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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 (Q72-Q77):

NEW QUESTION # 72

When significant cultural differences are identified between a practitioner and the family he serves, the BEST course of action for the practitioner to take is to

- A. increase his understanding of the family's coping strategies.
- **B. increase his understanding of the family's cultural traits.**
- C. share his personal cultural norms and values.
- D. share his underlying prejudicial beliefs.

Answer: B

Explanation:

Cultural competence is a cornerstone of interpersonal competencies in the CFRP framework. When significant cultural differences arise between a practitioner and a family, the best course of action is to increase understanding of the family's cultural traits to provide respectful and relevant support. The CFRP study guide states, "When cultural differences are identified, practitioners should prioritize increasing their understanding of the family's cultural traits to ensure culturally competent service delivery." Sharing personal norms (option A) or prejudicial beliefs (option C) is inappropriate and unprofessional. Understanding coping strategies (option D) is valuable but secondary to cultural traits in addressing differences.

* CFRP Study Guide (Section on Interpersonal Competencies): "The best response to significant cultural differences is for practitioners to increase their understanding of the family's cultural traits, ensuring respectful and effective support." References:

CFRP Study Guide, Section on Interpersonal Competencies, Cultural Competence.

Psychiatric Rehabilitation Association (PRA) Guidelines on Multicultural Practice.

NEW QUESTION # 73

The MOST significant factor contributing to a child's healthy growth and well-being is

- A. genetics.
- B. socioeconomic status.
- **C. strong relationships.**
- D. culture.

Answer: C

Explanation:

Supporting health and wellness in the CFRP framework emphasizes the foundational role of relationships in child development. Strong relationships, particularly with caregivers and supportive adults, are the most significant factor contributing to a child's healthy growth and well-being, providing emotional security and resilience. The CFRP study guide notes, "Strong relationships with caregivers and supportive adults are the most significant factor in promoting a child's healthy growth and well-being, fostering emotional and social development." Socioeconomic status (option A), culture (option B), and genetics (option D) influence well-being but are secondary to the impact of relationships.

* CFRP Study Guide (Section on Supporting Health and Wellness): "The most significant factor for a child's healthy growth and well-being is strong relationships, which provide the emotional foundation for resilience and development." References:

CFRP Study Guide, Section on Supporting Health and Wellness, Relational Factors.

Psychiatric Rehabilitation Association (PRA) Guidelines on Child Development.

NEW QUESTION # 74

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

- A. Congenial relationship.

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

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 # 75

The skill of self-monitoring in relation to executive functioning is MOST evident in which of the following academic subjects?

- A. Science and technology
- **B. Math and writing**
- C. History and literature
- D. Art and music

Answer: B

Explanation:

The Supporting Health and Wellness domain includes promoting cognitive and behavioral skills, such as executive functioning, which encompasses self-monitoring (the ability to track and regulate one's performance). The PRA CFRP Study Guide 2024-2025 explains that self-monitoring is critical in structured, sequential tasks requiring planning, organization, and error correction, such as those found in math and writing.

Option B (Math and writing) is correct. Math requires self-monitoring to check calculations and follow multi-step processes, while writing involves planning, drafting, and revising, all of which demand self-regulation.

The PRA study guide highlights these subjects as prime examples where executive functioning deficits are evident and can be supported.

Option A (Art and music) is incorrect because, while creative, these subjects rely more on expression than structured self-monitoring. The PRA framework notes they engage different cognitive processes.

Option C (History and literature) is incorrect because these subjects focus on comprehension and analysis, with less emphasis on sequential self-monitoring compared to math and writing.

Option D (Science and technology) is partially correct, as science involves some self-monitoring (e.g., experiments), but it is less consistent than math and writing. The PRA study guide prioritizes math and writing for executive functioning.

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

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

PRA Code of Ethics, Principle 6: Promoting Skill Development.

NEW QUESTION # 76

A child's participation in the development of an action plan

- A. ensures positive outcomes.
- B. teaches social skills.

- C. increases locus of control.
- D. reinforces resiliency.

Answer: C

Explanation:

In the CFRP framework, strategies for facilitating recovery include empowering children by involving them in their own action plans. A child's participation in developing an action plan increases their locus of control, fostering a sense of agency and responsibility for their recovery. The CFRP study guide states, "Involving children in the development of their action plans increases their locus of control, empowering them to take an active role in their recovery process." While participation may also teach social skills (option B) or reinforce resiliency (option D), these are secondary benefits. Ensuring positive outcomes (option C) is not guaranteed by participation alone, as outcomes depend on multiple factors.

* CFRP Study Guide (Section on Strategies for Facilitating Recovery): "A child's active participation in creating an action plan increases their locus of control, promoting empowerment and engagement in recovery." References:

Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Strategies for Facilitating Recovery, Child Empowerment.

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

NEW QUESTION # 77

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