

Latest Upload Valid Braindumps CFRP Book - Psychiatric Rehabilitation Association New Certified Child and Family Resiliency Practitioner (CFRP) Exam Guide

CFRP and CPRP Exam Study Guide: Best Practices in Psychiatric Rehabilitation Exam questions with correct answers

1. **In psychiatric rehabilitation, we define the desired outcome as:** recovery - a life of meaning and purpose for people who live with mental health conditions.
2. **To know whether a practice is effective, research and evaluation must::**
- Demonstrate that the practice does achieve the outcome desired. When a certain threshold of research evidence is reached, showing that one practice has better outcomes than alternatives, the practice is evidence-based.
3. **Evidence-Based Practices::** Specific interventions and service models that have been shown effective through multiple high-quality research studies by different research teams
4. **Best Practices::** Those approaches, tools, and techniques that are recognized as desirable and effective, but have not yet been studied adequately and so lack evidence.
5. **The Four Over-Arching Themes of Psychiatric Rehabilitation::** 1. Services that are person-centered
2. Services focused on full integration and participation in a person's community of choice.
3. Vigilance and activism to combat prejudice and discrimination.
4. Effective and ongoing training that is relevant to the field and targeted towards developing the attitudes, knowledge, and skill needed to be an effective psychiatric rehabilitation practitioner.
6. **Person-Centered Services are Built On::** Self-determination, choice, and promote individual responsibility.
7. **Service Plans in Psychiatric Rehabilitation are Designed to::** Define and achieve goals that are personally relevant and valuable.
8. **Assessment and Interventions in Psychiatric Rehabilitation Target::** The skills and supports needed to achieve personal goals.
9. **Psychiatric Rehabilitation Services focus on::** the whole of a person and what is needed to promote overall wellness in all life domains.

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Psychiatric Rehabilitation Association Certified Child and Family Resiliency Practitioner (CFRP) Sample Questions (Q62-Q67):

NEW QUESTION # 62

Resilience conveys three very important characteristics in the lives of children with autism spectrum disorders. These include a sense of

- A. discipline, independence, and personal identity.
- **B. control, mastery, and understanding.**
- C. optimism, ownership, and personal control.
- D. gratitude, unique identity, and agility.

Answer: B

Explanation:

For children with autism spectrum disorders (ASD), resilience is critical to supporting health and wellness.

The CFRP framework identifies control, mastery, and understanding as three key characteristics of resilience in this population, as they empower children to navigate challenges and build confidence. The CFRP study guide explains, "Resilience in children with autism spectrum disorders is characterized by a sense of control, mastery, and understanding, which support their ability to adapt and thrive." Gratitude, unique identity, and agility (option B) are positive traits but not specifically tied to ASD resilience. Discipline, independence, and personal identity (option C) and optimism, ownership, and personal control (option D) are relevant but less precise than control, mastery, and understanding.

* CFRP Study Guide (Section on Supporting Health and Wellness): "In children with autism spectrum disorders, resilience is defined by a sense of control, mastery, and understanding, enabling them to navigate challenges effectively." References: Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Supporting Health and Wellness, Resilience in ASD.

Psychiatric Rehabilitation Association (PRA) Guidelines on Neurodevelopmental Disorders.

NEW QUESTION # 63

Reform, when referenced with expanding home and community-based services, often comes in response to

- A. population growth.
- **B. legal action.**
- C. educational initiatives.
- D. economic decline.

Answer: B

Explanation:

Within the CFRP framework, systems competencies include understanding the broader systemic factors that influence service delivery, such as policy and legal frameworks. Reforms expanding home and community-based services often arise in response to legal action, such as court rulings or settlements that mandate improved access to community-based care over institutionalization.

The CFRP study guide highlights that

"legal actions, including lawsuits and advocacy efforts, have historically driven reforms to expand home and community-based services, ensuring compliance with federal mandates like the Olmstead decision." Educational initiatives (option A), economic decline (option B), and population growth (option C) may influence service needs but are not the primary drivers of such reforms compared to legal mandates.

* CFRP Study Guide (Section on Systems Competencies): "Reforms expanding home and community-based services are often prompted by legal action, such as court rulings or advocacy efforts, to ensure equitable access to care." References: Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Systems Competencies, Policy and Legal Frameworks.

NEW QUESTION # 64

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

Answer: D

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 # 65

When using the collaborative approach to family recovery and resiliency, the practitioner would focus on the

- **A. solution.**
- B. motivation to change.
- C. barriers to change.
- D. problem

Answer: A

Explanation:

The collaborative approach in the CFRP framework, under strategies for facilitating recovery, emphasizes working with families to identify and pursue solutions, aligning with strengths-based and family-driven principles. The practitioner focuses on the solution to empower families toward resiliency. The CFRP study guide explains, "In a collaborative approach to family recovery and resiliency, practitioners focus on solutions, partnering with families to build on strengths and achieve goals." Motivation (option A) and barriers (option B) are considered but not the primary focus. Emphasizing the problem (option C) is deficit-based, contrary to the approach.

* CFRP Study Guide (Section on Strategies for Facilitating Recovery): "The collaborative approach to family recovery focuses on solutions, empowering families to leverage strengths for resiliency." References:

CFRP Study Guide, Section on Strategies for Facilitating Recovery, Collaborative Approach.

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

NEW QUESTION # 66

To demonstrate culturally respectful listening techniques, the practitioner:

- **A. Uses body language to encourage conversation.**
- B. Maintains constant eye contact with the speaker.
- C. Crosses his arms while communicating to increase concentration.
- D. Positions his body directly in front of the speaker.

Answer: A

Explanation:

Culturally respectful listening is a critical skill within the Interpersonal Competencies domain of the CFRP framework, emphasizing effective communication that respects cultural diversity and individual preferences.

According to the PRA CFRP Study Guide 2024-2025, culturally respectful listening involves using nonverbal cues that align with the speaker's cultural norms to foster trust and engagement. This includes appropriate body language, such as nodding or leaning slightly forward, to encourage conversation without imposing discomfort.

Option A (Uses body language to encourage conversation) is correct because it aligns with best practices for active listening in a culturally sensitive manner. The PRA study materials emphasize that practitioners should use open, inviting body language to signal attentiveness and respect, adapting to the cultural context of the child or family. For example, in some cultures, excessive eye contact or confrontational positioning may be perceived as disrespectful.

Option B (Maintains constant eye contact with the speaker) is incorrect because constant eye contact is not universally appropriate. The PRA Code of Ethics and CFRP training materials note that eye contact norms vary across cultures; in some, prolonged eye contact may be seen as aggressive or intrusive. Practitioners must adjust based on cultural cues.

Option C (Positions his body directly in front of the speaker) is incorrect because directly facing the speaker may feel confrontational or invasive in certain cultural contexts. The PRA study guide advises maintaining a comfortable, non-threatening posture, such as sitting at an angle, to promote openness.

Option D (Crosses his arms while communicating to increase concentration) is incorrect because crossing arms is widely recognized as a closed or defensive posture, which can hinder communication. The PRA training on interpersonal skills stresses maintaining an open posture to convey receptiveness.

References:

Psychiatric Rehabilitation Association, CFRP Study Guide 2024-2025, Section on Interpersonal Competencies: Culturally Respectful Communication.

PRA Certification Candidate Handbook, Competency Domain 1: Interpersonal Competencies.

PRA Code of Ethics, Principle 3: Respect for Diversity.

NEW QUESTION # 67

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