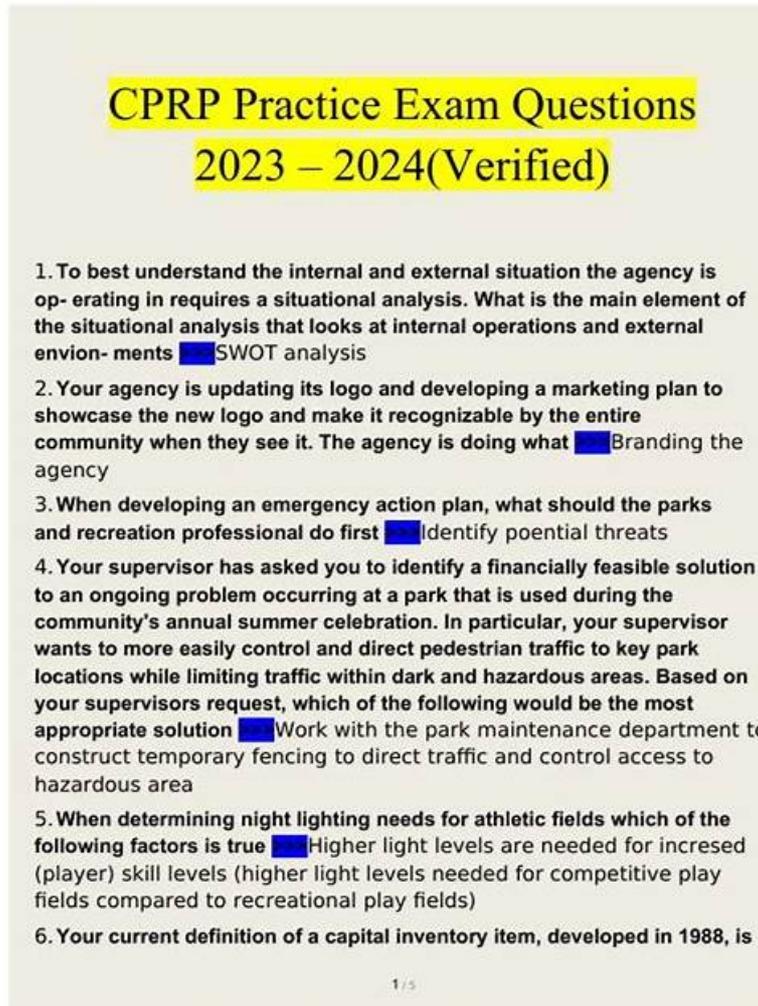


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Psychiatric Rehabilitation Association Certified Psychiatric Rehabilitation Practitioner Sample Questions (Q19-Q24):

NEW QUESTION # 19

Which of the following statements best describes the role of peer support?

- A. Peer support is most effectively provided in self-help groups that have no connection to professionally run programs.
- B. Peer support is best used as a follow-up strategy after a person has "graduated" from a psychiatric rehabilitation program.
- **C. Peer support is a component of the service system that serves as an adjunct and alternative to professional services.**
- D. Peer support is primarily used by people who do not believe that professional services are helpful.

Answer: C

Explanation:

This question pertains to Domain V: Strategies for Facilitating Recovery, which includes promoting peer support as an evidence-based practice in psychiatric rehabilitation. The CPRP Exam Blueprint describes peer support as "a component of the recovery-oriented service system that complements professional services, offering shared experiences and mutual support as both an adjunct and alternative to traditional interventions." The question tests understanding of peer support's role in the broader mental health system.

* Option C: This option accurately describes peer support as a component of the service system that complements (adjunct) and sometimes substitutes for (alternative) professional services. Peer support, provided by individuals with lived experience, fosters hope, empowerment, and community, and is integrated into many recovery-oriented programs, aligning with PRA's framework.

* Option A: Suggesting peer support is only for those who distrust professional services is incorrect, as peer support is widely used alongside professional services in recovery-oriented systems.

* Option B: Limiting peer support to a "follow-up strategy" after completing a program ignores its role throughout the recovery process, including during active rehabilitation.

* Option D: Stating peer support is most effective in isolated self-help groups ignores its integration into professionally run programs (e.g., peer-operated services), which enhances its impact.

