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### Psychiatric Rehabilitation Association CPRP Exam Syllabus Topics:

Topic	Details
Topic 1	<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 2	<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 3	<ul style="list-style-type: none"> <li>Professional Role Competencies: This section evaluates the abilities of Rehabilitation Counselors and emphasizes professionalism, ethics, and accountability in practice. It addresses maintaining confidentiality, applying rehabilitation principles, collaborating with multidisciplinary teams, and demonstrating cultural competence and self-awareness.</li> </ul>
Topic 4	<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 5	<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 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 (Q69-Q74):

### NEW QUESTION # 69

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

**Answer: B**

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 # 70

Which of the following statements regarding psychiatric rehabilitation services is consistent with helping individuals with a severe mental illness achieve maximum community integration?

- A. Provide services to individuals in environments of their choice
- B. Develop small group homes and supervised apartments in the community
- C. Enroll individuals in supported employment programs

- D. Identify natural supports and encourage the use of medications

**Answer: A**

Explanation:

This question aligns with Domain III: Community Integration, which focuses on supporting individuals to live, work, and socialize in their chosen communities. The CPRP Exam Blueprint emphasizes "providing services in environments of the individual's choice to promote independence and integration." Maximum community integration involves enabling individuals to participate fully in community life, with services tailored to their preferences and delivered in natural settings.

\* Option A: Providing services in environments of the individual's choice directly supports maximum community integration by respecting their autonomy and enabling participation in community settings (e.g., home, workplace, or social spaces) rather than segregated or institutional environments. This aligns with the PRA's person-centered, recovery-oriented approach to integration.

\* Option B: Supported employment programs are valuable but focus specifically on work, which is only one aspect of community integration. This option is too narrow to represent "maximum" integration.

\* Option C: Developing group homes and supervised apartments provides housing options but may limit integration if they are segregated from the broader community, making this less consistent with maximum integration.

\* Option D: Identifying natural supports and encouraging medication use supports recovery but does not directly address the delivery of services in community settings, which is central to integration.

Extract from CPRP Exam Blueprint (Domain III: Community Integration):

"Tasks include: 1. Supporting individuals to live, work, and socialize in environments of their choice. 2.

Promoting independence and integration through person-centered services in community settings."

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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 4 - Community Integration.

Bond, G. R., & Drake, R. E. (2015). Making the Case for IPS Supported Employment. Administration and Policy in Mental Health (recommended CPRP study literature, emphasizes community-based services).

## NEW QUESTION # 71

What are the components of a psychiatric rehabilitation diagnosis?

- A. Social skill assessment, psychiatric diagnosis, and an overall rehabilitation goal
- **B. Resource assessment, functional assessment, and an overall rehabilitation goal**
- C. Functional assessment, diagnostic assessment, and skill programming
- D. Readiness assessment, skill management, and resource evaluation

**Answer: B**

Explanation:

A psychiatric rehabilitation diagnosis focuses on identifying an individual's strengths, needs, and aspirations to guide recovery-oriented planning, distinct from a clinical diagnosis. The CPRP Exam Blueprint (Domain IV: Assessment, Planning, and Outcomes) outlines the components as a functional assessment (to identify strengths and deficits), a resource assessment (to evaluate available supports), and an overall rehabilitation goal (to set a person-centered objective) (Task IV.A.1: "Conduct functional assessments to identify individual goals and strengths" and Task IV.A.3: "Assess available resources to support goal attainment"). Option A (resource assessment, functional assessment, and an overall rehabilitation goal) aligns with this framework, capturing the holistic, recovery-focused approach of psychiatric rehabilitation.

Option B (social skill assessment, psychiatric diagnosis, rehabilitation goal) is incorrect, as psychiatric diagnosis is clinical and not part of rehabilitation diagnosis, and social skills are a subset of functional assessment. Option C (readiness assessment, skill management, resource evaluation) mixes assessment and intervention terms, missing the goal component. Option D (functional assessment, diagnostic assessment, skill programming) includes clinical diagnostic assessment, which is not relevant, and skill programming is an intervention, not a diagnostic component. The PRA Study Guide details these components as essential for rehabilitation planning, supporting Option A.

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CPRP Exam Blueprint (2014), Domain IV: Assessment, Planning, and Outcomes, Tasks IV.A.1 and IV.A.3.

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

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

## NEW QUESTION # 72

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

**Answer: B**

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.

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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 # 73

A man with a psychiatric disability continues to be fearful of connecting with others even after significant reduction in his symptoms and completing interpersonal skills training. The next step for the practitioner is to:

- A. Request a change in his current medication.
- B. Stress the importance of strengthening his relationships.
- C. Review his lack of motivation to change.
- **D. Assess his experience with trauma.**

**Answer: D**

Explanation:

This question aligns with Domain IV: Assessment, Planning, and Outcomes, which focuses on reassessing individuals' needs when progress stalls to identify underlying barriers. The CPRP Exam Blueprint emphasizes

"conducting assessments to identify factors, such as trauma, that may impact recovery goals, particularly when expected progress is not achieved." The individual's persistent fear of connecting with others, despite reduced symptoms and skills training, suggests a potential underlying issue, such as trauma, that requires further assessment.

\* Option A: Assessing the individual's experience with trauma is the best next step, as trauma can cause persistent fear of social connection, even after symptom reduction and skills training. This assessment ensures the practitioner understands the root cause and can tailor interventions, aligning with person-centered planning.

\* Option B: Stressing the importance of relationships may pressure the individual without addressing the underlying fear, which could be counterproductive and non-therapeutic.

\* Option C: Reviewing motivation assumes the issue is a lack of effort, which is premature and dismissive without first exploring potential barriers like trauma.

\* Option D: Requesting a medication change assumes a pharmacological issue without evidence, ignoring the need to assess non-symptom-related barriers like trauma.

Extract from CPRP Exam Blueprint (Domain IV: Assessment, Planning, and Outcomes):

"Tasks include: 1. Conducting assessments to identify barriers to progress, including trauma or other psychosocial factors. 4. Revising rehabilitation plans based on reassessment findings to address underlying issues."

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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 5 - Assessment, Planning, and Outcomes.

Farkas, M., & Anthony, W. A. (2010). Psychiatric Rehabilitation Interventions: A Review. International Review of Psychiatry

(emphasizes trauma assessment in planning).

### NEW QUESTION # 74

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