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2024 NEW CERTIFIED PSYCHIATRIC REHABILITATION PRACTITIONER (CPRP) EXAM PREP ACTUAL QUESTIONS WITH ANSWERS 100% RATED BY EXPERTS

Mental health affects about 20% of the population. - CORRECT ANSWER>>>>True

Psychiatric rehabilitation emerged out of the deinstitutionalization movement of the 1930's. - CORRECT ANSWER>>>>False

_____ is/are example(s) of evidence-based practices. - CORRECT ANSWER>>>>All of the above

Delusion are bizarre beliefs or ideas that a person cannot be talked out of while hallucinations are incorrect sensory information that the individual experiences as real. - CORRECT ANSWER>>>>True

Mood disorders effect between - CORRECT ANSWER>>>>about 5-20% of the population.

The "Vermont study" by Dr. Harding was one of the first longitudinal studies to demonstrate that persons with schizophrenia could have positive long-term outcomes. - CORRECT ANSWER>>>>True

Illness Management and Recovery is an evidence based practice consisting of - CORRECT ANSWER>>>>psychoeducation and self-management strategies.

Recovery is a operationalized construct that can only be measured by medical doctors. - CORRECT ANSWER>>>>False

The main goal of Psychiatric Rehabilitation is: - CORRECT ANSWER>>>>to promote recovery.

Shared decision making involves consumers deferring to the needs of the treatment team they are working with. - CORRECT ANSWER>>>>False

The PsyR process has three stages: the diagnostic stage, the planning stage and the _____ stage. - CORRECT ANSWER>>>>intervention stage.

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Psychiatric Rehabilitation Association Certified Psychiatric Rehabilitation Practitioner Sample Questions (Q119-Q124):

NEW QUESTION # 119

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

Answer: D

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.

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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 # 120

A strength-focused assessment for psychiatric rehabilitation includes which of the following assessments?

- A. Ability to change, personal resources, community resources
- B. A positive attitude, support systems, opportunities for change
- C. Knowledge and skills, resources, and barriers for meaningful change
- **D. Readiness, functional strengths and needs, and environmental resources/barriers**

Answer: D

Explanation:

A strength-focused assessment emphasizes an individual's capabilities and supports to inform recovery-oriented planning. The CPRP Exam Blueprint (Domain IV: Assessment, Planning, and Outcomes) defines such assessments as including readiness (motivation), functional strengths and needs (skills and deficits), and environmental resources/barriers (supports and obstacles) to create a holistic, person-centered plan (Task IV).

A.1: "Conduct functional assessments to identify individual goals and strengths"). Option C (readiness, functional strengths and needs, and environmental resources/barriers) aligns with this, capturing the key components needed to leverage strengths and address challenges effectively.

Option A (knowledge, skills, resources, barriers) omits readiness, a critical factor. Option B (positive attitude, support systems, opportunities) is vague and less comprehensive. Option D (ability to change, personal /community resources) is incomplete without functional needs and barriers. The PRA Study Guide details these components for

strength-focused assessment, supporting Option C.

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

PRA Study Guide (2024), Section on Strength-Focused Assessment.

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

NEW QUESTION # 121

Rehabilitation readiness refers to an individual's

- A. desire to set a goal.
- B. functional capacity.
- C. ability to reach a goal.
- D. specific skill set.

Answer: A

Explanation:

Rehabilitation readiness assesses an individual's preparedness to engage in the process of setting and pursuing recovery-oriented goals. The CPRP Exam Blueprint (Domain IV: Assessment, Planning, and Outcomes) defines readiness as the individual's desire and motivation to set goals, reflecting their hope, confidence, and commitment to change (Task IV.A.2: "Assess individual's stage of change and readiness for goal-setting").

Option A (desire to set a goal) aligns with this, as readiness focuses on the individual's willingness to identify and work toward specific objectives, such as employment or education, often evaluated through tools like the Stages of Change model.

Option B (specific skill set) relates to functional assessment, not readiness. Option C (ability to reach a goal) focuses on outcomes, not the initial motivation. Option D (functional capacity) assesses skills and deficits, not motivational readiness. The PRA Study Guide emphasizes desire as the core of rehabilitation readiness, supporting Option A.

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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 # 122

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

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 # 123

A practitioner is a manager of a group home. The practitioner encourages the staff to assist interested residents in connecting to local religious congregations. What psychiatric rehabilitation principle is the practitioner implementing?

- A. Service systems should be accountable to the individuals using them.
- **B. Services should be normalized and incorporate natural supports.**
- C. Services should be flexible and well-coordinated.
- D. Services should build on the assets and strengths of the individuals using them.

Answer: B

Explanation:

This question aligns with Domain III: Community Integration, which focuses on connecting individuals to community resources and natural supports to enhance integration and recovery. The CPRP Exam Blueprint emphasizes "incorporating natural supports, such as religious or community organizations, to promote normalized community participation." Connecting residents to local religious congregations leverages community-based natural supports, aligning with psychiatric rehabilitation principles.

Option A: Encouraging connections to religious congregations reflects the principle of normalizing services and incorporating natural supports. Religious congregations are community-based resources that provide social, spiritual, and practical support, fostering integration in a normalized setting, which is a core tenet of psychiatric rehabilitation.

Option B: Accountability to individuals is important but not directly related to connecting residents to religious congregations, which focuses on community engagement rather than system oversight.

Option C: Building on assets and strengths is relevant but less specific to this scenario, as the focus is on connecting to external community supports rather than individual strengths.

Option D: Flexibility and coordination are systems-level principles but do not directly describe the act of leveraging natural supports like religious congregations.

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

"Tasks include: 2. Promoting community integration through connections to natural supports, such as religious or social organizations. 3. Providing normalized services to enhance community participation." References:

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.

Anthony, W. A., & Farkas, M. (2012). The Essential Guide to Psychiatric Rehabilitation Practice. Boston University Center for Psychiatric Rehabilitation (emphasizes natural supports).

NEW QUESTION # 124

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