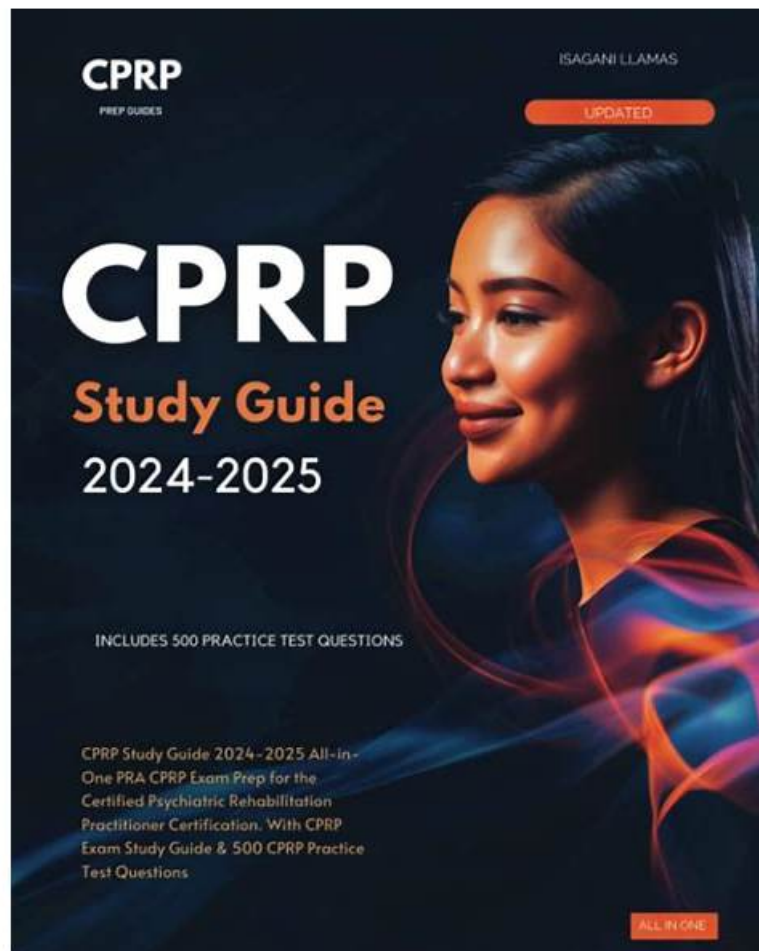


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Psychiatric Rehabilitation Association CPRP Exam Syllabus Topics:

Topic	Details
Topic 1	<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 2	<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 3	<ul style="list-style-type: none"> Professional Role Competencies: This section evaluates the abilities of Rehabilitation Counselors and emphasizes professionalism, ethics, and accountability in practice. It addresses maintaining confidentiality, applying rehabilitation principles, collaborating with multidisciplinary teams, and demonstrating cultural competence and self-awareness.
Topic 4	<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.

Psychiatric Rehabilitation Association Certified Psychiatric Rehabilitation Practitioner Sample Questions (Q126-Q131):

NEW QUESTION # 126

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

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

Answer: A

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 # 127

An individual with psychiatric disabilities is having problems connecting and working with various providers. The individual tells his peer support specialist that his providers don't listen, dismiss any problems, and are not reassuring. After validating with the individual, which of the following would the BEST FIRST statement for the practitioner to make?

- A. You are right to have brought up this complaint. Let's move forward to analyze the problems
- **B. I'm here and I'm listening. Let's work together to develop an action plan for the future**
- C. I can fix some of the problems that you have been having making connections with your providers
- D. This type of issue is common at first and we can work on the issues that have caused the problems

Answer: B

Explanation:

The individual's frustration with providers requires a response that rebuilds trust and fosters collaboration.

The CPRP Exam Blueprint (Domain I: Interpersonal Competencies) emphasizes validating concerns and offering empathetic, person-centered engagement to address barriers in provider relationships (Task I.B.3:

"Adapt communication strategies to build trust and engagement"). Option A (I'm here and I'm listening. Let's work together to develop an action plan for the future) aligns with this, as it acknowledges the individual's feelings, reinforces the practitioner's commitment to listening, and proposes a collaborative approach to address the issue, empowering the individual.

Option B (you are right) risks reinforcing negativity without offering a constructive path. Option C (issue is common) minimizes the individual's experience. Option D (I can fix problems) is practitioner-centered and premature. The PRA Study Guide highlights empathetic, collaborative responses as key for trust-building, supporting Option A.

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CPRP Exam Blueprint (2014), Domain I: Interpersonal Competencies, Task I.B.3.

