment and choice as key drivers of housing stability, supporting Option A.

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

PRA Study Guide (2024), Section on Housing Stability.

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

NEW QUESTION # 85

An individual is diagnosed with schizophrenia and substance use disorder. What is the BEST course of action?

- **A. Both disorders are addressed at the same time.**
- B. The substance use is resolved before the symptoms of schizophrenia are addressed.
- C. Both disorders are addressed after stabilization.
- D. The symptoms of schizophrenia are stabilized before the substance use is addressed.

Answer: A

Explanation:

Individuals with co-occurring disorders, such as schizophrenia and substance use disorder, require integrated treatment to address both conditions effectively. The CPRP Exam Blueprint (Domain VI: Systems Competencies) emphasizes the integration of mental health and substance use services to provide comprehensive, recovery-oriented care for co-occurring disorders (Task VI.B.2: "Promote integration of mental health, physical health, and substance use services"). Option A (both disorders are addressed at the same time) aligns with this, as integrated dual diagnosis treatment (IDDT) models simultaneously address psychiatric symptoms and substance use through coordinated interventions, such as medication management, counseling, and harm reduction, tailored to the individual's needs.

Option B (resolving substance use first) is impractical, as schizophrenia symptoms may exacerbate substance use, and sequential treatment often fails for co-occurring disorders. Option C (addressing both after stabilization) delays necessary interventions, risking worsening of either condition. Option D (stabilizing schizophrenia first) overlooks the interplay between substance use and psychiatric symptoms, which can destabilize each other. The PRA Study Guide and SAMHSA's guidelines on co-occurring disorders advocate for integrated treatment as best practice, supporting Option A.

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CPRP Exam Blueprint (2014), Domain VI: Systems Competencies, Task VI.B.2.

PRA Study Guide (2024), Section on Integrated Treatment for Co-Occurring Disorders.

CPRP Exam Preparation & Primer Online 2024, Module on Systems Competencies.

NEW QUESTION # 86

An individual expresses a desire to return to work after several years. She is unable to move forward because she is concerned that she will not be able to manage the stress. The BEST intervention for the practitioner to use is

- A. motivational interviewing.
- B. illness management.
- C. relapse prevention planning.
- D. skill programming.

Answer: A

Explanation:

When an individual expresses a goal (returning to work) but is hindered by concerns about stress, the practitioner must address ambivalence and build motivation to move forward. The CPRP Exam Blueprint (Domain V: Strategies for Facilitating Recovery) highlights motivational interviewing as an evidence-based intervention to explore and resolve ambivalence, enhancing readiness for goal pursuit (Task V.B.2: "Facilitate the development of self-management skills"). Option B (motivational interviewing) aligns with this, as it involves collaborative, empathetic conversations to help the individual articulate her concerns, weigh the pros and cons of working, and build confidence in managing stress, thereby supporting her work goal.

Option A (illness management) focuses on symptom control, not directly addressing stress-related ambivalence. Option C (skill programming) teaches specific skills but is premature without resolving her concerns. Option D (relapse prevention planning) is relevant for maintaining gains but not for overcoming initial barriers to action. The PRA Study Guide emphasizes motivational interviewing for addressing ambivalence in goal-setting, supporting Option B.

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

PRA Study Guide (2024), Section on Motivational Interviewing in Recovery.

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

NEW QUESTION # 87

Readiness in rehabilitation refers to how

- A. prepared an individual is to set a goal.
- B. likely an individual is to succeed or fail.
- C. developed an individual's skills are.
- D. likely an individual is to follow through.

Answer: A

Explanation:

Rehabilitation readiness assesses an individual's preparedness to engage in goal-setting and pursue recovery-oriented objectives. The CPRP Exam Blueprint (Domain IV: Assessment, Planning, and Outcomes) defines readiness as the individual's capacity and motivation to identify and work toward specific goals (Task IV.A.2:

"Assess individual's stage of change and readiness for goal-setting"). Option C (prepared an individual is to set a goal) aligns with this, as readiness involves evaluating factors like hope, confidence, and willingness to define achievable rehabilitation goals, such as employment or education.

Option A (developed skills) focuses on abilities, not readiness, which is about motivation and mindset. Option B (likelihood to follow through) is an outcome of readiness, not its definition. Option D (likelihood to succeed or fail) is overly outcome-focused and not the primary focus of readiness assessment. The PRA Study Guide describes readiness as the precursor to effective goal-setting, 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 Rehabilitation Readiness Assessment.

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

NEW QUESTION # 88

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