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CPRP EXAM

1. **Intergovernmental Joint Use:** An agreement between two public agencies in usual

2. **Goal:** A statement of desired outcomes obtained from participating in the program

3. **Qualitative:** Focus Group is an example of what kind of data?

4. **Qualitative:** Observation is an example of what kind of data?

5. **Statement of agency or unit programming philosophy:** The overall rationale for this agency's involvement in programming.

6. **Collaborations:** A short-term relationship to solve a specific problem or set of problems

7. **Quantitative:** Multiple Option Survey is an example of what kind of data?

8. **Compulsory Income:** Income generated through tax revenue

9. **Management Plan:** A written plan that identifies each management function to be completed, the specific activities within each, and a targeted completion date for each activity

10. **Quantitative:** Likert Scale Survey is an example of what kind of data?

1

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Psychiatric Rehabilitation Association CPRP Exam Syllabus Topics:

| Topic | Details |
|---------|---|
| Topic 1 | <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. |

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| Topic 2 | <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. |
| Topic 3 | <ul style="list-style-type: none"> 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. |
| 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"> 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. |

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Psychiatric Rehabilitation Association Certified Psychiatric Rehabilitation Practitioner Sample Questions (Q118-Q123):

NEW QUESTION # 118

When teaching a skill, role playing should usually be done after

- A. practicing the skill.
- B. trying the skill for the first time.
- C. describing how to do the skill.
- **D. modeling the skill.**

Answer: D

Explanation:

Teaching skills in psychiatric rehabilitation follows a structured, evidence-based process to ensure effective learning. The CPRP Exam Blueprint (Domain V: Strategies for Facilitating Recovery) outlines skill teaching as a multi-step process that includes modeling, role-playing, and practice (Task V.B.4: "Teach skills using evidence-based methods"). The standard sequence is to first describe the skill, then model it (demonstrate how it is performed), followed by role-playing (where the individual practices in a simulated setting), and finally real-world practice. Option A (modeling the skill) aligns with this, as role-playing typically follows modeling to allow the individual to observe the skill in action before attempting it themselves in a controlled, supportive environment. Option B (practicing the skill) refers to real-world application, which comes after role-playing. Option C (trying the skill for the first time) is vague but implies initial practice, which role-playing itself facilitates.

Option D (describing how to do the skill) precedes modeling, as description alone is insufficient before demonstration. The PRA Study Guide, referencing skill-teaching models like the Boston University Psychiatric Rehabilitation approach, confirms that role-playing follows modeling, supporting Option A.

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CPRP Exam Blueprint (2014), Domain V: Strategies for Facilitating Recovery, Task V.B.4.

PRA Study Guide (2024), Section on Skill Teaching Methods.

NEW QUESTION # 119

Four individuals have been living together in a group home for six months. Recently they have been arguing about agreed upon rules for maintaining their residence. Which of the following is the next BEST course of action for the practitioner to take?

- A. Discuss the problems with each individual separately to ensure confidentiality.
- B. Help the group to understand the importance of following the agreed upon rules.
- C. Encourage each individual to explain their issues to others in order to avoid conflict.
- D. **Foster communication and conflict resolution skills of the group.**

Answer: D

Explanation:

Conflicts over house rules in a group home require interpersonal competencies to facilitate collaborative resolution and skill-building. The CPRP Exam Blueprint (Domain I: Interpersonal Competencies) emphasizes fostering communication and conflict resolution skills to address group dynamics in a recovery-oriented manner (Task I.B.2: "Facilitate conflict resolution using recovery-oriented approaches"). Option D (foster communication and conflict resolution skills of the group) aligns with this, as it involves guiding the group to develop skills like active listening, problem-solving, and negotiation, enabling them to address current and future conflicts constructively while maintaining a cohesive living environment.

Option A (encourage explaining issues) is a step but lacks the skill-building focus needed for lasting resolution. Option B (discuss problems separately) may preserve confidentiality but does not promote group communication or resolve the collective issue. Option C (emphasize rule importance) is directive and does not empower the group to address underlying conflicts. The PRA Study Guide underscores group-based conflict resolution skills as critical for shared living settings, supporting Option D.

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CPRP Exam Blueprint (2014), Domain I: Interpersonal Competencies, Task I.B.2.

PRA Study Guide (2024), Section on Conflict Resolution in Group Settings.

