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CFRP Practice Test questions with correct answers

What does WRAP stand for? - Ans - Wellness Recovery Action Plan

What elements are central to recovery as identified by SAMHSA? - Ans - Holistic, Hope, Self-direction, Individualized and person centered, empowerment, nonlinear, strengths-based, respect, peer support

Rights of Passage (ROP) - Ans - A community based model for african american youth

Interpersonal and Intrapersonal factors to consider for cultural competency are - Ans - (1) sociocultural and demographic descriptors, (2) historic and current sociopolitical context, (3) cultural values beliefs and behaviors, (4) family & kinship network, (5) acculturation and adaptation styles, (6) developmental life stage, (7) multicultural identity development, (8) individual presentation style, (9) intrapersonal variables

Who developed the WRAP? - Ans - Developed by Mary Ellen Copeland in the 1960s.

What are the components of a WRAP? - Ans - (1) triggers, (2) crisis plan, (3) daily maintenance plan, (4) early warning signs

How many principles of psychiatric rehabilitation are there? - Ans - 12

How are the principles of psychiatric rehabilitation grouped? - Ans - 1-3: Role of the Practitioner
4-10: Best practices in the field
11-12: Service delivery

What are principles 1-3 of Psychiatric Rehabilitation? - Ans - Principles 1-3 relate to the role of the practitioner.

(1) PRP Practitioners convey hope and respect. Believe that all individuals have the capacity for learning and growth.
(2) PRP practitioners recognize that culture is central to recovery and strive to provide culturally appropriate and relevant services to consumers.
(3) PRP practitioners engage in the process of informed, shared decision-making and facilitate partnerships with other people/resources the individual receiving services has identified.

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Psychiatric Rehabilitation Association Certified Child and Family Resiliency Practitioner (CFRP) Sample Questions (Q47-Q52):

NEW QUESTION # 47

To communicate empathically, the listener needs to go through which of the following cycles?

- A. Encouraging, assuring, and responding
- B. Maintaining eye contact, considering feelings, and sympathizing
- C. Respecting, acknowledging, and repeating back
- D. Attending, understanding, and responding

Answer: D

Explanation:

Empathic communication is a cornerstone of the Interpersonal Competencies domain, emphasizing the practitioner's ability to connect with children and families in a supportive, non-judgmental manner.

According to the PRA CFRP Study Guide 2024-2025, empathic listening involves a cycle of attending (actively focusing on the speaker), understanding (grasping the speaker's emotions and perspective), and responding (providing feedback that validates the speaker's feelings). This cycle fosters trust and ensures the speaker feels heard.

Option D (Attending, understanding, and responding) is correct because it directly reflects the PRA's framework for empathic communication. The study guide specifies that attending includes nonverbal cues like nodding, understanding involves interpreting both verbal and emotional content, and responding entails verbal affirmations or reflective statements.

Option A (Encouraging, assuring, and responding) is incorrect because, while encouraging and assuring are supportive, they are not specific to the empathic listening cycle. The PRA framework prioritizes understanding over assurance.

Option B (Maintaining eye contact, considering feelings, and sympathizing) is incorrect because maintaining eye contact is not universally appropriate (as noted in Question 1) and sympathizing focuses on the listener's emotions rather than the speaker's. The PRA emphasizes empathy (understanding the speaker's perspective) over sympathy.

Option C (Respecting, acknowledging, and repeating back) is partially correct but incomplete. While acknowledging and repeating back (reflective listening) are components of empathy, "respecting" is too broad and not a specific phase of the empathic cycle per PRA guidelines.

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Psychiatric Rehabilitation Association, CFRP Study Guide 2024-2025, Section on Interpersonal Competencies: Empathic Communication.

PRA Certification Candidate Handbook, Competency Domain 1: Interpersonal Competencies.

PRA Code of Ethics, Principle 1: Building Therapeutic Relationships.

NEW QUESTION # 48

Supporting transition-age youth in their efforts to understand how media, music, and beliefs impact their interpretation of mental health challenges is an example of

- A. social networking.
- B. supportive therapy.
- C. collaborative understanding.
- D. cultural competency.

Answer: D

Explanation:

Within the CFRP framework, transition-age youth services emphasize culturally competent practices that address how societal and cultural factors influence mental health. Supporting youth in understanding how media, music, and beliefs shape their mental health perceptions is an example of cultural competency, as it involves exploring cultural influences on their worldview. The CFRP study guide notes, "Cultural competency includes helping transition-age youth understand how media, music, and cultural beliefs impact their interpretation of mental health challenges." Collaborative understanding (option B) is not a recognized term. Supportive therapy (option C) is a clinical intervention, not specific to cultural factors. Social networking (option D) involves peer connections, not cultural analysis.

* CFRP Study Guide (Section on Transition-Age Youth Services): "Cultural competency involves supporting transition-age youth in exploring how media, music, and beliefs influence their understanding of mental health challenges." References:

CFRP Study Guide, Section on Transition-Age Youth Services, Cultural Competency.

Psychiatric Rehabilitation Association (PRA) Guidelines on Cultural Influences in Youth Mental Health.

NEW QUESTION # 49

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. Parents
- D. Clergy

Answer: C

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 # 50

A 13-year-old boy, who is new to the community and school, is found intoxicated in the school bathroom.

What is the BEST course of action for the practitioner to take?

- A. Encourage school officials to expel the child.
- B. Convene a meeting with the child, his family, and school officials.
- C. Report the child's behavior to law enforcement.
- D. Refer the child to substance abuse treatment services.

Answer: B

Explanation:

In the CFRP framework, assessment, planning, and outcomes require a collaborative and family-driven approach to address concerning behaviors like substance use. For a 13-year-old found intoxicated, the best initial action is to convene a meeting with the child, family, and school officials to assess the situation, understand underlying factors, and develop a plan. The CFRP study guide notes, "When a child exhibits concerning behaviors such as substance use, the practitioner should first convene a collaborative meeting with the child, family, and relevant stakeholders to assess needs and plan interventions." Immediate referral to treatment (option B) may follow but requires assessment first. Reporting to law enforcement (option C) or encouraging expulsion (option D) are punitive and not aligned with CFRP's strengths-based approach.

* CFRP Study Guide (Section on Assessment, Planning, and Outcomes): "For incidents involving substance use, the practitioner's best course of action is to convene a meeting with the child, family, and school officials to collaboratively assess the situation and plan appropriate interventions." References:

Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Assessment, Planning, and Outcomes, Collaborative Planning.

Psychiatric Rehabilitation Association (PRA) Guidelines on Substance Use Interventions.

NEW QUESTION # 51

Which of the following is a protective factor that facilitates the occurrence of positive outcomes?

- A. Developmental assets
- B. Peer group connection
- C. Financial means
- D. Extended family

Answer: A

Explanation:

Supporting health and wellness in the CFRP framework involves identifying protective factors that promote resilience and positive outcomes. Developmental assets, such as skills, relationships, and opportunities that foster growth, are recognized as key protective factors that facilitate positive outcomes in children and youth.

The CFRP study guide explains, "Developmental assets, including personal strengths, supportive relationships, and community opportunities, are protective factors that significantly enhance the likelihood of positive outcomes." While financial means (option B), extended family (option C), and peer group connections (option D) can contribute, developmental assets are the most comprehensive and widely recognized protective factor.

* CFRP Study Guide (Section on Supporting Health and Wellness): "Developmental assets are critical protective factors that facilitate positive outcomes by building resilience through skills, relationships, and opportunities." References:

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

Psychiatric Rehabilitation Association (PRA) Guidelines on Resilience and Positive Development.

NEW QUESTION # 52

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