

# 2025 Psychiatric Rehabilitation Association CPRP: Certified Psychiatric Rehabilitation Practitioner-Professional Examcollection Questions Answers

## CPRP; CERTIFIED PSYCHIATRIC REHABILITATION PRACTITIONER (CPRP) EXAM 2025 GRADED A+

Psychiatric Rehabilitation - CORRECT Answer .... promotes recovery, full community integration and improved quality of life for persons who have been diagnosed with any mental health condition that seriously impairs their ability to lead meaningful lives. Psychiatric rehabilitation services are collaborative, person-directed and individualized. These services are an essential element of the health care and human services spectrum, and should be evidenced-based.

WRAP - CORRECT Answer Wellness Recovery Action Plan

Assertive Community Treatment (ACT) - CORRECT Answer -an evidence-based practice that improves outcomes for people with severe mental illness who are most vulnerable to homelessness and hospitalization.

Principles of Psych Rehab Groupings - CORRECT Answer 1-3= Roles of the Practitioners  
4-10= Best Practices in the Field  
11-12 PsyR Service Delivery

Evidence-Based Practice (EBP) - CORRECT Answer - recognizes the importance of understanding and following research recommendations, while taking into account the service provider's clinical expertise and the goals, preferences, interests, values, and characteristics of the people using the service

Empirically Supported Treatment (EST) - CORRECT Answer -a type of intervention that has been proven effective, such as cognitive behavioral therapy for treatment of depression.

Evidenced-Based Medicine (EBM) - CORRECT Answer -the process an individual practitioner follows in selecting the appropriate intervention for one individual diagnosed with a particular condition who is experiencing specific symptoms.

Recovery - CORRECT Answer .....a deeply personal unique process of changing one's attitudes, values, feelings, goals, skills, and/or roles. It is a way of living a satisfying, hopeful, and contributing life even with limitations caused by illness. Recovery involves the development of new meaning and purpose in one's life as one grows beyond the catastrophic effects of mental illness.

Recovery Relating to principles of PsyR - CORRECT Answer Recovery from mental illness involves much more than recovery from the illness, itself. People with mental illness(es) may have to recover from the stigma that they incorporated into their very being; from the iatrogenic effects of treatment setting; from the lack of recent

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### Psychiatric Rehabilitation Association Certified Psychiatric Rehabilitation Practitioner Sample Questions (Q33-Q38):

#### NEW QUESTION # 33

After a lengthy assessment process, an individual and her practitioner identified a long-term goal of getting a job as a massage therapist. Halfway through the program, she has a car accident and has to drop out of the program due to injuries and lack of transportation. She is overwhelmed and uncertain about next steps. Which of the following actions would the practitioner recommend FIRST?

- A. Assess the potential for the individual to return to training after the accident.
- B. Provide education regarding possible options for alternative and available training programs.
- C. Help the individual determine her goals with regard to returning to massage therapy training.
- D. Help the individual to develop contacts with other individuals regarding various training programs.

#### Answer: C

Explanation:

The individual's car accident and subsequent challenges require revisiting her goals to address her current circumstances and emotional state. The CPRP Exam Blueprint (Domain IV: Assessment, Planning, and Outcomes) emphasizes re-evaluating goals in response to significant life changes to ensure person-centered planning remains relevant (Task IV.B.1: "Develop person-centered plans based on individual aspirations").

Option D (help the individual determine her goals with regard to returning to massage therapy training) aligns with this, as it prioritizes exploring whether she still wishes to pursue massage therapy or adjust her goals (e.g., alternative careers or delayed training) given her injuries, transportation issues, and feelings of being overwhelmed.

Option A (provide education on alternative programs) assumes a change in direction without confirming her goals. Option B (develop contacts) is premature without clarity on her aspirations. Option C (assess potential to return) is a secondary step, as her goals must guide the assessment. The PRA Study Guide underscores goal re-evaluation as the first step after disruptions, supporting Option D.

CPRP Exam Blueprint (2014), Domain IV: Assessment, Planning, and Outcomes, Task IV.B.1.

PRA Study Guide (2024), Section on Goal Re-Evaluation in Planning.

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

#### NEW QUESTION # 34

The starting point of a functional assessment is identifying an individual's

- A. employment history.
- B. cognitive ability.
- C. recovery goals.
- D. past successes.

