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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 pro-mote 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 (Q50-Q55):

NEW QUESTION # 50

A principle of family support is demonstrated when the practitioner

- A. acquires resources he feels the family needs to be successful.
- **B. affirms a family's cultural, racial, and linguistic identities.**
- C. establishes a contract for the family based on behaviors and contingencies.
- D. sets firm boundaries with the family to manage identified concerns.

Answer: B

Explanation:

A core principle of family support within the CFRP framework's interpersonal competencies is cultural competence, which involves affirming a family's cultural, racial, and linguistic identities. This practice fosters trust and ensures services are relevant and respectful of the family's unique context. The CFRP study guide states, "Affirming a family's cultural, racial, and linguistic identities is a fundamental principle of family support, promoting engagement and resilience." Acquiring resources (option A) is part of case management but not a defining principle of family support. Establishing behavioral contracts (option C) or setting firm boundaries (option D) may be therapeutic techniques but do not represent the core principle of family support as directly as cultural affirmation. * CFRP Study Guide (Section on Interpersonal Competencies): "A key principle of family support is affirming the cultural, racial, and linguistic identities of families to build trust and support resilience." References: Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Interpersonal Competencies, Cultural Competence.

Psychiatric Rehabilitation Association (PRA) Guidelines on Family Support Principles.

NEW QUESTION # 51

Which of the following interventions would be the MOST appropriate to help a family access needed services?

- A. Provide the family with a prepared plan to ensure they receive the services they need.
- **B. Work with the family to identify barriers to service utilization.**
- C. Enroll the family in services based on needs identified by the practitioner.
- D. Encourage the family to find support services on their own to foster independence.

Answer: B

Explanation:

The Systems Competencies domain focuses on collaborating with families to navigate and access community resources effectively. The PRA CFRP Study Guide 2024-2025 emphasizes family-centered practice, where practitioners partner with families to identify barriers (e.g., transportation, stigma, or lack of information) and develop tailored solutions to access services. This approach empowers families and ensures services align with their needs.

Option B (Work with the family to identify barriers to service utilization) is correct. The PRA guidelines highlight that identifying barriers collaboratively respects family autonomy and builds trust. This intervention enables the practitioner to address specific obstacles, such as logistical issues or mistrust, ensuring sustainable access to services.

Option A (Provide the family with a prepared plan to ensure they receive the services they need) is incorrect because a practitioner-imposed plan disregards family input, violating the PRA's family-centered principles.

Option C (Enroll the family in services based on needs identified by the practitioner) is incorrect because unilateral enrollment bypasses family collaboration. The PRA Code of Ethics requires involving families in decision-making.

Option D (Encourage the family to find support services on their own to foster independence) is incorrect because it places undue burden on the family, especially if barriers like lack of knowledge or resources exist.

The PRA framework emphasizes guided support over unsupported independence.

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Psychiatric Rehabilitation Association, CFRP Study Guide 2024-2025, Section on Systems Competencies: Accessing Community Resources.

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

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

NEW QUESTION # 52

At the top of Maslow's hierarchy of needs is

- A. self-actualization.
- B. self-esteem.
- C. self-determination.
- D. self-achievement.

Answer: A

Explanation:

In the CFRP framework, understanding human motivation, such as Maslow's hierarchy of needs, supports health and wellness by guiding interventions. At the top of Maslow's hierarchy is self-actualization, which represents achieving one's full potential and personal growth. The CFRP study guide explains, "Maslow's hierarchy of needs places self-actualization at the top, reflecting the pursuit of personal fulfillment and potential, which informs mental health support." Self-determination (option A) and self-achievement (option B) are related concepts but not part of Maslow's model. Self-esteem (option D) is a lower-level need in the hierarchy.

* CFRP Study Guide (Section on Supporting Health and Wellness): "Self-actualization, at the top of Maslow's hierarchy of needs, represents achieving one's full potential and is a guiding principle for mental health interventions." References:

Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Supporting Health and Wellness, Motivational Frameworks.

Psychiatric Rehabilitation Association (PRA) Guidelines on Psychological Needs.

NEW QUESTION # 53

A practitioner is working with a transition-age youth who is unable to self-soothe during periods of distress.

What would be an effective intervention?

- A. teaching progressive muscle relaxation techniques.
- B. Cognitive Behavioral Therapy to reduce stress.
- C. referring for medication management.
- D. implementing exposure therapy techniques.

Answer: A

Explanation:

Comprehensive and Detailed Explanation:

Supporting transition-age youth in the CFRP framework includes teaching practical coping strategies that allow the youth to self-regulate during periods of distress. Teaching progressive muscle relaxation techniques is an effective, evidence-based intervention for self-soothing, as it provides a tangible skill to manage distress.

The CFRP study guide notes, "For transition-age youth struggling to self-soothe during distress, teaching progressive relaxation techniques is an effective intervention to promote emotional regulation." Cognitive Behavioral Therapy (option A) would take a longer time to address underlying issues and would not be as immediately effective as muscle relaxation techniques to address the distress. Exposure therapy (option B) is specific to anxiety disorders and may not apply to general distress. Referring for medication (option D) may be considered but is not the first-line intervention for teaching self-soothing skills.

* CFRP Study Guide (Section on Transition-Age Youth Services): "Teaching progressive relaxation techniques is an effective intervention for transition-age youth unable to self-soothe during distress, enhancing emotional self-regulation." References:

CFRP Study Guide, Section on Transition-Age Youth Services, Coping Skills Interventions.

Psychiatric Rehabilitation Association (PRA) Guidelines on Youth Mental Health Support.

NEW QUESTION # 54

Once regarded as the primary cause of a child's challenges, who are now seen as key collaborators in the development of the child's resilience?

- A. Doctors
- B. Teachers
- C. Clergy
- D. Parents

Answer: D

Explanation:

The CFRP framework emphasizes the shift in perspective from viewing parents as the cause of a child's challenges to recognizing them as key collaborators in fostering resilience. This aligns with the family-driven approach central to interpersonal competencies, which prioritizes partnership with parents to support child recovery. The CFRP study guide states, "Historically, parents were often blamed for their child's challenges, but current practice recognizes parents as essential collaborators in building resilience and promoting recovery." Clergy (option B), teachers (option C), and doctors (option D) may play supportive roles, but parents are uniquely positioned as primary caregivers and partners in the child's daily life and recovery process.

* CFRP Study Guide (Section on Interpersonal Competencies): "Parents, once seen as the primary cause of a child's challenges, are now valued as key collaborators in developing resilience and supporting recovery through family-driven practices." References: Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Interpersonal Competencies, Family-Driven Care.

Psychiatric Rehabilitation Association (PRA) Guidelines on Family Collaboration.

NEW QUESTION # 55

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