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## 100% Free CPRP – 100% Free Preparation Store | Perfect Certified Psychiatric Rehabilitation Practitioner Latest Braindumps Sheet

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### Psychiatric Rehabilitation Association Certified Psychiatric Rehabilitation Practitioner Sample Questions (Q124-Q129):

#### NEW QUESTION # 124

The detail below is presented by the client.

What strategy is good for embodied energy saving?

- A. Waterproofing with SRI of 84%
- B. Aluminum sliding window
- C. Fly ash concrete
- D. External shading

**Answer: C**

Explanation:

Embodied energy refers to the total energy consumed in the production, transportation, and installation of building materials, a key consideration for sustainable design that supports health and wellness through environmentally responsible practices. The CPRP

Exam Blueprint (Domain VII: Supporting Health & Wellness) indirectly relates to this through promoting wellness via sustainable, health-focused environments (Task VII.A.1: "Promote holistic wellness, including purpose and meaning in life"). Option B (fly ash concrete) is the best strategy for embodied energy saving, as fly ash-a byproduct of coal combustion- replaces a portion of Portland cement in concrete, which has high embodied energy due to its energy-intensive production (e.g., 4,000-5,000 MJ/ton for cement vs. 800-1,000 MJ/ton for fly ash concrete). Using fly ash reduces energy consumption, lowers greenhouse gas emissions, and enhances concrete durability, aligning with sustainable practices that support wellness by reducing environmental impact.

Option A (external shading) reduces operational energy (e.g., cooling) but has minimal impact on embodied energy, as shading materials (e.g., louvers) still require production energy. Option C (aluminum sliding window) has high embodied energy, as aluminum production is energy-intensive (around 200 MJ/kg). Option D (waterproofing with SRI of 84%) focuses on solar reflectance to reduce heat gain, affecting operational energy, not embodied energy, and waterproofing materials (e.g., coatings) have moderate production energy.

Literature on sustainable construction, such as guidelines from the U.S. Green Building Council, emphasizes fly ash concrete for embodied energy savings, supporting Option B.

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CPRP Exam Blueprint (2014), Domain VII: Supporting Health & Wellness, Task VII.A.1.

PRA Study Guide (2024), Section on Environmental Wellness (contextual application).

U.S. Green Building Council, LEED Guidelines on Embodied Energy (general knowledge).

### NEW QUESTION # 125

A 28-year-old individual has been living with his family for six years. The family told him that he must get a job or move out. The individual tells the practitioner that he does not want to move out and has applied for many jobs and has not been successful. What is the practitioner's next BEST step?

- A. Locate alternate housing in the community near his family
- B. Ask his peer support specialist for possible ideas
- C. Help him to be his own advocate with the family
- D. Contact the local employment office for a job referral

**Answer: C**

Explanation:

The individual's situation involves family pressure to secure employment to remain at home, coupled with unsuccessful job applications, indicating a need for empowerment and communication strategies. The CPRP Exam Blueprint (Domain V: Strategies for Facilitating Recovery) emphasizes supporting individuals in developing self-advocacy skills to navigate challenges and achieve recovery goals (Task V.B.3: "Support individuals in developing self-advocacy and communication skills"). Option D (help him to be his own advocate with the family) aligns with this, as it empowers the individual to communicate his efforts, needs, and goals to his family, potentially negotiating solutions (e.g., more time or support) while addressing the immediate pressure to move out.

Option A (contact the employment office) focuses on job search but does not address the urgent family dynamic. Option B (ask peer support specialist) may provide ideas but is less direct than building the individual's advocacy skills to resolve the family conflict. Option C (locate alternate housing) assumes moving out, contradicting the individual's stated goal to stay. The PRA Study Guide highlights self-advocacy as a key recovery strategy for managing family relationships, supporting Option D.

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CPRP Exam Blueprint (2014), Domain V: Strategies for Facilitating Recovery, Task V.B.3.

PRA Study Guide (2024), Section on Self-Advocacy in Recovery.

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

### NEW QUESTION # 126

After meeting with an individual and hearing about her goals, the next BEST step in person-centered planning is

- A. developing a treatment plan.
- B. performing a functional assessment.
- C. scheduling an interdisciplinary team meeting.
- D. conducting a strengths-based assessment.