#### Answer: C

Explanation:

A functional assessment in psychiatric rehabilitation focuses on identifying strengths, needs, and aspirations to inform person-centered planning. The CPRP Exam Blueprint (Domain IV: Assessment, Planning, and Outcomes) specifies that functional assessments begin with understanding the individual's recovery goals to guide rehabilitation planning (Task IV.A.1: "Conduct

functional assessments to identify individual goals and strengths"). Option C (recovery goals) aligns with this, as identifying what the individual wants to achieve (e.g., housing, employment, or social connections) sets the direction for assessing relevant skills and supports.

Option A (past successes) is part of the assessment but secondary to goal identification. Option B (cognitive ability) is a specific domain assessed later, not the starting point. Option D (employment history) is relevant for vocational goals but too narrow for the broader scope of a functional assessment. The PRA Study Guide emphasizes starting with the individual's recovery goals to ensure person-centered planning, supporting Option C.

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CPRP Exam Blueprint (2014), Domain IV: Assessment, Planning, and Outcomes, Task IV.A.1.

PRA Study Guide (2024), Section on Functional Assessment.

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

### **NEW QUESTION # 35**

A practitioner working in a residential program often has to intervene in conflicts among housemates living in the facility. Which of the following strategies would the practitioner use?

- A. Schedule a time for each individual to discuss the problem privately.
- **B. Help housemates distinguish the individuals from the problem.**
- C. Recommend the housemates contact their case managers to report the conflict.
- D. Prescribe a time-out for the individuals in conflict.

**Answer: B**

Explanation:

Conflict resolution is an essential interpersonal competency for practitioners in psychiatric rehabilitation, particularly in settings like residential programs where interpersonal dynamics are common. The CPRP Exam Blueprint (Domain I: Interpersonal Competencies) emphasizes using collaborative, person-centered strategies to manage conflicts (Task I.B.2: "Facilitate conflict resolution using recovery-oriented approaches"). Option D (help housemates distinguish the individuals from the problem) aligns with this task by employing a recovery-oriented technique, such as narrative or solution-focused approaches, that externalizes the problem (e.g., "the conflict is the issue, not the people"). This fosters collaboration and reduces personal blame, promoting constructive dialogue.

Option A (prescribe a time-out) is authoritarian and not recovery-oriented, as it does not empower individuals to resolve the conflict. Option B (recommend contacting case managers) deflects responsibility and does not address the conflict directly, missing an opportunity for skill-building. Option C (discuss the problem privately) may be part of a process but is less effective than Option D, as it does not directly facilitate group resolution or teach conflict management skills. The PRA Study Guide highlights externalizing problems as a best practice in conflict resolution, supporting Option D.

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CPRP Exam Blueprint (2014), Domain I: Interpersonal Competencies, Task I.B.2.

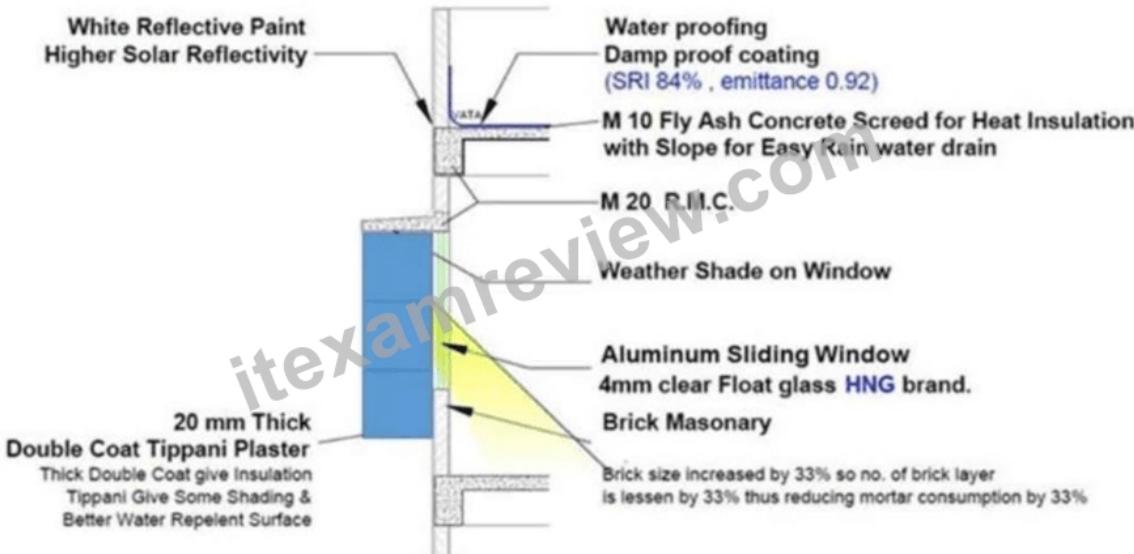
PRA Study Guide (2024), Section on Conflict Resolution Strategies.

