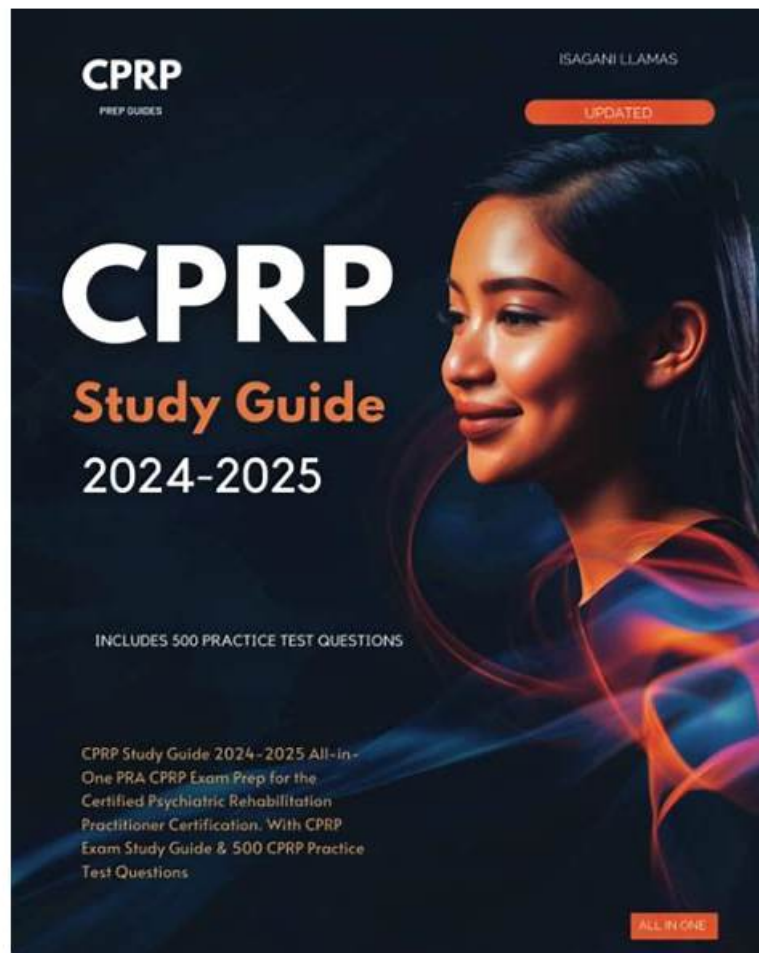


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Psychiatric Rehabilitation Association CPRP Exam Syllabus Topics:

Topic	Details
Topic 1	<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 2	<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 3	<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 4	<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 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.
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 (Q28-Q33):

NEW QUESTION # 28

Literature suggests that bolstering the social support network of people who have been diagnosed with schizophrenia can MOST importantly improve their

- A. symptomatology.
- **B. sense of well-being.**
- C. social skills.
- D. ability to work.

Answer: B

Explanation:

Social support networks are critical for enhancing wellness among individuals with schizophrenia, as they provide emotional, practical, and social resources that foster recovery. The CPRP Exam Blueprint (Domain VII: Supporting Health & Wellness) emphasizes the role of social connections in promoting overall well-being (Task VII.B.1: "Support the development of social and interpersonal skills to enhance wellness").

Option C (sense of well-being) aligns with this, as literature consistently shows that strong social support networks improve emotional and psychological well-being by reducing isolation, enhancing self-esteem, and providing a sense of belonging, which are particularly vital for individuals with schizophrenia.

Option A (social skills) may improve indirectly through social engagement, but it is not the primary outcome, as skills are a means to well-being, not the end goal. Option B (ability to work) is a secondary benefit, as employment depends on multiple factors beyond social support (Domain III). Option D (symptomatology) may see some improvement, but well-being is a broader, more direct outcome of social support, as symptom reduction is not guaranteed by social networks alone. The PRA Study Guide, referencing recovery-oriented research, highlights social support as a key driver of well-being, supporting Option C.

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

PRA Study Guide (2024), Section on Social Support and Wellness.

CPRP Exam Preparation & Primer Online 2024, Module on Supporting Health & Wellness.

NEW QUESTION # 29

Person-centered planning requires that all goals in the plan are

- A. about achieving a meaningful life.
- B. time limited and achievable.
- C. measurable and observable.
- D. about increasing independence.

Answer: A

Explanation:

Person-centered planning is a cornerstone of psychiatric rehabilitation, focusing on the individual's aspirations and values to guide goal-setting. The CPRP Exam Blueprint (Domain IV: Assessment, Planning, and Outcomes) emphasizes that person-centered plans prioritize goals that reflect the individual's vision for a meaningful life, encompassing personal fulfillment, community roles, and self-defined priorities (Task IV.B.

1: "Develop person-centered plans based on individual aspirations"). Option B (about achieving a meaningful life) aligns with this, as it captures the essence of person-centered planning, which seeks to support goals that enhance quality of life, such as relationships, employment, or personal growth, tailored to the individual's values.

Option A (time limited and achievable) is a characteristic of effective goals but not the defining feature of person-centered planning, which prioritizes meaning over structure. Option C (measurable and observable) is a technical requirement for tracking progress, not the primary focus. Option D (about increasing independence) is a common theme but too narrow, as meaningful goals may also include connection or creativity. The PRA Study Guide underscores that person-centered planning centers on meaningful life outcomes, supporting Option B.

