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## Psychiatric Rehabilitation Association CPRP Exam Syllabus Topics:

Topic	Details
Topic 1	<ul style="list-style-type: none"><li>Systems Competencies: This section evaluates the competencies of Rehabilitation Counselors and focuses on understanding how service systems operate within the broader mental health and social service environments. It covers collaboration with agencies, policy awareness, advocacy, and navigating service delivery systems to ensure coordinated care.</li></ul>
Topic 2	<ul style="list-style-type: none"><li>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.</li></ul>

Topic 3	<ul style="list-style-type: none"> <li>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.</li> </ul>
Topic 4	<ul style="list-style-type: none"> <li>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.</li> </ul>
Topic 5	<ul style="list-style-type: none"> <li>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.</li> </ul>
Topic 6	<ul style="list-style-type: none"> <li>Supporting Health and Wellness: This final domain of the exam measures the skills of Psychiatric Rehabilitation Specialists and focuses on promoting overall well-being alongside recovery. It includes supporting physical health, stress management, lifestyle improvement, and access to wellness resources to enhance long-term recovery outcomes.</li> </ul>

## Psychiatric Rehabilitation Association Certified Psychiatric Rehabilitation Practitioner Sample Questions (Q61-Q66):

### NEW QUESTION # 61

Accurately assessing an individual's feelings as expressed through gestures, mannerisms, and body movements is a component of:

- A. Reframing
- B. Active listening.
- C. Focusing.
- D. Clarifying values.

### Answer: B

Explanation:

This question is part of Domain I: Interpersonal Competencies, which emphasizes active listening, empathy, and understanding nonverbal communication to build therapeutic relationships. The CPRP Exam Blueprint includes "interpreting and responding to nonverbal cues, such as gestures and body language, as part of active listening" as a key task. Active listening involves fully engaging with the individual's verbal and nonverbal communication to understand their feelings and experiences.

\* Option C: Active listening encompasses observing and interpreting nonverbal cues like gestures, mannerisms, and body movements to accurately assess an individual's feelings. This is a core skill in psychiatric rehabilitation, as it ensures the practitioner understands the individual's emotional state and responds empathetically.

\* Option A: Reframing involves helping an individual view a situation from a different perspective, often to promote positive thinking, but it does not specifically involve assessing nonverbal cues.

\* Option B: Focusing refers to guiding a conversation toward specific topics or goals, not assessing feelings through nonverbal communication.

\* Option D: Clarifying values involves exploring an individual's beliefs or priorities, typically through verbal discussion, and is not directly related to interpreting gestures or body language.

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

"Tasks include: 2. Demonstrating active listening skills, including interpreting nonverbal communication such as gestures, mannerisms, and body language. 3. Using person-centered communication to validate individuals' experiences."

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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, emphasizing active listening).

### NEW QUESTION # 62

A practitioner provides services to two individuals with psychiatric disabilities who are roommates. One roommate told the practitioner she is concerned that the other is not taking his medications correctly. The practitioner would:

- A. Talk about the issue with the two roommates together.
- B. Listen to the roommate without disclosing any information.
- C. Privately convey the concern to the other roommate.
- D. Report the information to the roommate's psychiatrist.

**Answer: B**

Explanation:

This question pertains to Domain II: Professional Role Competencies, which emphasizes maintaining confidentiality and professional boundaries in interactions with individuals and stakeholders. The CPRP Exam Blueprint and PRA Code of Ethics state that "practitioners must protect confidentiality by not disclosing information about one individual to another, even in shared living situations, unless consent is provided." The scenario involves a roommate sharing concerns about another's medication adherence, and the practitioner must respond ethically while respecting confidentiality.

\* Option A: Listening to the roommate without disclosing any information is the best response, as it respects the confidentiality of the other roommate while allowing the practitioner to hear the concern.

The practitioner can then address the issue separately (e.g., checking in with the other roommate without revealing the source) or encourage the concerned roommate to discuss it directly, maintaining ethical boundaries.

\* Option B: Conveying the concern privately to the other roommate risks breaching confidentiality by implying the source of the information, violating ethical standards.

\* Option C: Reporting to the psychiatrist without the individual's consent breaches confidentiality and is inappropriate unless there is imminent risk, which is not indicated.

\* Option D: Discussing the issue with both roommates together violates confidentiality by revealing the concern to the other roommate without consent, compromising trust.

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

"Tasks include: 2. Maintaining confidentiality and professional boundaries, even in shared living arrangements, unless consent is provided or imminent risk is present."

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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 confidentiality in multi-client scenarios.

### NEW QUESTION # 63

Which of the following would most affect the ability of an individual with schizophrenia to communicate?