**Answer: D**

Explanation:

Person-centered planning builds on an individual's goals by identifying strengths and resources to support their achievement. The CPRP Exam Blueprint (Domain IV: Assessment, Planning, and Outcomes) specifies that after identifying goals, the next step is to

conduct a strengths-based assessment to highlight the individual's capabilities, interests, and supports that can be leveraged to achieve their aspirations (Task IV.A.1: "Conduct functional assessments to identify individual goals and strengths"). Option B (conducting a strengths-based assessment) aligns with this, as it ensures the plan is grounded in the individual's existing assets, fostering hope and tailoring strategies to their unique strengths.

Option A (performing a functional assessment) is broader and includes strengths but also deficits, making it less specific than a strengths-based focus. Option C (developing a treatment plan) is premature, as assessment must precede planning, and "treatment" is a clinical term not aligned with rehabilitation's focus. Option D (scheduling an interdisciplinary team meeting) may occur later but is not the immediate next step after goal identification. The PRA Study Guide emphasizes strengths-based assessment as critical for person-centered planning, supporting Option B.

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

PRA Study Guide (2024), Section on Strengths-Based Assessment in Planning.

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

### NEW QUESTION # 127

An individual started working in a grocery store two months ago. Recently, she became angry and started shouting at her co-workers and customers and she received a verbal warning from her supervisor. She is worried that she may lose her job and asks the practitioner what she should do. Which of the following is the BEST step for the practitioner to take?

- A. Check that the individual is taking her medication
- **B. Provide the individual with anger management techniques**
- C. Encourage a meeting with the individual and her supervisor
- D. Reassure the individual that she will not lose her job

#### Answer: B

Explanation:

The individual's workplace anger outbursts threaten her job, indicating a need for skill-building to manage emotions effectively. The CPRP Exam Blueprint (Domain V: Strategies for Facilitating Recovery) emphasizes teaching self-management skills to support recovery goals, such as maintaining employment (Task V.B.4: "Teach skills using evidence-based methods"). Option B (provide the individual with anger management techniques) aligns with this, as techniques like deep breathing, cognitive reframing, or time-outs can help her regulate emotions, address the behavior that led to the warning, and reduce the risk of job loss.

Option A (check medication) assumes a clinical issue without evidence and is outside the rehabilitation focus.

Option C (encourage a meeting with the supervisor) may be a later step but does not address the individual's immediate need to manage anger. Option D (reassure she will not lose her job) is unrealistic and avoids addressing the behavior. The PRA Study Guide highlights skill-based interventions for workplace challenges, supporting Option B.

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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 for Emotional Regulation.

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

### NEW QUESTION # 128

Supported Education services

- A. limit participation to those who meet minimal standardized test scores.
- B. require a readiness assessment prior to participation.
- **C. base eligibility solely on the desire to participate.**
- D. prepare an individual for participation with an entry-level curriculum.

#### Answer: C

Explanation:

Supported Education services aim to help individuals with psychiatric disabilities pursue educational goals by providing tailored supports, such as accommodations or coaching. The CPRP Exam Blueprint (Domain III:

Community Integration) emphasizes that eligibility for Supported Education is based on the individual's desire to participate, reflecting the recovery-oriented principle of self-determination (Task III.A.2: "Support individuals in accessing community-based educational opportunities"). Option D (base eligibility solely on the desire to participate) aligns with this, as Supported Education programs prioritize access for those who express interest, without imposing restrictive criteria like test scores or mandatory assessments.

Option A (minimal standardized test scores) is incorrect, as such requirements would exclude individuals and contradict inclusive principles. Option B (entry-level curriculum) is a potential support strategy, not an eligibility criterion. Option C (require a readiness assessment) may inform planning but is not a prerequisite for eligibility, as desire drives access. The PRA Study Guide highlights that Supported Education is open to all who wish to pursue education, supporting Option D.

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CPRP Exam Blueprint (2014), Domain III: Community Integration, Task III.A.2.

PRA Study Guide (2024), Section on Supported Education Services.

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

## NEW QUESTION # 129

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