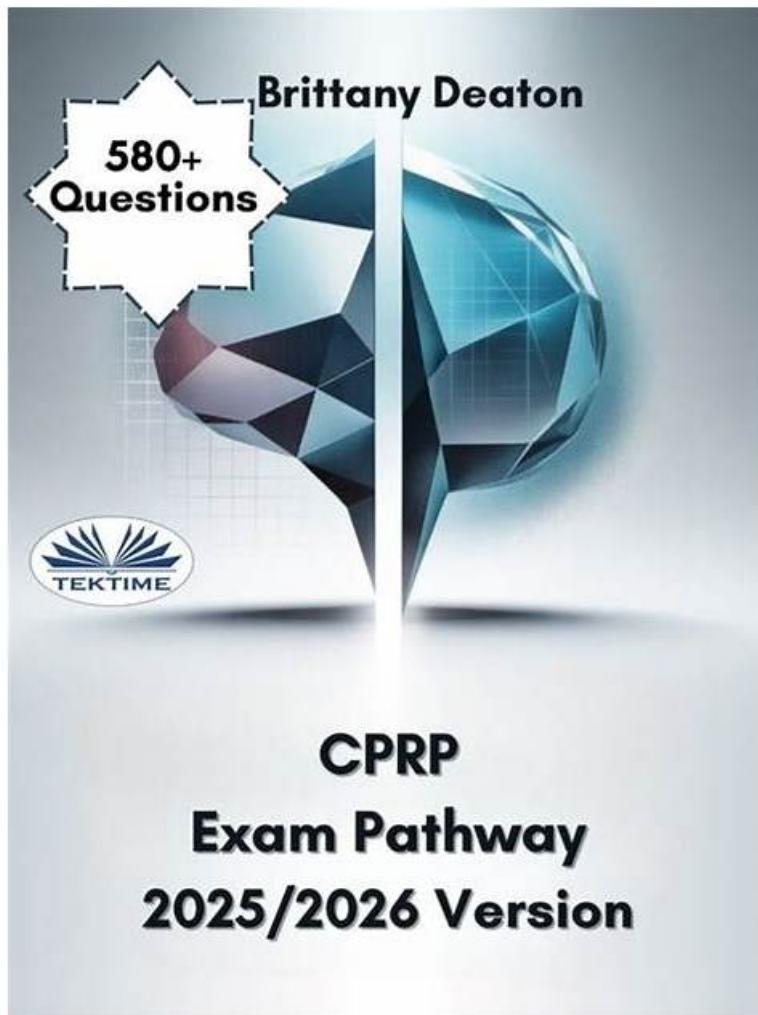


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Psychiatric Rehabilitation Association Certified Psychiatric Rehabilitation Practitioner Sample Questions (Q31-Q36):

NEW QUESTION # 31

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

Answer: D

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.

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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 # 32

The practitioner has completed a rehabilitation readiness assessment with the individual and they have decided they are ready to go to work. What would be the practitioners next best step?

- A. Speak with the family on behalf of the individual
- B. Establish a stronger relationship with the individual
- C. Assist the individual to find employment
- D. **Identify potential resources for employment opportunities**

Answer: D

Explanation:

After confirming readiness for employment, the practitioner must prepare to support the individual's job pursuit by identifying relevant resources. The CPRP Exam Blueprint (Domain III: Community Integration) emphasizes coordinating access to employment resources, such as job boards, supported employment programs, or vocational services, to facilitate community-based work (Task III.C.1: "Coordinate access to community resources to support integration"). Option C (identify potential resources for employment opportunities) aligns with this, as it involves researching and compiling options like IPS programs or local job services to match the individual's goals and needs, setting the stage for job search.

Option A (assist to find employment) is a subsequent step after resource identification. Option B (speak with family) is not indicated unless family involvement is requested. Option D (establish stronger relationship) is less relevant, as readiness assessment implies sufficient rapport. The PRA Study Guide highlights resource identification as key post-readiness, supporting Option C.

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CPRP Exam Blueprint (2014), Domain III: Community Integration, Task III.C.1.
PRA Study Guide (2024), Section on Employment Resource Coordination.
CPRP Exam Preparation & Primer Online 2024, Module on Community Integration.

NEW QUESTION # 33

What are the components of a psychiatric rehabilitation diagnosis?

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

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 # 34

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

Answer: B

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 # 35

What are the four most important factors that support recovery in psychiatric rehabilitation?

- A. Health, home, hope, and relationships
- B. Family, home, resilience, and work
- C. Family, community, religion, and relationships
- D. Health, home, community, and purpose

Answer: A

Explanation:

Recovery in psychiatric rehabilitation is supported by holistic factors that foster well-being and empowerment. The CPRP Exam Blueprint (Domain V: Strategies for Facilitating Recovery) emphasizes key recovery pillars, including health (physical and mental wellness), home (stable housing), hope (motivation and optimism), and relationships (social support), as critical for sustained recovery (Task V.A.1: "Promote recovery principles, including self-determination and satisfaction"). Option B (health, home, hope, and relationships) aligns with this, reflecting SAMHSA's recovery framework, which prioritizes these elements as foundational for individuals to achieve meaningful lives.

Option A (family, home, resilience, work) is close but less comprehensive, as resilience is an outcome and work is a specific goal. Option C (family, community, religion, relationships) is too narrow, as religion is not universal. Option D (health, home, community, purpose) omits hope, a critical motivator. The PRA Study Guide aligns with SAMHSA's recovery factors, supporting Option B.

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

PRA Study Guide (2024), Section on Recovery Principles and SAMHSA Framework.

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

NEW QUESTION # 36

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