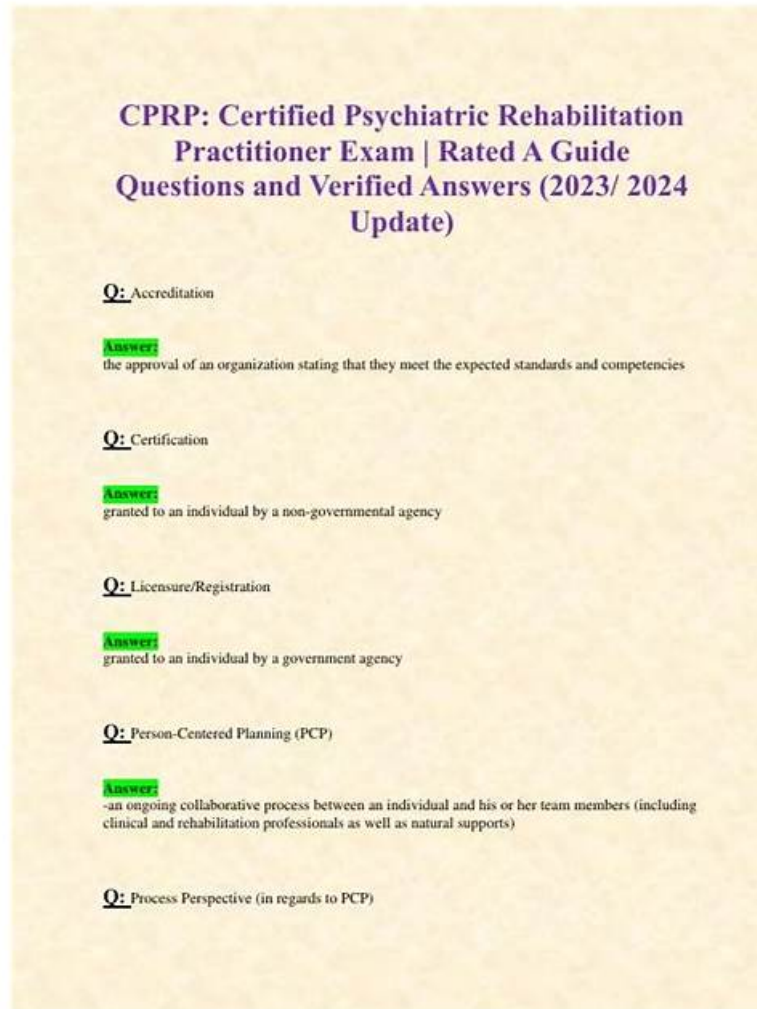


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Psychiatric Rehabilitation Association CPRP Exam Syllabus Topics:

Topic	Details
Topic 1	<ul style="list-style-type: none">• Systems Competencies: This section evaluates the competencies of Rehabilitation Counselors and focuses on understanding how service systems operate within the broader mental health and social service environments. It covers collaboration with agencies, policy awareness, advocacy, and navigating service delivery systems to ensure coordinated care.
Topic 2	<ul style="list-style-type: none">• Assessment, Planning, and Outcomes: This section assesses the abilities of Rehabilitation Counselors and focuses on evaluating individual strengths, needs, and preferences. It includes setting recovery-oriented goals, developing personalized plans, tracking progress, and using outcome measures to guide and adjust interventions effectively.
Topic 3	<ul style="list-style-type: none">• Community Integration: This domain measures the skills of Psychiatric Rehabilitation Specialists and focuses on assisting individuals in engaging with their communities. It covers supporting access to housing, employment, education, and social networks that foster independence and inclusion within community settings.
Topic 4	<ul style="list-style-type: none">• Supporting Health and Wellness: This final domain of the exam measures the skills of Psychiatric Rehabilitation Specialists and focuses on promoting overall well-being alongside recovery. It includes supporting physical health, stress management, lifestyle improvement, and access to wellness resources to enhance long-term recovery outcomes.
Topic 5	<ul style="list-style-type: none">• Strategies for Supporting Recovery: This domain measures the skills of Psychiatric Rehabilitation Specialists and focuses on implementing practical and evidence-based methods to promote recovery. It includes empowering clients, fostering motivation, teaching coping skills, and providing support that aligns with person-centered recovery principles.
Topic 6	<ul style="list-style-type: none">• Interpersonal Competencies: This section of the CPRP Exam measures the skills of Psychiatric Rehabilitation Specialists and focuses on establishing effective, respectful, and empathetic communication with clients. It covers active listening, trust-building, conflict resolution, and maintaining professional boundaries to support individuals in their recovery journey.

