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Psychiatric Rehabilitation Association Certified Child and Family Resiliency Practitioner (CFRP) Sample Questions (Q12-Q17):

NEW QUESTION # 12

Gender studies show that negative and irritable temperament in infants and toddlers are predictors of increased risks of what in adolescent boys?

- A. Abusive behaviors
- B. Illegal behaviors
- C. Oppositional behaviors
- D. Psychotic behaviors

Answer: C

Explanation:

The CFRP framework includes understanding developmental risk factors to support health and wellness.

Gender studies cited in the CFRP study guide indicate that negative and irritable temperament in infants and toddlers is a predictor of oppositional behaviors in adolescent boys, such as defiance and aggression, which are characteristic of conditions like Oppositional Defiant Disorder (ODD). The guide states, "Negative and irritable temperament in early childhood is a risk factor for oppositional behaviors in adolescent boys, often manifesting as defiance or conflict with authority." Psychotic behaviors (option A) are linked to severe mental illnesses, not temperament. Illegal (option C) and abusive behaviors (option D) may occur later but are not directly predicted by early temperament as strongly as oppositional behaviors.

* CFRP Study Guide (Section on Supporting Health and Wellness): "Gender studies highlight that negative and irritable temperament in infants and toddlers predicts increased risk of oppositional behaviors in adolescent boys, such as defiance and aggression."

References:

Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Supporting Health and Wellness, Developmental Risk Factors.

Psychiatric Rehabilitation Association (PRA) Guidelines on Child and Adolescent Mental Health.

NEW QUESTION # 13

According to the Adverse Childhood Experience (ACE) Study, adverse childhood experiences can BEST be reversed by

- A. residential treatment programs.
- B. a biological family member.
- C. a consistent nurturing person.
- D. ongoing therapeutic interventions.

Answer: C

Explanation:

In the CFRP framework, supporting health and wellness includes addressing the impacts of adverse childhood experiences (ACEs) as identified in the ACE Study. The study emphasizes that the presence of a consistent nurturing person, such as a supportive caregiver or mentor, is the most effective way to mitigate the long-term effects of ACEs by fostering resilience and emotional security. The CFRP study guide states, "According to the ACE Study, the effects of adverse childhood experiences are best reversed by a consistent nurturing person who provides emotional support and stability." A biological family member (option B) is not necessarily required, as the key is nurturing support. Residential treatment (option C) and ongoing therapy (option D) may help but are less impactful than a nurturing relationship.

* CFRP Study Guide (Section on Supporting Health and Wellness): "The ACE Study highlights that a consistent nurturing person is the most effective means to reverse the impacts of adverse childhood experiences, promoting resilience through stable support."

References:

Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Supporting Health and Wellness, Adverse Childhood Experiences.

Psychiatric Rehabilitation Association (PRA) Guidelines on Trauma Recovery.

NEW QUESTION # 14

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

- A. culture.
- B. genetics.
- C. socioeconomic status.
- 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 # 15

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

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

Answer: D

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 # 16

Best practice involves service plans that contain goals that are:

- A. Developed by the practitioner.
- B. Constant and measurable.
- **C. Reviewed on a consistent basis.**
- D. General and applicable to a variety of behaviors.

Answer: C

Explanation:

The Assessment, Planning, and Outcomes domain emphasizes dynamic, collaborative service planning. The PRA CFRP Study Guide 2024-2025 states that best practice requires service plan goals to be regularly reviewed and updated to reflect the child's progress and changing needs, ensuring relevance and effectiveness.

Option A (Reviewed on a consistent basis) is correct because the PRA framework mandates ongoing evaluation of goals to adapt to the child's development and circumstances, typically through regular meetings with the family.

Option B (Constant and measurable) is incorrect because goals should not remain constant; they must evolve.

While measurability is important, it is not the focus of this question.

Option C (Developed by the practitioner) is incorrect because goals must be co-developed with the family, per the PRA's family-centered approach.

Option D (General and applicable to a variety of behaviors) is incorrect because goals should be specific (e.g., SMART goals), not vague or broadly applicable.

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Psychiatric Rehabilitation Association, CFRP Study Guide 2024-2025, Section on Assessment, Planning, and Outcomes: Service Plan Review.

PRA Certification Candidate Handbook, Competency Domain 4: Assessment, Planning, and Outcomes.

PRA Code of Ethics, Principle 2: Family-Centered Practice.

NEW QUESTION # 17

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