Extract from CPRP Exam Blueprint (Domain V: Strategies for Facilitating Recovery):

"Tasks include: 4. Promoting peer support as an evidence-based practice that complements and serves as an alternative to professional services, fostering mutual support and recovery."

:

Psychiatric Rehabilitation Association (PRA). (2014). CPRP Exam Blueprint. Retrieved from PRA Certification Handbook.

PRA. (2024). CPRP Exam Preparation & Primer Online 2024 Course: Module 6 - Strategies for Facilitating Recovery.

Davidson, L., et al. (2012). Peer Support Among Persons with Severe Mental Illnesses: A Review.

Schizophrenia Bulletin (recommended CPRP study literature, details peer support's role).

NEW QUESTION # 20

Which of the following is MOST likely to move the field of psychiatric rehabilitation closer to a full vision of recovery?

- A. Focusing on symptom management.
- **B. Reducing dependence on services.**
- C. Targeting wellness outcomes.
- D. Developing new medications.

Answer: B

Explanation:

The vision of recovery in psychiatric rehabilitation emphasizes empowerment, self-determination, and community integration, enabling individuals to lead meaningful lives with minimal reliance on formal services. The CPRP Exam Blueprint (Domain V: Strategies for Facilitating Recovery) highlights promoting independence and self-sufficiency as central to recovery-oriented practice (Task V.A.1: "Promote recovery principles, including self-determination and independence"). Option B (reducing dependence on services) aligns with this by fostering skills, natural supports, and community resources that enable individuals to live independently and engage in valued roles (e.g., employment, relationships).

Option A (developing new medications) focuses on clinical symptom reduction, which supports recovery but is secondary to its broader social and personal goals (Domain VII). Option C (focusing on symptom management) prioritizes clinical outcomes over the

holistic recovery principles of empowerment and community integration (Domain V). Option D (targeting wellness outcomes) is relevant but less specific than Option B, as wellness is one aspect of recovery, whereas reducing service dependence encompasses broader recovery goals, including self-management and community living (Domain III). The PRA Study Guide emphasizes independence as a hallmark of recovery, supporting Option B.

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CPRP Exam Blueprint (2014), Domain V: Strategies for Facilitating Recovery, Task V.A.1.

PRA Study Guide (2024), Section on Recovery Principles.

CPRP Exam Preparation & Primer Online 2024, Module on Strategies for Facilitating Recovery.

NEW QUESTION # 21

Which of the following statements regarding psychiatric rehabilitation services is consistent with helping individuals with a severe mental illness achieve maximum community integration?

- A. Identify natural supports and encourage the use of medications
- B. Enroll individuals in supported employment programs
- C. Provide services to individuals in environments of their choice
- D. Develop small group homes and supervised apartments in the community

Answer: C

Explanation:

This question aligns with Domain III: Community Integration, which focuses on supporting individuals to live, work, and socialize in their chosen communities. The CPRP Exam Blueprint emphasizes "providing services in environments of the individual's choice to promote independence and integration." Maximum community integration involves enabling individuals to participate fully in community life, with services tailored to their preferences and delivered in natural settings.

* Option A: Providing services in environments of the individual's choice directly supports maximum community integration by respecting their autonomy and enabling participation in community settings (e.g., home, workplace, or social spaces) rather than segregated or institutional environments. This aligns with the PRA's person-centered, recovery-oriented approach to integration.

* Option B: Supported employment programs are valuable but focus specifically on work, which is only one aspect of community integration. This option is too narrow to represent "maximum" integration.

* Option C: Developing group homes and supervised apartments provides housing options but may limit integration if they are segregated from the broader community, making this less consistent with maximum integration.

* Option D: Identifying natural supports and encouraging medication use supports recovery but does not directly address the delivery of services in community settings, which is central to integration.

Extract from CPRP Exam Blueprint (Domain III: Community Integration):

"Tasks include: 1. Supporting individuals to live, work, and socialize in environments of their choice. 2.

Promoting independence and integration through person-centered services in community settings."

:

Psychiatric Rehabilitation Association (PRA). (2014). CPRP Exam Blueprint. Retrieved from PRA Certification Handbook.

PRA. (2024). CPRP Exam Preparation & Primer Online 2024 Course: Module 4 - Community Integration.