Psychiatric Rehabilitation Association Certified Psychiatric Rehabilitation Practitioner Sample Questions (Q98-Q103):

NEW QUESTION # 98

An individual with schizophrenia tells her practitioner she feels unable to work. The two make plans for her to meet a peer with similar experiences who is working. The practitioner then discusses the meeting with the individual. This strategy is an example of

- A. developing rehabilitation readiness.
- B. orienting person to process.
- C. conducting a mock interview.
- D. identifying level of motivation.

Answer: A

Explanation:

Rehabilitation readiness involves preparing individuals to engage in recovery-oriented goals, such as employment, by building

confidence and hope through relatable role models. The CPRP Exam Blueprint (Domain V: Strategies for Facilitating Recovery) emphasizes strategies like peer support to enhance readiness for rehabilitation activities (Task V.B.1: "Support individuals in developing readiness for rehabilitation goals"). Option D (developing rehabilitation readiness) aligns with this, as connecting the individual with a working peer who shares similar experiences fosters hope, demonstrates possibility, and builds motivation to pursue work, addressing her belief that she is unable to work.

Option A (conducting a mock interview) is incorrect, as the strategy involves peer connection, not interview practice. Option B (identifying level of motivation) is a preliminary step, not the strategy described, which actively builds readiness. Option C (orienting person to process) relates to explaining procedures (e.g., job application steps), not peer-based inspiration. The PRA Study Guide highlights peer role models as a key method for developing rehabilitation readiness, supporting Option D.

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

PRA Study Guide (2024), Section on Rehabilitation Readiness and Peer Support.

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

NEW QUESTION # 99

A practitioner working in a residential program often has to intervene in conflicts among housemates living in the facility. Which of the following strategies would the practitioner use?

- A. Prescribe a time-out for the individuals in conflict.
- B. Recommend the housemates contact their case managers to report the conflict.
- C. Schedule a time for each individual to discuss the problem privately.
- **D. Help housemates distinguish the individuals from the problem.**

Answer: D

Explanation:

Conflict resolution is an essential interpersonal competency for practitioners in psychiatric rehabilitation, particularly in settings like residential programs where interpersonal dynamics are common. The CPRP Exam Blueprint (Domain I: Interpersonal Competencies) emphasizes using collaborative, person-centered strategies to manage conflicts (Task I.B.2: "Facilitate conflict resolution using recovery-oriented approaches"). Option D (help housemates distinguish the individuals from the problem) aligns with this task by employing a recovery-oriented technique, such as narrative or solution-focused approaches, that externalizes the problem (e.g., "the conflict is the issue, not the people"). This fosters collaboration and reduces personal blame, promoting constructive dialogue.

Option A (prescribe a time-out) is authoritarian and not recovery-oriented, as it does not empower individuals to resolve the conflict. Option B (recommend contacting case managers) deflects responsibility and does not address the conflict directly, missing an opportunity for skill-building. Option C (discuss the problem privately) may be part of a process but is less effective than Option D, as it does not directly facilitate group resolution or teach conflict management skills. The PRA Study Guide highlights externalizing problems as a best practice in conflict resolution, supporting Option D.

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CPRP Exam Blueprint (2014), Domain I: Interpersonal Competencies, Task I.B.2.

PRA Study Guide (2024), Section on Conflict Resolution Strategies.

CPRP Exam Preparation & Primer Online 2024, Module on Interpersonal Competencies.

NEW QUESTION # 100

What are the components of a psychiatric rehabilitation diagnosis?

