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CFRP and CPRP Exam Study Guide: Best Practices in Psychiatric Rehabilitation

In psychiatric rehabilitation, we define the desired outcome as - Answer- recovery - a life of meaning and purpose for people who live with mental health conditions.

To know whether a practice is effective, research and evaluation must: - Answer- 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.

Evidence-Based Practices: - Answer- Specific interventions and service models that have been shown effective through multiple high-quality research studies by different research teams

Best Practices: - Answer- Those approaches, tools, and techniques that are recognized as desirable and effective, but have not yet been studied adequately and so lack evidence.

The Four Over-Arching Themes of Psychiatric Rehabilitation: - Answer- 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.

Person-Centered Services are Built On: - Answer- Self-determination, choice, and promote individual responsibility.

Service Plans in Psychiatric Rehabilitation are Designed to: - Answer- Define and achieve goals that are personally relevant and valuable.

Assessment and Interventions in Psychiatric Rehabilitation Target: - Answer- The skills and supports needed to achieve personal goals.

Psychiatric Rehabilitation Services focus on: - Answer- the whole of a person and what is needed to promote overall wellness in all life domains.

Community is a comprehensive concept encompassing a - Answer- Physical location as well as a sense of belonging.

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Psychiatric Rehabilitation Association Certified Child and Family Resiliency Practitioner (CFRP) Sample Questions (Q11-Q16):

NEW QUESTION # 11

Collaboration with a child involves

- A. instructing the child to problem solve.
- **B. reinforcing the child's effort.**
- C. observing the child's behaviors.
- D. asking the child to identify barriers.

Answer: B

Explanation:

Collaboration with children in the CFRP framework, under interpersonal competencies, emphasizes empowering them through positive reinforcement and partnership. Reinforcing the child's effort encourages engagement and builds confidence in their ability to contribute to their recovery. The CFRP study guide states, "Collaboration with a child involves reinforcing their efforts to foster active participation and self- efficacy in the recovery process." Instructing problem-solving (option A) or asking to identify barriers (option C) may be part of collaboration but are directive rather than reinforcing. Observing behaviors (option B) is a practitioner task, not a collaborative act.

* CFRP Study Guide (Section on Interpersonal Competencies): "Effective collaboration with children involves reinforcing their efforts to promote engagement and build self-efficacy in their recovery journey." References:

Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Interpersonal Competencies, Child-Centered Collaboration.

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

NEW QUESTION # 12

The system of care model emphasizes the importance of a strengths-based, empathetic, nonjudgmental approach to a:

- A. Congenial relationship.
- B. Family practice.
- **C. Collaborative partnership.**
- D. Provider alliance.

Answer: C

Explanation:

The Systems Competencies domain underscores the system of care model, which prioritizes collaborative, family-centered approaches. The PRA CFRP Study Guide 2024-2025 defines a collaborative partnership as a strengths-based, empathetic, and nonjudgmental relationship between practitioners, families, and other stakeholders to support the child's recovery.

Option A (Collaborative partnership) is correct because the PRA framework emphasizes partnerships that empower families and integrate services, aligning with the system of care principles.

Option B (Congenial relationship) is incorrect because "congenial" implies friendliness but lacks the depth of collaboration required by the PRA.

Option C (Family practice) is incorrect because this term refers to medical practice, not the system of care model.

Option D (Provider alliance) is incorrect because it focuses on providers, not the family-centered partnership central to the PRA guidelines.

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Psychiatric Rehabilitation Association, CFRP Study Guide 2024-2025, Section on Systems Competencies: System of Care Model.

PRA Certification Candidate Handbook, Competency Domain 6: Systems Competencies.

PRA Code of Ethics, Principle 2: Family-Centered Practice.

NEW QUESTION # 13

A practitioner is working with a family who has very little social support. They would like to make friends and gain natural supports

in their community. What should the practitioner do to assist the family with this goal?

- A. Arrange for a community agency to reach out to the family.
- B. Invite the family to attend religious services with him.
- C. Arrange for a social gathering with other families from the agency.
- D. **Encourage the family to explore activities in their community.**

Answer: D

Explanation:

Community integration in the CFRP framework focuses on empowering families to build natural supports within their community. To assist a family seeking to make friends and gain social support, the practitioner should encourage them to explore activities in their community, such as local events or clubs, to foster organic connections. The CFRP study guide states, "To help families build natural supports, practitioners should encourage participation in community activities, enabling them to form meaningful social connections independently." Arranging agency gatherings (option A) or agency outreach (option C) is less empowering and may not align with the family's preferences. Inviting them to religious services (option D) is inappropriate due to professional boundaries.

* CFRP Study Guide (Section on Community Integration): "Practitioners support families in gaining natural community supports by encouraging them to explore and participate in local activities that align with their interests." References:

CFRP Study Guide, Section on Community Integration, Natural Supports.

Psychiatric Rehabilitation Association (PRA) Guidelines on Community Engagement.

NEW QUESTION # 14

Empathy is

- A. feeling pity or sorrow for someone's misfortune.
- B. sharing a similar experience with someone else.
- C. **understanding a person on a cognitive and emotional level.**
- D. being concerned with the well-being of another.

Answer: C

Explanation:

Interpersonal competencies in the CFRP framework highlight empathy as a key skill for building therapeutic relationships. Empathy is defined as understanding a person on both a cognitive (intellectual comprehension) and emotional (feeling with) level, enabling deep connection. The CFRP study guide states, "Empathy involves understanding a person on a cognitive and emotional level, fostering trust and validation in interactions." Feeling pity (option A) describes sympathy, not empathy. Sharing experiences (option C) is not required for empathy, and concern for well-being (option D) is too broad.

* CFRP Study Guide (Section on Interpersonal Competencies): "Empathy is the ability to understand a person on both cognitive and emotional levels, creating a foundation for trustful relationships." References:

CFRP Study Guide, Section on Interpersonal Competencies, Empathy in Practice.

Psychiatric Rehabilitation Association (PRA) Guidelines on Therapeutic Communication.

NEW QUESTION # 15

What factors must be understood when considering typical childhood development?

- A. Nature and environment
- B. Gender and birth order
- C. Education and learning needs
- D. **Context and culture**

Answer: D

Explanation:

The Supporting Health and Wellness domain requires practitioners to understand developmental factors to tailor interventions.

The PRA CFRP Study Guide 2024-2025 emphasizes that context and culture are critical in assessing typical childhood development, as they shape social, emotional, and behavioral norms.

Option B (Context and culture) is correct because the PRA framework highlights the importance of cultural values, family dynamics, and environmental context in understanding developmental milestones and behaviors.

Option A (Education and learning needs) is incorrect because, while important, these are secondary to broader contextual factors in

developmental assessment.

OptionC(Nature and environment) is incorrect because "nature" is vague, and the PRA prioritizes culture over general environmental factors.

OptionD(Gender and birth order) is incorrect because, while influential, these are not the primary factors compared to context and culture in the PRA guidelines.

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Psychiatric Rehabilitation Association,CFRP Study Guide 2024-2025, Section on Supporting Health and Wellness: Childhood Development.

PRA Certification Candidate Handbook, Competency Domain 7: Supporting Health and Wellness.

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

NEW QUESTION # 16

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