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## Psychiatric Rehabilitation Association Certified Child and Family Resiliency Practitioner (CFRP) Sample Questions (Q14-Q19):

### NEW QUESTION # 14

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

- A. reinforces resiliency.
- **B. increases locus of control.**
- C. teaches social skills.
- D. ensures positive outcomes.

**Answer: B**

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 # 15

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

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

**Answer: A**

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 # 16

A practitioner would invite a sibling of a service recipient to participate in a session when doing so

- A. extends treatment to family members.
- B. addresses conflict.
- C. provides respite for the parents.
- D. augments treatment.

**Answer: D**

Explanation:

In the CFRP framework, family involvement is a key strategy for facilitating recovery, as it promotes resilience and supports the recovery process of the service recipient. Inviting a sibling to participate in a session is appropriate when it augments the treatment of the primary service recipient, such as by enhancing family dynamics, providing peer support, or reinforcing therapeutic goals. The CFRP study guide states that

"including siblings in sessions can augment treatment by fostering family cohesion and supporting the recovery process of the child receiving services." Providing respite for parents (option A) is not the primary purpose of involving a sibling in a therapeutic session. Addressing conflict (option B) may be a secondary outcome but is not the primary reason unless specified. Extending treatment to family members (option C) is inaccurate, as the focus remains on the service recipient's treatment, not treating the sibling.

\* CFRP Study Guide (Section on Strategies for Facilitating Recovery): "Involving siblings in sessions can augment treatment by strengthening family support systems and enhancing the recovery process for the child receiving services." References:

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

Involvement.

Psychiatric Rehabilitation Association (PRA) Guidelines on Family-Centered Practice.

### NEW QUESTION # 17

Mental health treatment is expanding to include

- A. individualized goal planning.
- B. school modifications.
- C. peer-to-peer support.
- **D. functional family therapy.**

**Answer: D**

Explanation:

The CFRP framework highlights the expansion of mental health treatment to include evidence-based practices that address family dynamics. Functional family therapy (FFT) is a recognized intervention being increasingly integrated into mental health treatment for children and youth, focusing on improving family relationships and communication. The CFRP study guide explains, "Mental health treatment is expanding to include functional family therapy, which targets family dynamics to support child and adolescent recovery." School modifications (option A) are accommodations, not treatments. Individualized goal planning (option B) is part of treatment but not a specific expansion. Peer-to-peer support (option C) is valuable but less central than FFT in treatment expansion.

\* CFRP Study Guide (Section on Supporting Health and Wellness): "The expansion of mental health treatment includes functional family therapy, an evidence-based approach that strengthens family relationships to support recovery." References:

CFRP Study Guide, Section on Supporting Health and Wellness, Evidence-Based Treatments.

Psychiatric Rehabilitation Association (PRA) Guidelines on Family-Based Interventions.

### NEW QUESTION # 18

For a child whose goal is to make more friends, joining Girl Scouts would be an example of:

- A. Practicing interventions.
- B. Facilitating collaboration.
- C. Maintaining personal wellness.
- **D. Promoting individual choice.**

**Answer: D**

Explanation:

The Community Integration domain emphasizes connecting children with community resources and activities to support social inclusion and personal goals. According to the PRA CFRP Study Guide 2024-2025, promoting individual choice involves empowering children to select activities that align with their interests and goals, such as joining a group like Girl Scouts to foster social connections.

Option A (Promoting individual choice) is correct because joining Girl Scouts reflects the child's agency in choosing a community-based activity to achieve their goal of making friends. The PRA framework highlights that practitioners should support children in making self-directed choices to enhance engagement and ownership.

Option B (Facilitating collaboration) is incorrect because collaboration refers to coordinating with other providers or stakeholders, not the act of joining a group. The PRA study guide distinguishes collaboration as a systems-level activity.

Option C (Practicing interventions) is incorrect because joining Girl Scouts is a community-based activity, not a clinical intervention. The PRA framework categorizes interventions as targeted therapeutic strategies.

Option D (Maintaining personal wellness) is incorrect because, while social connections support wellness, the primary focus of joining Girl Scouts in this context is social integration, not wellness maintenance per the PRA guidelines.

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Psychiatric Rehabilitation Association, CFRP Study Guide 2024-2025, Section on Community Integration: Empowering Choice.

PRA Certification Candidate Handbook, Competency Domain 3: Community Integration.

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

### NEW QUESTION # 19

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