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

NEW QUESTION # 120

In order for practitioners to deeply empathize with persons who have psychiatric disabilities, they must be

- A. physically, spiritually, and mentally healthy.
- B. **involved in their own personal growth.**
- C. active in the peer empowerment movement.
- D. knowledgeable about available therapeutic interventions.

Answer: B

Explanation:

Empathy is a cornerstone of interpersonal competencies in psychiatric rehabilitation, enabling practitioners to build trust and understand the lived experiences of individuals with psychiatric disabilities. The CPRP Exam Blueprint (Domain I: Interpersonal Competencies) emphasizes self-awareness and ongoing personal development as essential for empathy (Task I.A.3: "Engage in ongoing self-assessment and professional development"). Option D (involved in their own personal growth) directly aligns with this task, as personal growth fosters self-reflection, emotional resilience, and the ability to connect authentically with clients. This involves examining personal biases, values, and experiences to enhance empathetic engagement.

Option A (active in the peer empowerment movement) pertains to advocacy and systems competencies (Domain VI) but is not a requirement for empathy. Option B (physically, spiritually, and mentally healthy) is overly broad and not explicitly linked to empathy in the blueprint, though practitioner wellness supports overall competence (Domain VII). Option C (knowledgeable about therapeutic interventions) relates to professional role competencies (Domain II) rather than interpersonal empathy. The PRA Code of Ethics further underscores self-awareness and personal growth as foundational for ethical, empathetic practice, reinforcing Option D.

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CPRP Exam Blueprint (2014), Domain I: Interpersonal Competencies, Task I.A.3.

PRA Certification Handbook (2024), Section on Ethical Practice.

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

NEW QUESTION # 121

Which of the following factors predict housing stability for individuals with psychiatric disabilities?

- A. Symptoms and medication compliance.
- B. Social skills and personal choice on where to live.
- C. Stable employment and medication compliance.
- D. Stable employment and personal choice on where to live.

Answer: D

Explanation:

Housing stability is a key outcome of community integration for individuals with psychiatric disabilities, requiring both practical resources and personal empowerment. The CPRP Exam Blueprint (Domain III:

Community Integration) highlights the importance of stable resources (e.g., income from employment) and self-determination (e.g., choice in housing) as predictors of housing stability (Task III.A.1: "Support individuals in accessing and maintaining stable housing"). Option A (stable employment and personal choice on where to live) aligns with this, as employment provides financial stability to afford housing, and personal choice ensures the housing meets the individual's preferences and needs, fostering long-term stability. Option B (social skills and personal choice) is less predictive, as social skills are secondary to financial and choice-related factors in maintaining housing. Option C (symptoms and medication compliance) may influence stability but is not as directly predictive as economic and autonomy factors, as symptom management does not guarantee housing retention without resources. Option D (stable employment and medication compliance) omits the critical role of personal choice, which is central to recovery-oriented housing outcomes. The PRA Study Guide emphasizes employment and choice as key drivers of housing stability, supporting Option A.

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

PRA Study Guide (2024), Section on Housing Stability.

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

NEW QUESTION # 122

What are the four most important factors that support recovery in psychiatric rehabilitation?

- A. Family, community, religion, and relationships
- B. Family, home, resilience, and work
- C. Health, home, hope, and relationships
- D. Health, home, community, and purpose

Answer: C

Explanation:

Recovery in psychiatric rehabilitation is supported by holistic factors that foster well-being and empowerment. The CPRP Exam Blueprint (Domain V: Strategies for Facilitating Recovery) emphasizes key recovery pillars, including health (physical and mental wellness), home (stable housing), hope (motivation and optimism), and relationships (social support), as critical for sustained recovery (Task V.A.1: "Promote recovery principles, including self-determination and satisfaction"). Option B (health, home, hope, and relationships) aligns with this, reflecting SAMHSA's recovery framework, which prioritizes these elements as foundational for individuals to achieve meaningful lives.

Option A (family, home, resilience, work) is close but less comprehensive, as resilience is an outcome and work is a specific goal. Option C (family, community, religion, relationships) is too narrow, as religion is not universal. Option D (health, home, community, purpose) omits hope, a critical motivator. The PRA Study Guide aligns with SAMHSA's recovery factors, supporting Option B.

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CPRP Exam Blueprint (2014), Domain V: Strategies for Facilitating Recovery, Task V.A.1.

PRA Study Guide (2024), Section on Recovery Principles and SAMHSA Framework.

CPRP Exam Preparation & Primer Online 2024, Module on Strategies for Facilitating Recovery.

NEW QUESTION # 123

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