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

PRA Study Guide (2024), Section on Person-Centered Planning.

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

NEW QUESTION # 30

Effective programmatic level strategies for addressing comorbidity include the integration of

- A. dual recovery and spiritual services.
- B. mental and physical health services.
- C. group social activities.
- D. alternative treatments.

Answer: B

Explanation:

Comorbidity, particularly the co-occurrence of mental health and physical health conditions, requires integrated service delivery to address complex needs effectively. The CPRP Exam Blueprint (Domain VI:

Systems Competencies) emphasizes the development of integrated service systems to address co-occurring disorders (Task VI.B.2: "Promote integration of mental health, physical health, and substance use services").

Option B (mental and physical health services) aligns with this, as integrating these services ensures holistic care, addressing both psychiatric symptoms and physical health issues (e.g., metabolic syndrome from antipsychotics) through coordinated care plans, shared records, and interdisciplinary collaboration.

Option A (alternative treatments) is vague and not a primary strategy for comorbidity, as it lacks specificity and evidence-based support. Option C (group social activities) supports wellness but does not directly address comorbidity's clinical needs. Option D (dual recovery and spiritual services) is relevant for substance use and mental health comorbidity but is narrower than Option B, which encompasses a broader range of physical health issues. The PRA Study Guide highlights integrated care models as best practice for comorbidity, supporting Option B.

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CPRP Exam Blueprint (2014), Domain VI: Systems Competencies, Task VI.B.2.

PRA Study Guide (2024), Section on Integrated Care for Comorbidity.

NEW QUESTION # 31

An individual is referred to a psychiatric rehabilitation program after a brief inpatient hospitalization. During a meeting with his practitioner and his mother, who is a primary support, she reports her son "is doing better, should find a job and stop medication; then everything will be fine." The practitioner's FIRST BEST approach is to

- A. engage the mother in a discussion about the importance of medication adherence and why her son is doing better.
- B. discuss with the individual and his mother, services that will incorporate medication, education, and employment.
- **C. acknowledge the mother's statement while engaging the individual in a discussion about his goals and objectives.**
- D. discuss with the mother the likelihood of her son finding and maintaining employment.

Answer: C

Explanation:

When a family member expresses opinions that may not align with recovery-oriented principles, the practitioner must prioritize the individual's autonomy while respectfully engaging supports. The CPRP Exam Blueprint (Domain I: Interpersonal Competencies) emphasizes person-centered engagement by acknowledging family input while focusing on the individual's goals to build trust and collaboration (Task I.B.

1: "Collaborate with individuals and their support systems to address barriers in a culturally competent manner"). Option D (acknowledge the mother's statement while engaging the individual in a discussion about his goals and objectives) aligns with this, as it validates the mother's perspective, maintains a positive relationship, and centers the individual's aspirations, ensuring the plan reflects his priorities post-hospitalization.

Option A (discuss services incorporating medication, education, employment) is prescriptive and assumes solutions without first exploring the individual's goals. Option B (discuss medication adherence) risks alienating the mother by focusing on correction rather than collaboration. Option C (discuss employment likelihood) sidelines the individual's voice and does not address the mother's broader statement. The PRA Study Guide underscores person-centered engagement with family involvement as critical in initial meetings, supporting Option D.

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CPRP Exam Blueprint (2014), Domain I: Interpersonal Competencies, Task I.B.1.

PRA Study Guide (2024), Section on Family Engagement and Person-Centered Care.

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

NEW QUESTION # 32

An individual with co-occurring substance abuse disorders comes into a program where he picks up his medication daily. The practitioner is aware that he had two beers earlier in the day and asks him to return the next day. The practitioner's actions demonstrate

- A. helping the person understand there are consequences to his actions.
- B. appropriate caution due to interaction of medication and substances.
- **C. a lack of understanding of integrated treatment.**
- D. a failure to employ shared decision making.

Answer: C

Explanation:

Managing co-occurring substance abuse and mental health disorders requires integrated treatment that addresses both conditions collaboratively and non-punitively. The CPRP Exam Blueprint (Domain VI:

Systems Competencies) emphasizes integrated dual diagnosis treatment (IDDT), which promotes harm reduction and shared decision-making rather than exclusionary practices (Task VI.B.2: "Promote integration of mental health, physical health, and substance use services"). Option C (a lack of understanding of integrated treatment) aligns with this, as the practitioner's decision to withhold medication due to alcohol consumption reflects a punitive approach, ignoring harm reduction principles and the need to maintain medication continuity for mental health stability, which is critical in co-occurring disorders.

Option A (failure to employ shared decision-making) is relevant but less specific, as the core issue is the lack of integrated treatment principles. Option B (consequences for actions) contradicts recovery-oriented, non-judgmental care. Option D (caution due to medication interactions) is plausible but incorrect, as the scenario does not indicate a specific interaction risk, and integrated treatment prioritizes continuity over exclusion. The PRA Study Guide underscores integrated, harm reduction-based approaches for co-occurring disorders, supporting Option C.

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CPRP Exam Blueprint (2014), Domain VI: Systems Competencies, Task VI.B.2.
PRA Study Guide (2024), Section on Integrated Treatment for Co-Occurring Disorders.
CPRP Exam Preparation & Primer Online 2024, Module on Systems Competencies.

NEW QUESTION # 33

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