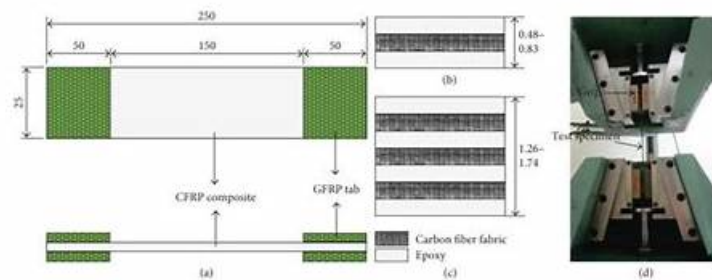


# CFRP Test Cram - CFRP Regualer Update



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## Psychiatric Rehabilitation Association Certified Child and Family Resiliency Practitioner (CFRP) Sample Questions (Q90-Q95):

### NEW QUESTION # 90

When collaborating with a child, the established goals should be

- A. open-ended and flexible.
- B. general and time-framed.
- C. specific and measurable.
- D. precise and confidential.

**Answer: C**

**Explanation:**

In the CFRP framework, assessment, planning, and outcomes emphasize collaborative goal-setting with children. Goals established with a child should be specific and measurable to ensure clarity and track progress effectively. The CFRP study guide states, "When collaborating with a child, goals must be specific and measurable to provide clear direction and allow for evaluation of progress toward recovery." Precise and confidential (option A) is partially correct but less accurate, as confidentiality is a separate concern. General and time-framed (option B) or open-ended and flexible (option D) goals lack the precision needed for effective planning and outcomes.

\* CFRP Study Guide (Section on Assessment, Planning, and Outcomes): "Collaborative goal-setting with children requires goals to

be specific and measurable to ensure clarity and facilitate progress tracking in the recovery process." References:  
Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Assessment, Planning, and Outcomes, Goal-Setting Principles.  
Psychiatric Rehabilitation Association (PRA) Guidelines on Person-Centered Planning.

### NEW QUESTION # 91

For a child whose goal is to make more friends, joining Girl Scouts would be an example of:

- A. Maintaining personal wellness.
- B. Facilitating collaboration.
- C. Promoting individual choice.
- D. Practicing interventions.

**Answer: C**

Explanation:

The Community Integration domain emphasizes connecting children with community resources and activities to support social inclusion and personal goals. According to the PRA CFRP Study Guide 2024-2025, promoting individual choice involves empowering children to select activities that align with their interests and goals, such as joining a group like Girl Scouts to foster social connections.

Option A (Promoting individual choice) is correct because joining Girl Scouts reflects the child's agency in choosing a community-based activity to achieve their goal of making friends. The PRA framework highlights that practitioners should support children in making self-directed choices to enhance engagement and ownership.

Option B (Facilitating collaboration) is incorrect because collaboration refers to coordinating with other providers or stakeholders, not the act of joining a group. The PRA study guide distinguishes collaboration as a systems-level activity.

Option C (Practicing interventions) is incorrect because joining Girl Scouts is a community-based activity, not a clinical intervention. The PRA framework categorizes interventions as targeted therapeutic strategies.

Option D (Maintaining personal wellness) is incorrect because, while social connections support wellness, the primary focus of joining Girl Scouts in this context is social integration, not wellness maintenance per the PRA guidelines.

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Psychiatric Rehabilitation Association, CFRP Study Guide 2024-2025, Section on Community Integration:  
Empowering Choice.

PRA Certification Candidate Handbook, Competency Domain 3: Community Integration.

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

### NEW QUESTION # 92

A practitioner is completing an assessment with a child who recently experienced a traumatic event. The child is avoiding questions related to the event. The practitioner should

- A. ask the parent about the child's trauma.
- B. refer the child to a therapist.
- C. allow the child to disclose at his own pace.
- D. continue questioning the child about the trauma.

**Answer: C**

Explanation:

Trauma-informed care is a cornerstone of supporting health and wellness in the CFRP framework. When a child who has experienced a traumatic event avoids discussing it during an assessment, the practitioner should allow the child to disclose at their own pace, respecting their emotional readiness and avoiding re-traumatization. The CFRP study guide emphasizes, "In trauma-informed assessments, practitioners should allow children to disclose details of traumatic events at their own pace to ensure safety and trust." Asking the parent (option A) may be a secondary step but bypasses the child's autonomy. Referring to a therapist (option C) or continuing questioning (option D) may be premature or harmful without first establishing trust.

\* CFRP Study Guide (Section on Supporting Health and Wellness): "When a child avoids discussing a traumatic event during assessment, practitioners should allow disclosure at the child's own pace, prioritizing safety and trust in trauma-informed care."

References:

CFRP Study Guide, Section on Supporting Health and Wellness, Trauma-Informed Care.

Psychiatric Rehabilitation Association (PRA) Guidelines on Trauma-Informed Assessments.

### NEW QUESTION # 93

According to research, how much impact on juvenile delinquency does being raised in a blended home have compared to a home with two biological parents?

- A. No impact
- B. Low impact
- C. High impact
- D. Moderate impact

**Answer: B**

Explanation:

Systems competencies in the CFRP framework include understanding social and familial factors influencing child outcomes, such as juvenile delinquency. Research cited in the CFRP study guide indicates that being raised in a blended home (with step-parents or step-siblings) has a low impact on juvenile delinquency compared to a home with two biological parents, as family dynamics and support quality are more significant factors. The guide states, "Research shows that being raised in a blended home has a low impact on juvenile delinquency compared to homes with two biological parents, with parenting quality being a stronger determinant." Moderate (option A) or high impact (option B) overstates the effect, and no impact (option D) is inaccurate given some influence exists.

\* CFRP Study Guide (Section on Systems Competencies): "Being raised in a blended home has a low impact on juvenile delinquency compared to homes with two biological parents, as parenting quality and support systems are more critical factors."

References:

Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Systems Competencies, Family Structure and Delinquency.

Psychiatric Rehabilitation Association (PRA) Guidelines on Social Risk Factors.

### NEW QUESTION # 94

Stimulant medication, when used in children with an attention deficit disorder, is likely to result in

- A. decreased academic achievement.
- B. increased appetite.
- C. decreased mood stability.
- D. increased acceptable behavior.

**Answer: D**

Explanation:

Within the CFRP framework, supporting health and wellness includes understanding the effects of evidence-based interventions, such as stimulant medications for children with attention deficit disorders (ADD/ADHD).

Stimulant medications, such as methylphenidate, are known to improve attention and impulse control, leading to increased acceptable behavior in social and academic settings. The CFRP study guide states, "Stimulant medications for children with attention deficit disorders typically result in increased acceptable behavior by enhancing focus and reducing impulsivity." Decreased mood stability (option A) is not a common outcome when medications are properly managed. Decreased academic achievement (option C) is unlikely, as improved focus often supports academic performance. Increased appetite (option D) is incorrect, as stimulants commonly reduce appetite as a side effect.

\* CFRP Study Guide (Section on Supporting Health and Wellness): "Stimulant medications, when used for attention deficit disorders, are likely to increase acceptable behavior by improving attention and reducing impulsive actions in children." References:

Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Supporting Health and Wellness, Pharmacological Interventions.

Psychiatric Rehabilitation Association (PRA) Guidelines on ADHD Management.

### NEW QUESTION # 95

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