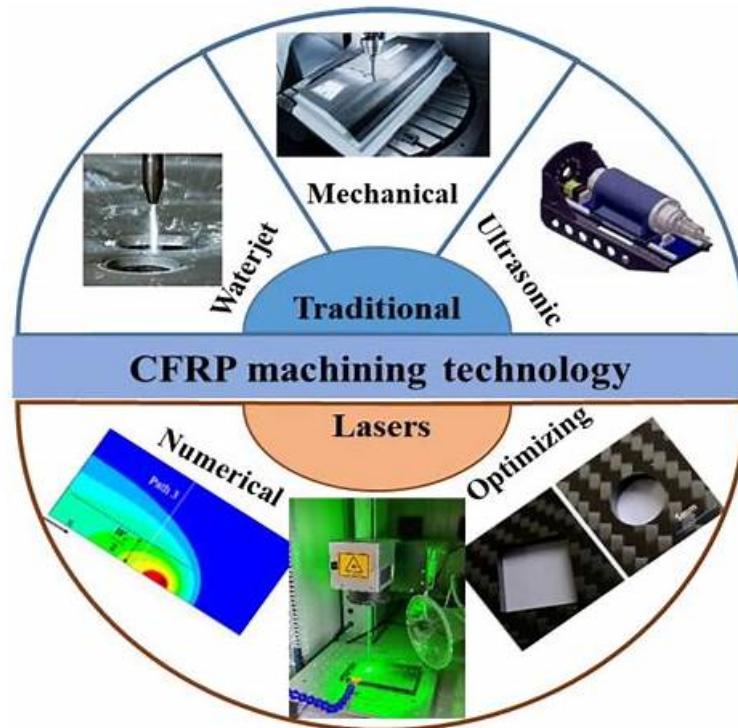


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Psychiatric Rehabilitation Association Certified Child and Family Resiliency Practitioner (CFRP) Sample Questions (Q101-Q106):

NEW QUESTION # 101

To nurture resilience in children, practitioners must

- A. teach the development realistic goals.
- B. emphasize performance over learning.
- C. emphasize that mistakes are opportunities for growth.
- D. avoid using humor to minimize disappointment.

Answer: C

Explanation:

Fostering resilience is a core strategy for facilitating recovery in the CFRP framework. Practitioners nurture resilience in children by emphasizing that mistakes are opportunities for growth, which encourages a growth mindset and perseverance. The CFRP study guide states, "To nurture resilience, practitioners should emphasize that mistakes are opportunities for growth, helping children develop a positive approach to challenges." Emphasizing performance (option A) can increase pressure and hinder resilience. Teaching realistic goals (option C) is important but less directly tied to resilience. Avoiding humor (option D) is not a resilience strategy and may limit emotional connection.

* CFRP Study Guide (Section on Strategies for Facilitating Recovery): "Nurturing resilience in children involves emphasizing that mistakes are opportunities for growth, fostering a growth mindset and adaptability." References:

CFRP Study Guide, Section on Strategies for Facilitating Recovery, Resilience Building.

Psychiatric Rehabilitation Association (PRA) Guidelines on Strengths-Based Resilience.

NEW QUESTION # 102

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

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

Answer: D

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 # 103

Cognitive Behavioral Therapy is an evidence-based practice that is effective for children diagnosed with depression, trauma, or

- A. learning disorders.
- B. anxiety disorders.
- C. delusional disorders.
- D. conduct disorders.

Answer: B

Explanation:

Cognitive Behavioral Therapy (CBT) is a well-established evidence-based practice within the CFRP framework for supporting health and wellness, particularly for children with mental health challenges. CBT is highly effective for depression, trauma, and anxiety disorders, as it helps children modify negative thought patterns and develop coping strategies. The CFRP study guide notes that "CBT is an evidence-based intervention proven effective for children with depression, trauma, and anxiety disorders, addressing emotional and behavioral challenges through structured techniques." While CBT may be adapted for conduct disorders (option B), it

is less commonly cited as a primary intervention compared to anxiety disorders.

Learning disorders (option A) typically require educational interventions, and delusional disorders (option D) are more associated with severe mental illnesses that may require different approaches, such as medication or specialized therapies.

* CFRP Study Guide (Section on Supporting Health and Wellness): "Cognitive Behavioral Therapy (CBT) is an evidence-based practice effective for children diagnosed with depression, trauma, and anxiety disorders, helping them manage emotions and behaviors." References:

Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Supporting Health and Wellness, Evidence-Based Practices.

Psychiatric Rehabilitation Association (PRA) Guidelines on Mental Health Interventions for Children.

NEW QUESTION # 104

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 # 105

A strategy that seeks to affiliate high-risk youth with healthy adult role models from outside their immediate families is known as

- A. peer support.
- B. transitional reinforcement.
- **C. community mentoring.**
- D. social activation.

Answer: C

Explanation:

Community integration in the CFRP framework involves connecting youth with supportive community resources to promote positive development. Community mentoring is a strategy that affiliates high-risk youth with healthy adult role models outside their families to provide guidance and positive influence. The CFRP study guide explains, "Community mentoring is a key strategy for high-risk youth, connecting them with healthy adult role models from outside their immediate families to foster resilience and positive outcomes." Transitional reinforcement (option A) and social activation (option B) are not recognized terms in this context. Peer support (option D) involves peers, not adult role models.

* CFRP Study Guide (Section on Community Integration): "Community mentoring affiliates high-risk youth with healthy adult role models outside their families, promoting positive development and resilience." References:

CFRP Study Guide, Section on Community Integration, Mentoring Programs.

Psychiatric Rehabilitation Association (PRA) Guidelines on Community-Based Youth Support.

NEW QUESTION # 106

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