PRA Study Guide (2024), Section on Empathetic Engagement.

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

NEW QUESTION # 128

After a lengthy assessment process, an individual and her practitioner identified a long-term goal of getting a job as a massage therapist. Halfway through the program, she has a car accident and has to drop out of the program due to injuries and lack of transportation. She is overwhelmed and uncertain about next steps. Which of the following actions would the practitioner recommend FIRST?

- A. Assess the potential for the individual to return to training after the accident.
- **B. Help the individual determine her goals with regard to returning to massage therapy training.**
- C. Help the individual to develop contacts with other individuals regarding various training programs.
- D. Provide education regarding possible options for alternative and available training programs.

Answer: B

Explanation:

The individual's car accident and subsequent challenges require revisiting her goals to address her current circumstances and emotional state. The CPRP Exam Blueprint (Domain IV: Assessment, Planning, and Outcomes) emphasizes re-evaluating goals in response to significant life changes to ensure person-centered planning remains relevant (Task IV.B.1: "Develop person-centered plans based on individual aspirations").

Option D (help the individual determine her goals with regard to returning to massage therapy training) aligns with this, as it prioritizes exploring whether she still wishes to pursue massage therapy or adjust her goals (e.

g., alternative careers or delayed training) given her injuries, transportation issues, and feelings of being overwhelmed.

Option A (provide education on alternative programs) assumes a change in direction without confirming her goals. Option B

(develop contacts) is premature without clarity on her aspirations. Option C (assess potential to return) is a secondary step, as her goals must guide the assessment. The PRA Study Guide underscores goal re-evaluation as the first step after disruptions, supporting Option D.

:

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

PRA Study Guide (2024), Section on Goal Re-Evaluation in Planning.

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

NEW QUESTION # 129

The true mission of psychiatric rehabilitation is to improve functioning and

- A. increase satisfaction.
- B. decrease symptoms.
- C. increase insight.
- D. decrease stigma.

Answer: A

Explanation:

Psychiatric rehabilitation focuses on enhancing an individual's ability to live, work, and engage in the community while achieving personal fulfillment. The CPRP Exam Blueprint (Domain V: Strategies for Facilitating Recovery) defines the mission as improving functioning (e.g., skills for daily living, employment) and increasing satisfaction with life roles and environments (Task V.A.1: "Promote recovery principles, including self-determination and satisfaction"). Option A (increase satisfaction) aligns with this, as psychiatric rehabilitation prioritizes person-centered outcomes, such as achieving goals that enhance quality of life and personal fulfillment, alongside functional improvements.

Option B (decrease symptoms) is a clinical goal, not the primary focus of rehabilitation, which emphasizes functioning over symptom reduction. Option C (increase insight) is not a core rehabilitation outcome, as insight is secondary to practical and personal goals. Option D (decrease stigma) is a broader advocacy goal (Domain VI) but not the mission's core focus. The PRA Study Guide defines psychiatric rehabilitation as improving functioning and life satisfaction, supporting Option A.

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

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

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

NEW QUESTION # 130

A 30-year-old individual has been living with his parents for six years. Previously he worked part-time at various jobs. He quit the jobs because the work was too physically demanding. His parents have told him that he must get a job or they will not continue to support him. What is the FIRST BEST step for the practitioner to take?

- A. Assess the individual's strengths and weaknesses
- B. Identify potential resources for employment and job hunting
- C. Assist the individual to determine his capacity and goals
- D. Assess the local labor market for opportunities

Answer: C

Explanation:

The individual faces family pressure to secure employment due to past job challenges, indicating a need to align his aspirations with feasible goals. The CPRP Exam Blueprint (Domain IV: Assessment, Planning, and Outcomes) emphasizes that the first step in person-centered planning is to assist the individual in identifying their capacity (e.g., abilities, limitations) and goals to ensure rehabilitation efforts are meaningful and tailored (Task IV.A.1: "Conduct functional assessments to identify individual goals and strengths"). Option D (assist the individual to determine his capacity and goals) aligns with this, as understanding his physical limitations, interests, and employment aspirations (e.g., less physically demanding roles) provides the foundation for subsequent steps like job matching or resource identification.

Option A (assess the labor market) is premature without knowing the individual's goals. Option B (assess strengths and weaknesses) is part of a functional assessment but follows goal identification to ensure relevance. Option C (identify resources) assumes employment as the goal without confirming the individual's preferences. The PRA Study Guide highlights goal-setting as the initial step in addressing employment challenges, supporting Option D.

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

PRA Study Guide (2024), Section on Person-Centered Goal-Setting.

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

NEW QUESTION # 131

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