- A. Lack of motivation
- B. Disorganized thoughts
- C. Flat affect
- D. Anhedonia

**Answer: B**

Explanation:

This question pertains to Domain I: Interpersonal Competencies, which includes understanding how mental health conditions, such as schizophrenia, impact communication and how practitioners can adapt their approach to facilitate effective interactions. The CPRP Exam Blueprint notes that practitioners must

"understand the impact of psychiatric symptoms on communication and employ strategies to support effective interpersonal interactions." Schizophrenia is characterized by symptoms such as disorganized thoughts, hallucinations, delusions, negative symptoms (e.g., flat affect, anhedonia), and motivational challenges. The question asks which symptom most directly affects communication ability.

\* Option A: Disorganized thoughts, a positive symptom of schizophrenia, significantly impair communication by causing incoherent speech, difficulty staying on topic, and challenges in organizing ideas. This directly disrupts the ability to convey thoughts clearly, making it the most impactful symptom on communication.

\* Option B: Anhedonia, the inability to experience pleasure, is a negative symptom that affects emotional engagement but does not directly impair the cognitive or verbal processes required for communication.

\* Option C: Flat affect, another negative symptom, refers to reduced emotional expressiveness, which may make communication appear less engaging but does not fundamentally disrupt the ability to convey thoughts or ideas.

\* Option D: Lack of motivation, also a negative symptom, may reduce an individual's willingness to engage in communication but

does not directly affect their ability to communicate when they choose to do so.

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

"Tasks include: 3. Understanding the impact of psychiatric conditions and symptoms on communication and behavior. 4. Adapting communication strategies to meet the needs of individuals with psychiatric disabilities."

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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.

American Psychiatric Association. (2013). Diagnostic and Statistical Manual of Mental Disorders (DSM-5).

(Referenced in CPRP study materials for understanding schizophrenia symptoms).

#### NEW QUESTION # 64

Identifying personal preferences and values is a part of assessing

- A. skill functioning.
- B. **rehabilitation readiness.**
- C. mental health status.
- D. resource needs.

**Answer: B**

Explanation:

Assessing rehabilitation readiness involves understanding an individual's motivation, confidence, and personal drivers for pursuing recovery goals. The CPRP Exam Blueprint (Domain IV: Assessment, Planning, and Outcomes) includes identifying personal preferences and values as part of readiness assessment to determine an individual's preparedness for goal-setting (Task IV.A.2: "Assess individual's stage of change and readiness for goal-setting"). Option C (rehabilitation readiness) aligns with this, as preferences and values (e.g., what matters most to the individual, such as family or independence) inform their willingness and motivation to engage in rehabilitation activities.

Option A (resource needs) focuses on external supports, not personal values. Option B (mental health status) pertains to clinical symptoms, not preferences or readiness. Option D (skill functioning) assesses abilities, not motivational factors like values. The PRA Study Guide emphasizes that understanding preferences and values is critical for assessing readiness, 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 # 65

An individual describes a history of sexual abuse to his practitioner. The individual believes that this is causing him to have difficulty being intimate with his partner. After listening to his concerns, the practitioner's next BEST response is to

- A. refer him and his partner to a support group.
- B. assist him in developing action steps.
- C. **refer him and his partner to a qualified therapist.**
- D. assist him in developing a WRAP plan.

**Answer: C**

Explanation:

Addressing sensitive disclosures, such as a history of sexual abuse, requires interpersonal competencies that prioritize empathy, ethical practice, and appropriate referrals. The CPRP Exam Blueprint (Domain I: Interpersonal Competencies) emphasizes recognizing when issues require specialized intervention and making appropriate referrals (Task I.C.2: "Identify and refer individuals to appropriate services based on their needs").

Option D (refer him and his partner to a qualified therapist) is the best response, as a history of sexual abuse and its impact on intimacy are complex issues that typically require specialized therapeutic intervention, such as trauma-focused therapy or couples counseling, to address underlying trauma and relational dynamics effectively.

Option A (developing action steps) is premature without professional therapeutic support to address the trauma. Option B (developing a WRAP plan) is inappropriate, as WRAP focuses on self-management of mental health, not trauma-specific issues (Domain V). Option C (referring to a support group) may be a supplementary step but is less immediate and targeted than therapy for addressing trauma and intimacy concerns. The PRA Code of Ethics and Study Guide emphasize referring to qualified professionals for issues outside the practitioner's scope, supporting Option D.

CPRP Exam Blueprint (2014), Domain I: Interpersonal Competencies, Task I.C.2.  
PRA Study Guide (2024), Section on Ethical Referrals and Trauma-Informed Care.  
CPRP Exam Preparation & Primer Online 2024, Module on Interpersonal Competencies.

## NEW QUESTION # 66

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