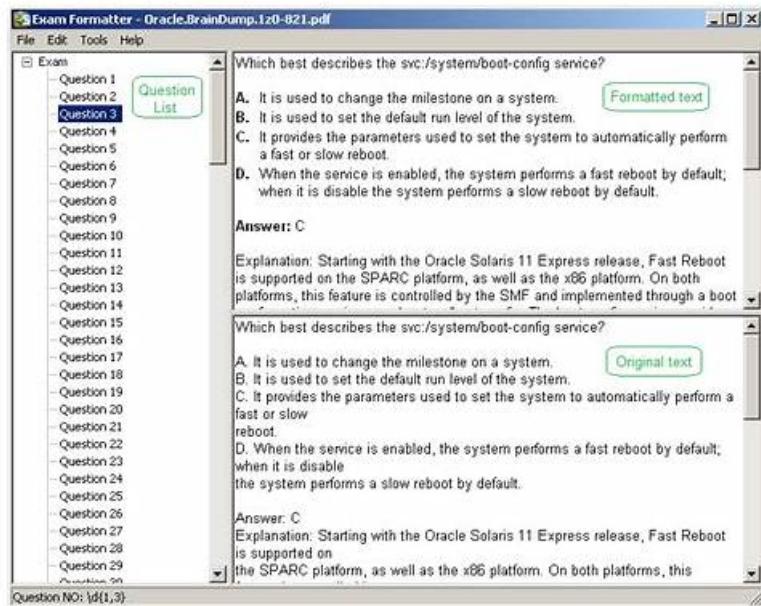


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## Psychiatric Rehabilitation Association Certified Child and Family Resiliency Practitioner (CFRP) Sample Questions (Q52-Q57):

### NEW QUESTION # 52

In early childhood, which of the following has been shown to have a positive connection to adolescent mental health by lowering cortisol levels and anxiety?

- A. Massage
- B. Play
- C. Dietary support
- D. Physical exertion

**Answer: B**

## Explanation:

Within the CFRP framework, supporting health and wellness includes promoting interventions that enhance mental health across developmental stages. Research highlighted in the CFRP study guide indicates that play in early childhood is strongly associated with positive adolescent mental health outcomes, as it reduces cortisol levels and anxiety by fostering emotional regulation and social skills. The guide states, "Play in early childhood has been shown to lower cortisol levels and anxiety, contributing to improved mental health in adolescence." While massage (option A), dietary support (option B), and physical exertion (option C) may have health benefits, play is uniquely effective in this context due to its role in developmental and emotional growth.

\* CFRP Study Guide (Section on Supporting Health and Wellness): "Play in early childhood is a critical intervention that lowers cortisol levels and anxiety, promoting resilience and positive mental health outcomes in adolescence." References:

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

Psychiatric Rehabilitation Association (PRA) Guidelines on Developmental Mental Health.

**NEW QUESTION # 53**

A child's mother expressed concern that between her home, the child's father's home, and school, there are too many competing behavioral expectations. What is the BEST course of action for the practitioner to take?

- A. **Convene a team meeting with both parents at the school to identify concerns and goals.**
- B. Explain services are limited to the behavioral concerns and goals at the mother's home.
- C. Require weekly meetings with both parents to review concerns and goals in each home.
- D. Inform the mother that agency policy prohibits interference with school concerns and goals.

**Answer: A**

## Explanation:

The CFRP framework emphasizes collaborative and family-driven planning within the domain of Assessment, Planning, and Outcomes. When a mother raises concerns about competing behavioral expectations across different environments (her home, the father's home, and school), the best course of action is to convene a team meeting with both parents and school officials to identify concerns and align goals. This approach fosters consistency and collaboration across settings. The CFRP study guide notes, "To address competing behavioral expectations across home and school environments, practitioners should convene a team meeting with parents and school representatives to collaboratively identify concerns and establish consistent goals." Requiring weekly meetings (option A) may be excessive without first establishing a unified plan. Limiting services to the mother's home (option D) or citing agency policy (option C) disregards the need for systemic collaboration.