- A. Functional assessment, diagnostic assessment, and skill programming
- B. Readiness assessment, skill management, and resource evaluation
- **C. Resource assessment, functional assessment, and an overall rehabilitation goal**
- D. Social skill assessment, psychiatric diagnosis, and an overall rehabilitation goal

Answer: C

Explanation:

A psychiatric rehabilitation diagnosis focuses on identifying an individual's strengths, needs, and aspirations to guide recovery-oriented planning, distinct from a clinical diagnosis. The CPRP Exam Blueprint (Domain IV: Assessment, Planning, and Outcomes) outlines the components as a functional assessment (to identify strengths and deficits), a resource assessment (to evaluate available supports), and an overall rehabilitation goal (to set a person-centered objective) (Task IV.A.1: "Conduct functional assessments to identify individual goals and strengths" and Task IV.A.3: "Assess available resources to support goal attainment"). Option A

(resource assessment, functional assessment, and an overall rehabilitation goal) aligns with this framework, capturing the holistic, recovery-focused approach of psychiatric rehabilitation.

Option B (social skill assessment, psychiatric diagnosis, rehabilitation goal) is incorrect, as psychiatric diagnosis is clinical and not part of rehabilitation diagnosis, and social skills are a subset of functional assessment. Option C (readiness assessment, skill management, resource evaluation) mixes assessment and intervention terms, missing the goal component. Option D (functional assessment, diagnostic assessment, skill programming) includes clinical diagnostic assessment, which is not relevant, and skill programming is an intervention, not a diagnostic component. The PRA Study Guide details these components as essential for rehabilitation planning, supporting Option A.

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CPRP Exam Blueprint (2014), Domain IV: Assessment, Planning, and Outcomes, Tasks IV.A.1 and IV.A.3.

PRA Study Guide (2024), Section on Psychiatric Rehabilitation Diagnosis.

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

NEW QUESTION # 101

A practitioner and an individual have spent months developing a plan to achieve the individual's goal to "stop using drugs." On the day the individual has identified as the start date, he decides that he no longer wants to quit. This is an example of

- A. withdrawal.
- B. substitution.
- C. resistance.
- D. denial.

Answer: C

Explanation:

The individual's decision to abandon his goal to stop using drugs on the planned start date reflects a shift in motivation, often seen in the context of change processes. The CPRP Exam Blueprint (Domain IV:

Assessment, Planning, and Outcomes) addresses assessing readiness and responses to change, noting that resistance can manifest as reluctance or reversal of commitment, particularly when facing the reality of action (Task IV.A.2: "Assess individual's stage of change and readiness for goal-setting"). Option A (resistance) aligns with this, as the individual's sudden decision not to quit suggests ambivalence or fear of change, common in the transition from planning to action in the Stages of Change model (e.g., moving from preparation to contemplation or pre-contemplation).

Option B (denial) implies rejecting the problem entirely, which is not indicated, as he previously acknowledged the goal. Option C (withdrawal) refers to physical or emotional retreat, not a change in goal commitment. Option D (substitution) involves replacing one behavior with another, which is not described.

The PRA Study Guide identifies resistance as a common response to change, supporting Option A.

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CPRP Exam Blueprint (2014), Domain IV: Assessment, Planning, and Outcomes, Task IV.A.2.

PRA Study Guide (2024), Section on Stages of Change and Resistance.

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

NEW QUESTION # 102

Providing feedback regarding performance of a skill begins with

- A. sharing the practitioner's perception of the performance.
- B. praising all aspects of his performance.
- C. listing the strengths of the performance.
- D. soliciting the individual's perception of his own performance.

Answer: D

Explanation:

Providing feedback in psychiatric rehabilitation is a person-centered process that empowers individuals by valuing their self-assessment and fostering collaboration. The CPRP Exam Blueprint (Domain V: Strategies for Facilitating Recovery) emphasizes engaging individuals in the feedback process by first soliciting their self-perception to promote self-awareness and ownership of skill development (Task V.B.4: "Teach skills using evidence-based methods"). Option D (soliciting the individual's perception of his own performance) aligns with this, as starting with the individual's perspective builds trust, encourages reflection, and informs the practitioner's subsequent feedback, ensuring it is tailored and constructive.

Option A (praising all aspects) is not specific and may lack authenticity, undermining effective feedback.

Option B (listing strengths) is a component of feedback but comes after understanding the individual's view to ensure relevance. Option C (sharing the practitioner's perception) risks being directive without first valuing the individual's input. The PRA Study Guide highlights soliciting self-perception as the first step in recovery- oriented feedback, supporting Option D.

CPRP Exam Blueprint (2014), Domain V: Strategies for Facilitating Recovery, Task V.B.4.

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

NEW QUESTION # 103

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