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

### **NEW QUESTION # 36**

The detail below is presented by the client.

## Review



What strategy is good for embodied energy saving?

- A. Fly ash concrete
- B. Waterproofing with SRI of 84%
- C. External shading
- D. Aluminum sliding window

**Answer: A**

Explanation:

Embodied energy refers to the total energy consumed in the production, transportation, and installation of building materials, a key consideration for sustainable design that supports health and wellness through environmentally responsible practices. The CPRP Exam Blueprint (Domain VII: Supporting Health & Wellness) indirectly relates to this through promoting wellness via sustainable, health-focused environments (Task VII.A.1: "Promote holistic wellness, including purpose and meaning in life"). Option B (fly ash concrete) is the best strategy for embodied energy saving, as fly ash—a byproduct of coal combustion—replaces a portion of Portland cement in concrete, which has high embodied energy due to its energy-intensive production (e.g., 4,000-5,000 MJ/ton for cement vs. 800-1,000 MJ/ton for fly ash concrete). Using fly ash reduces energy consumption, lowers greenhouse gas emissions, and enhances concrete durability, aligning with sustainable practices that support wellness by reducing environmental impact.

Option A (external shading) reduces operational energy (e.g., cooling) but has minimal impact on embodied energy, as shading materials (e.g., louvers) still require production energy. Option C (aluminum sliding window) has high embodied energy, as aluminum production is energy-intensive (around 200 MJ/kg). Option D (waterproofing with SRI of 84%) focuses on solar reflectance to reduce heat gain, affecting operational energy, not embodied energy, and waterproofing materials (e.g., coatings) have moderate production energy.

Literature on sustainable construction, such as guidelines from the U.S. Green Building Council, emphasizes fly ash concrete for embodied energy savings, supporting Option B.

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CPRP Exam Blueprint (2014), Domain VII: Supporting Health & Wellness, Task VII.A.1.

PRA Study Guide (2024), Section on Environmental Wellness (contextual application).

U.S. Green Building Council, LEED Guidelines on Embodied Energy (general knowledge).

### NEW QUESTION # 37

An individual with a psychiatric disability complains that her medication is making her too drowsy, even though it stops the distressing voices she hears. When using self-disclosure, the practitioner should:

- A. Describe a time when he injured his back and had to work closely with his doctor to get the medicine adjusted so that it did not make him dizzy.
- B. Talk about the time he stopped taking antibiotics without completing the entire course and then had a recurrence of his infection.
- C. Share that he always takes his medications exactly as prescribed because he feels that his doctor knows what is best for him.

- D. Talk about his family's demands upon him and how difficult it is for him to cope.

**Answer: A**

Explanation:

This question falls under Domain I: Interpersonal Competencies, which emphasizes person-centered communication, including the appropriate use of self-disclosure to build therapeutic relationships. The CPRP Exam Blueprint specifies that self-disclosure should be "relevant, purposeful, and aimed at fostering hope, empathy, or collaboration, while maintaining professional boundaries." In this scenario, the individual is struggling with medication side effects (drowsiness), and the practitioner's self-disclosure should relate to this experience to validate her concerns and encourage collaboration with healthcare providers.

\* Option A: Describing a personal experience of adjusting medication with a doctor due to side effects (dizziness) is relevant to the individual's situation. It validates her experience, models collaboration with a healthcare provider, and fosters hope that side effects can be managed, aligning with recovery-oriented communication.

\* Option B: Discussing stopping antibiotics is unrelated to psychiatric medication or side effects and focuses on non-adherence, which could imply judgment and is not therapeutic in this context.

\* Option C: Sharing strict adherence to medication due to trust in a doctor may dismiss the individual's valid concerns about side effects, potentially alienating her and undermining person-centered communication.

\* Option D: Talking about family demands is irrelevant to the individual's medication concerns and risks shifting focus to the practitioner's personal issues, violating professional boundaries.

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

"Tasks include: 1. Establishing and maintaining a therapeutic relationship with individuals. 2. Using self-disclosure purposefully to foster hope, empathy, or collaboration, while maintaining professional boundaries."

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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, supports purposeful self-disclosure).

## NEW QUESTION # 38

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Tracking Specific People, James is actively involved in the Adobe worldwide CPRP instructor and developer community, and contributes to developer certification exams as well as organizing and speaking at user groups.

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