

# Three Formats for Psychiatric Rehabilitation Association CFRP Practice Tests: CFRP Exam Prep Solutions

## 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.

1 / 22

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## Psychiatric Rehabilitation Association Certified Child and Family Resiliency Practitioner (CFRP) Sample Questions (Q23-Q28):

### NEW QUESTION # 23

At the top of Maslow's hierarchy of needs is

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

**Answer: D**

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 # 24

The belief that one's own culture is superior to another is known as

- A. encapsulation.
- B. stigmatization.
- C. ethnocentrism.
- D. stereotyping.

**Answer: C**

Explanation:

Cultural competence is a core component of interpersonal competencies in the CFRP framework. The belief that one's own culture is superior to others is defined as ethnocentrism, which hinders effective engagement with diverse families. The CFRP study guide states, "Ethnocentrism, the belief that one's own culture is superior, undermines cultural competence and effective family support." Stigmatization (option A) involves negative labeling, encapsulation (option C) refers to cultural isolation, and stereotyping (option D) involves generalized assumptions, none of which precisely describe cultural superiority.

\* CFRP Study Guide (Section on Interpersonal Competencies): "Ethnocentrism is the belief that one's own culture is superior to others, posing a barrier to culturally competent practice in family support." References:

Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Interpersonal Competencies, Cultural Competence.

Psychiatric Rehabilitation Association (PRA) Guidelines on Multicultural Practice.

### NEW QUESTION # 25

Reform, when referenced with expanding home and community-based services, often comes in response to

- A. economic decline.
- B. legal action.
- C. educational initiatives.
- D. population growth.

**Answer: B**

**Explanation:**

Within the CFRP framework, systems competencies include understanding the broader systemic factors that influence service delivery, such as policy and legal frameworks. Reforms expanding home and community-based services often arise in response to legal action, such as court rulings or settlements that mandate improved access to community-based care over institutionalization. The CFRP study guide highlights that

"legal actions, including lawsuits and advocacy efforts, have historically driven reforms to expand home and community-based services, ensuring compliance with federal mandates like the Olmstead decision." Educational initiatives (option A), economic decline (option B), and population growth (option C) may influence service needs but are not the primary drivers of such reforms compared to legal mandates.

\* CFRP Study Guide (Section on Systems Competencies): "Reforms expanding home and community-based services are often prompted by legal action, such as court rulings or advocacy efforts, to ensure equitable access to care." References: Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Systems Competencies, Policy and Legal Frameworks.

Psychiatric Rehabilitation Association (PRA) Guidelines on Systems Advocacy.

**NEW QUESTION # 26**

What is the service MOST commonly used to describe connecting a child to community resources?

- **A. Case management**
- B. Peer support
- C. Treatment planning
- D. Crisis intervention

**Answer: A**

**Explanation:**

Connecting children and families to community resources is a core component of community integration within the CFRP framework. The service most commonly associated with this activity is case management, which involves coordinating and linking families to community-based supports such as educational programs, recreational activities, or social services. The CFRP study guide defines case management as "the process of assessing needs, identifying appropriate community resources, and facilitating connections to support child and family resilience." Crisis intervention (option B) focuses on immediate stabilization, not resource connection. Peer support (option C) involves emotional or social support from peers, not resource coordination. Treatment planning (option D) focuses on developing therapeutic goals, not community resource linkage.

\* CFRP Study Guide (Section on Community Integration): "Case management is the primary service used to connect children and families to community resources, ensuring access to supports that promote resilience and recovery." References: Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Community Integration, Case Management. Psychiatric Rehabilitation Association (PRA) Guidelines on Community-Based Services.

**NEW QUESTION # 27**

A 9-year-old does not get selected for the school all-star baseball team. This child seeks social support from his peers to manage his disappointment. This is an example of what type of coping strategy?

- **A. Emotion focused**
- B. Process focused
- C. Cognitive focused
- D. Problem focused

**Answer: A**

**Explanation:**

The Strategies for Facilitating Recovery domain includes understanding coping strategies to support resiliency. The PRA CFRP Study Guide 2024-2025 defines emotion-focused coping as strategies that manage emotional distress, such as seeking social support to process feelings, as opposed to addressing the problem directly.

Option A (Emotion focused) is correct because seeking peer support to manage disappointment focuses on regulating emotions rather than solving the problem (non-selection for the team). The PRA framework highlights this as a healthy coping mechanism for children.

Option B (Cognitive focused) is incorrect because cognitive-focused coping involves reframing thoughts, not seeking social support.

Option C (Process focused) is incorrect because "process focused" is not a recognized coping category in the PRA framework.

Option D (Problem focused) is incorrect because problem-focused coping addresses the issue directly (e.g., practicing to make the team next time), not managing emotions through support.

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Psychiatric Rehabilitation Association, CFRP Study Guide 2024-2025, Section on Strategies for Facilitating Recovery: Coping Strategies.

PRA Certification Candidate Handbook, Competency Domain 5: Strategies for Facilitating Recovery.

PRA Code of Ethics, Principle 4: Strengths-Based Interventions.

## NEW QUESTION # 28

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