\* CFRP Study Guide (Section on Assessment, Planning, and Outcomes): "When competing behavioral expectations arise across home and school settings, the practitioner should convene a team meeting with parents and school officials to align concerns and goals for consistency." References:

Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Assessment, Planning, and Outcomes, Collaborative Planning.

Psychiatric Rehabilitation Association (PRA) Guidelines on Family and School Collaboration.

**NEW QUESTION # 54**

Transition-age youth are able to gain psychosocial protective factors as well as neurophysiological buffering through which of the following?

- A. **Consistent relationships with caring individuals**
- B. Connection to a peer network
- C. Involvement in the child protective system
- D. Caregiving for younger siblings

**Answer: A**

## Explanation:

In the CFRP framework, transition-age youth services focus on fostering protective factors to support mental health and resilience. Consistent relationships with caring individuals, such as mentors or supportive adults, provide psychosocial protective factors (e.g., emotional support) and neurophysiological buffering (e.g., reducing stress responses). The CFRP study guide states, "Transition-age youth gain psychosocial protective factors and neurophysiological buffering through consistent relationships with caring individuals,

which mitigate stress and enhance resilience." Caregiving for siblings (option B) may build responsibility but is less directly linked to neurophysiological benefits. Involvement in child protective services (option C) is often a risk factor, not a protective one. Peer networks (option D) are supportive but less impactful than adult relationships.

\* CFRP Study Guide (Section on Transition-Age Youth Services): "Consistent relationships with caring individuals provide transition-age youth with psychosocial protective factors and neurophysiological buffering, reducing stress and promoting resilience." References:

CFRP Study Guide, Section on Transition-Age Youth Services, Protective Factors.

Psychiatric Rehabilitation Association (PRA) Guidelines on Youth Resilience.

### NEW QUESTION # 55

At the top of Maslow's hierarchy of needs is

- A. self-determination.
- B. self-esteem
- C. self-actualization.
- D. self-achievement.

**Answer: C**

Explanation:

In the CFRP framework, understanding human motivation, such as Maslow's hierarchy of needs, supports health and wellness by guiding interventions. At the top of Maslow's hierarchy is self-actualization, which represents achieving one's full potential and personal growth. The CFRP study guide explains, "Maslow's hierarchy of needs places self-actualization at the top, reflecting the pursuit of personal fulfillment and potential, which informs mental health support." Self-determination (option A) and self-achievement (option B) are related concepts but not part of Maslow's model. Self-esteem (option D) is a lower-level need in the hierarchy.

\* CFRP Study Guide (Section on Supporting Health and Wellness): "Self-actualization, at the top of Maslow's hierarchy of needs, represents achieving one's full potential and is a guiding principle for mental health interventions." References:

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

Psychiatric Rehabilitation Association (PRA) Guidelines on Psychological Needs.

### NEW QUESTION # 56

To nurture resilience in children, practitioners must

- A. emphasize that mistakes are opportunities for growth.
- B. emphasize performance over learning.
- C. teach the development realistic goals.
- D. avoid using humor to minimize disappointment.

**Answer: A**

Explanation:

Fostering resilience is a core strategy for facilitating recovery in the CFRP framework. Practitioners nurture resilience in children by emphasizing that mistakes are opportunities for growth, which encourages a growth mindset and perseverance. The CFRP study guide states, "To nurture resilience, practitioners should emphasize that mistakes are opportunities for growth, helping children develop a positive approach to challenges." Emphasizing performance (option A) can increase pressure and hinder resilience. Teaching realistic goals (option C) is important but less directly tied to resilience. Avoiding humor (option D) is not a resilience strategy and may limit emotional connection.

\* CFRP Study Guide (Section on Strategies for Facilitating Recovery): "Nurturing resilience in children involves emphasizing that mistakes are opportunities for growth, fostering a growth mindset and adaptability." References:

CFRP Study Guide, Section on Strategies for Facilitating Recovery, Resilience Building.

Psychiatric Rehabilitation Association (PRA) Guidelines on Strengths-Based Resilience.

### NEW QUESTION # 57

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