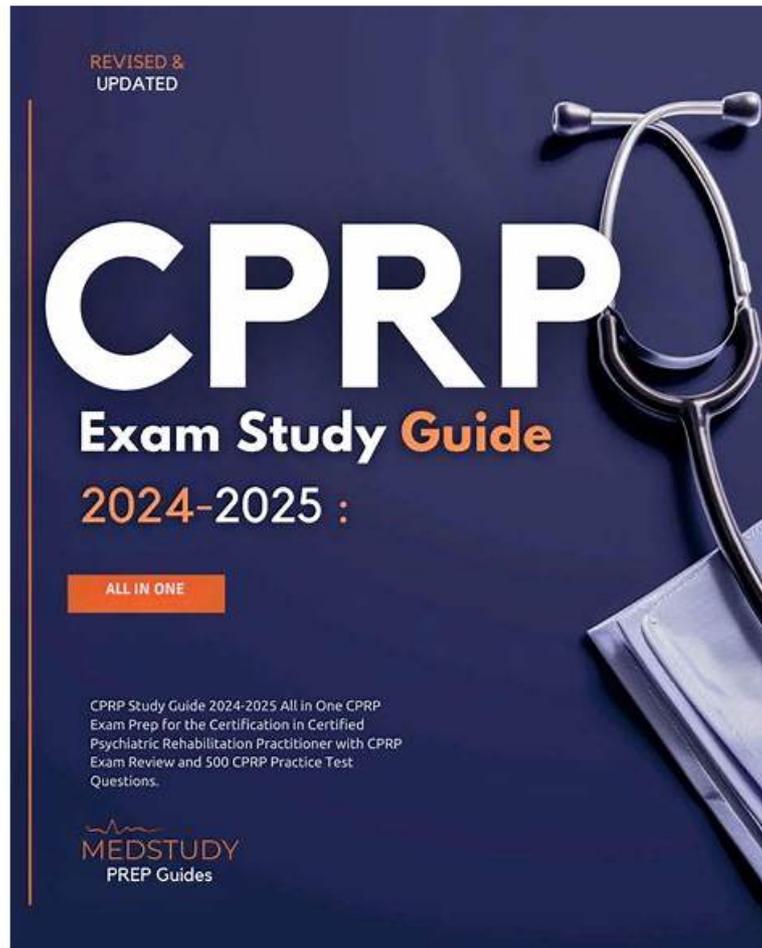


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Psychiatric Rehabilitation Association CPRP Exam Syllabus Topics:

Topic	Details
Topic 1	<ul style="list-style-type: none">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.
Topic 2	<ul style="list-style-type: none">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.

Topic 3	<ul style="list-style-type: none"> 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.
Topic 4	<ul style="list-style-type: none"> 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.
Topic 5	<ul style="list-style-type: none"> 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.
Topic 6	<ul style="list-style-type: none"> 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.

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Psychiatric Rehabilitation Association Certified Psychiatric Rehabilitation Practitioner Sample Questions (Q108-Q113):

NEW QUESTION # 108

An individual has been using the bus to get to work, but weekend service has been eliminated. He works every other Saturday. He and the practitioner research possible options including riding with co-workers. This strategy is an example of

- A. peer support.
- B. resource modification.
- C. job coaching.
- D. resource coordination.

Answer: D

Explanation:

Community integration involves connecting individuals with resources to maintain participation in valued roles, such as employment. The CPRP Exam Blueprint (Domain III: Community Integration) emphasizes coordinating resources to overcome barriers to community participation (Task III.C.1: "Coordinate access to community resources to support integration"). Option A (resource coordination) aligns with this, as the practitioner and individual collaboratively research alternative transportation options (e.g., riding with co-workers) to address the barrier of eliminated bus service, ensuring the individual can continue working.

Option B (peer support) is incorrect, as the strategy involves practical resource exploration, not emotional or experiential support from peers. Option C (job coaching) focuses on workplace skill-building, not transportation solutions. Option D (resource modification) implies altering existing resources (e.g., changing bus schedules), which is not described, as the strategy involves finding new options. The PRA Study Guide underscores resource coordination as a key practice for maintaining community roles, supporting Option A.

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CPRP Exam Blueprint (2014), Domain III: Community Integration, Task III.C.1.

NEW QUESTION # 109

An individual, who has been diagnosed with both mental illness and substance abuse, does not believe his substance abuse is a problem. He understands that others feel that it is a problem, but he has no intention of changing his behavior. This individual is in what stage of change?

- A. Contemplation.
- **B. Precontemplation.**
- C. Denial.
- D. Bargaining.

Answer: B

Explanation:

The Stages of Change model (Prochaska and DiClemente) is used in psychiatric rehabilitation to assess an individual's readiness to modify behaviors, such as substance use. The CPRP Exam Blueprint (Domain IV:

Assessment, Planning, and Outcomes) includes assessing readiness for change to inform person-centered planning (Task IV.A.2: "Assess individual's stage of change and readiness for goal-setting"). Option C (Precontemplation) aligns with this, as individuals in the precontemplation stage are not yet considering change, often denying or minimizing the problem (e.g., the individual does not believe his substance abuse is a problem and has no intention of changing).