Bond, G. R., & Drake, R. E. (2015). Making the Case for IPS Supported Employment. Administration and Policy in Mental Health (recommended CPRP study literature, emphasizes community-based services).

NEW QUESTION # 22

An individual has recently begun hearing voices. The most important thing the practitioner can do to assist the individual in dealing with the voices is to

- A. help him learn skills to distract himself from the voices.
- B. ask the individual how the voices are impacting daily functioning.
- C. encourage him to speak with his psychiatrist.
- D. assess the individual's risk of harm.

Answer: B

Explanation:

When an individual reports hearing voices, the practitioner's initial focus is to understand the experience's impact to inform person-centered planning. The CPRP Exam Blueprint (Domain IV: Assessment, Planning, and Outcomes) emphasizes assessing how symptoms affect daily functioning to identify needs and strengths (Task IV.A.1: "Conduct functional assessments to identify individual goals and strengths"). Option C (ask the individual how the voices are impacting daily functioning) aligns with this, as understanding

the voices' effect on activities like work, relationships, or self-care guides the development of tailored interventions, ensuring they address the individual's priorities and functional challenges.

Option A (assess risk of harm) is important but not the most immediate step, as not all voices indicate risk, and functioning assessment informs risk evaluation. Option B (encourage speaking with a psychiatrist) assumes a medical intervention without first understanding the impact, which may not align with the individual's needs. Option D (learn distraction skills) is a potential intervention but premature without assessing functional impact. The PRA Study Guide underscores functional assessment as the starting point for addressing symptoms like voices, supporting Option C.

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

PRA Study Guide (2024), Section on Functional Assessment of Symptoms.

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

NEW QUESTION # 23

An individual with a psychiatric disability complains that her medication is making her too drowsy, even though it stops the distressing voices she hears. When using self-disclosure, the practitioner should:

- A. Talk about the time he stopped taking antibiotics without completing the entire course and then had a recurrence of his infection.
- B. Talk about his family's demands upon him and how difficult it is for him to cope.
- C. Share that he always takes his medications exactly as prescribed because he feels that his doctor knows what is best for him.
- **D. Describe a time when he injured his back and had to work closely with his doctor to get the medicine adjusted so that it did not make him dizzy.**

Answer: D

Explanation:

This question falls under Domain I: Interpersonal Competencies, which emphasizes person-centered communication, including the appropriate use of self-disclosure to build therapeutic relationships. The CPRP Exam Blueprint specifies that self-disclosure should be "relevant, purposeful, and aimed at fostering hope, empathy, or collaboration, while maintaining professional boundaries." In this scenario, the individual is struggling with medication side effects (drowsiness), and the practitioner's self-disclosure should relate to this experience to validate her concerns and encourage collaboration with healthcare providers.

* Option A: Describing a personal experience of adjusting medication with a doctor due to side effects (dizziness) is relevant to the individual's situation. It validates her experience, models collaboration with a healthcare provider, and fosters hope that side effects can be managed, aligning with recovery-oriented communication.

* Option B: Discussing stopping antibiotics is unrelated to psychiatric medication or side effects and focuses on non-adherence, which could imply judgment and is not therapeutic in this context.

* Option C: Sharing strict adherence to medication due to trust in a doctor may dismiss the individual's valid concerns about side effects, potentially alienating her and undermining person-centered communication.

* Option D: Talking about family demands is irrelevant to the individual's medication concerns and risks shifting focus to the practitioner's personal issues, violating professional boundaries.

Extract from CPRP Exam Blueprint (Domain I: Interpersonal Competencies):

"Tasks include: 1. Establishing and maintaining a therapeutic relationship with individuals. 2. Using self-disclosure purposefully to foster hope, empathy, or collaboration, while maintaining professional boundaries."

:

Psychiatric Rehabilitation Association (PRA). (2014). CPRP Exam Blueprint. Retrieved from PRA Certification Handbook.

PRA. (2024). CPRP Exam Preparation & Primer Online 2024 Course: Module 2 - Interpersonal Competencies.

Rogers, C. R. (1951). Client-Centered Therapy. Houghton Mifflin (influential in PRA's person-centered approach, supports purposeful self-disclosure).

NEW QUESTION # 24

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