Option A (Denial) is not a formal stage of change, though denial may characterize precontemplation. Option B (Bargaining) is a stage in the Kubler-Ross grief model, not the Stages of Change. Option D (Contemplation) involves considering change but not acting, which does not match the individual's lack of intention to change. The PRA Study Guide details the Stages of Change model, confirming precontemplation as the stage for lack of problem recognition, 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 Stages of Change Model.

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

NEW QUESTION # 110

An individual is working in a thrift store in the community as part of a work crew. His success has led the store manager to speak to the job coach about hiring him to work full time in the store. The job coach's best next step would be to meet with the individual and

- A. discuss the impact on his benefits.
- **B. discuss the opportunity.**
- C. review his past employment experiences.
- D. explore the possible impact of the added stress.

Answer: B

Explanation:

The offer of full-time employment represents a significant opportunity for community integration through a valued role. The CPRP Exam Blueprint (Domain III: Community Integration) emphasizes supporting individuals in making informed choices about community-based employment opportunities (Task III.A.3:

"Support individuals in pursuing self-directed community activities, including employment"). Option A (discuss the opportunity) aligns with this, as the job coach's first step should be to present the full-time job offer to the individual, explore his interest, and ensure the decision reflects his goals and preferences, setting the stage for further considerations like stress or benefits.

Option B (review past employment) is less relevant, as the focus is on the current opportunity, not historical experiences. Option C (explore stress) and Option D (discuss benefits) are important but secondary steps that follow after confirming the individual's interest in the opportunity. The PRA Study Guide underscores discussing employment opportunities as the initial step in supported employment, supporting Option A.

:

CPRP Exam Blueprint (2014), Domain III: Community Integration, Task III.A.3.

PRA Study Guide (2024), Section on Supported Employment Decision-Making.

CPRP Exam Preparation & Primer Online 2024, Module on Community Integration.

NEW QUESTION # 111

One of the BEST ways to reduce stigma is through

- A. public awareness demonstrations.
- B. sensitivity training workshops.
- C. research of oppressed populations.
- **D. interaction with diverse individuals.**

Answer: D

Explanation:

Reducing stigma toward individuals with psychiatric disabilities requires strategies that challenge stereotypes and foster understanding. The CPRP Exam Blueprint (Domain VI: Systems Competencies) highlights promoting direct interaction with individuals with lived experience as a key method to reduce stigma, as it humanizes mental health conditions and counters misconceptions (Task VI.A.3: "Advocate for stigma reduction through community engagement"). Option C (interaction with diverse individuals) aligns with this, as personal contact—such as through peer-led programs, community events, or storytelling—has been shown to effectively decrease prejudice and promote empathy among the public.

Option A (sensitivity training workshops) is useful but less impactful than direct interaction, which provides lived experience. Option B (public awareness demonstrations) raises visibility but may not foster deep understanding like personal contact. Option D (research of oppressed populations) informs policy but does not directly engage communities to reduce stigma. The PRA Study Guide, referencing contact-based stigma reduction strategies, supports Option C as a best practice.

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CPRP Exam Blueprint (2014), Domain VI: Systems Competencies, Task VI.A.3.

PRA Study Guide (2024), Section on Stigma Reduction Strategies.

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

NEW QUESTION # 112

One of the most devastating and feared mental illnesses within society, affecting 1% of the population, is:

- **A. Schizophrenia.**
- B. Major depression.
- C. Borderline personality disorder.
- D. Bipolar disorder.

Answer: A

Explanation:

This question aligns with Domain I: Interpersonal Competencies, which includes understanding the impact of psychiatric conditions on individuals and society. The CPRP Exam Blueprint requires knowledge of

"prevalence and societal perceptions of major mental illnesses, including schizophrenia, which affects approximately 1% of the population and is often stigmatized as severe and debilitating." Schizophrenia is frequently cited in psychiatric rehabilitation literature as one of the most feared and misunderstood mental illnesses due to its complex symptoms and societal stigma.

* Option D: Schizophrenia affects approximately 1% of the global population and is widely regarded as one of the most devastating mental illnesses due to its chronic nature, positive symptoms (e.g., hallucinations, delusions), negative symptoms (e.g., avolition), and significant functional impact. Its societal fear stems from stigma and misconceptions, making it the best fit for the question.

* Option A: Borderline personality disorder is severe but has a prevalence of about 1.6-5.9% and is less universally feared compared to schizophrenia.

* Option B: Major depression is highly prevalent (about 7% lifetime prevalence) and debilitating but does not match the 1% criterion or the same level of societal fear.

* Option C: Bipolar disorder has a prevalence of about 1-2% and, while severe, is less stigmatized as "feared" compared to schizophrenia.

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

"Tasks include: 3. Understanding the prevalence, symptoms, and societal perceptions of major mental illnesses, such as schizophrenia, to inform person-centered practice."

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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 prevalence data).

NEW QUESTION # 113

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