

# Valid CFRP Exam Tutorial & CFRP Exam Labs

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## CFRP and CPRP Exam Study Guide: Best Practices in Psychiatric Rehabilitation Exam questions with correct answers

1. **In psychiatric rehabilitation, we define the desired outcome as:** recovery - a life of meaning and purpose for people who live with mental health conditions.
2. **To know whether a practice is effective, research and evaluation must::**  
-Demonstrate that the practice does achieve the outcome desired. When a certain threshold of research evidence is reached, showing that one practice has better outcomes than alternatives, the practice is evidence-based.
3. **Evidence-Based Practices::** Specific interventions and service models that have been shown effective through multiple high-quality research studies by different research teams
4. **Best Practices::** Those approaches, tools, and techniques that are recognized as desirable and effective, but have not yet been studied adequately and so lack evidence.
5. **The Four Over-Arching Themes of Psychiatric Rehabilitation::**
  1. Services that are person-centered
  2. Services focused on full integration and participation in a person's community of choice.
  3. Vigilance and activism to combat prejudice and discrimination.
  4. Effective and ongoing training that is relevant to the field and targeted towards developing the attitudes, knowledge, and skill needed to be an effective psychiatric rehabilitation practitioner.
6. **Person-Centered Services are Built On::** Self-determination, choice, and promote individual responsibility.
7. **Service Plans in Psychiatric Rehabilitation are Designed to::** Define and achieve goals that are personally relevant and valuable.
8. **Assessment and Interventions in Psychiatric Rehabilitation Target::** The skills and supports needed to achieve personal goals.
9. **Psychiatric Rehabilitation Services focus on::** the whole of a person and what is needed to promote overall wellness in all life domains.

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

### NEW QUESTION # 101

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

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

**Answer: B**

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 # 102

The belief that one's own culture is superior to another is known as

- A. stigmatization.
- B. stereotyping.
- **C. ethnocentrism.**
- D. encapsulation.

**Answer: C**

Explanation:

Cultural competence is a core component of interpersonal competencies in the CFRP framework. The belief that one's own culture is superior to others is defined as ethnocentrism, which hinders effective engagement with diverse families. The CFRP study guide states, "Ethnocentrism, the belief that one's own culture is superior, undermines cultural competence and effective family support." Stigmatization (option A) involves negative labeling, encapsulation (option C) refers to cultural isolation, and stereotyping (option D) involves generalized assumptions, none of which precisely describe cultural superiority.

\* CFRP Study Guide (Section on Interpersonal Competencies): "Ethnocentrism is the belief that one's own culture is superior to others, posing a barrier to culturally competent practice in family support." References:

Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Interpersonal Competencies, Cultural Competence.

Psychiatric Rehabilitation Association (PRA) Guidelines on Multicultural Practice.

### NEW QUESTION # 103

SMART goals stands for:

- A. Specific, Measurable, Achievable, Realistic, Time Bound
- B. Simple, Measurable, Accurate, Realistic, Therapeutic
- C. Specific, Measurable, Accurate, Realistic, Time Bound
- D. Simple, Measurable, Achievable, Realistic, Therapeutic

**Answer: A**

Explanation:

The Assessment, Planning, and Outcomes domain emphasizes creating effective, goal-oriented service plans.

The PRA CFRP Study Guide 2024-2025 defines SMART goals as Specific, Measurable, Achievable, Realistic, and Time Bound, ensuring goals are clear, trackable, and feasible within a set timeframe.

Option D (Specific, Measurable, Achievable, Realistic, Time Bound) is correct, as it matches the PRA's standard definition of SMART goals used in psychiatric rehabilitation planning. This framework ensures goals are tailored to the child's needs and progress can be evaluated.

Option A (Specific, Measurable, Accurate, Realistic, Time Bound) is incorrect because "Accurate" is not part of the SMART acronym per PRA guidelines.

Option B (Simple, Measurable, Achievable, Realistic, Therapeutic) is incorrect because "Simple" and "Therapeutic" are not components of the SMART framework.

Option C (Simple, Measurable, Accurate, Realistic, Therapeutic) is incorrect for the same reasons, combining non-standard terms.

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Psychiatric Rehabilitation Association, CFRP Study Guide 2024-2025, Section on Assessment, Planning, and Outcomes: Goal Setting.

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

PRA Code of Ethics, Principle 5: Effective Planning.

#### **NEW QUESTION # 104**

Which of the following is a protective factor that facilitates the occurrence of positive outcomes?

- A. Extended family
- B. Financial means
- C. Developmental assets
- D. Peer group connection

**Answer: C**

Explanation:

Supporting health and wellness in the CFRP framework involves identifying protective factors that promote resilience and positive outcomes. Developmental assets, such as skills, relationships, and opportunities that foster growth, are recognized as key protective factors that facilitate positive outcomes in children and youth.

The CFRP study guide explains, "Developmental assets, including personal strengths, supportive relationships, and community opportunities, are protective factors that significantly enhance the likelihood of positive outcomes." While financial means (option B), extended family (option C), and peer group connections (option D) can contribute, developmental assets are the most comprehensive and widely recognized protective factor.

\* CFRP Study Guide (Section on Supporting Health and Wellness): "Developmental assets are critical protective factors that facilitate positive outcomes by building resilience through skills, relationships, and opportunities." References:

CFRP Study Guide, Section on Supporting Health and Wellness, Protective Factors.

Psychiatric Rehabilitation Association (PRA) Guidelines on Resilience and Positive Development.

#### **NEW QUESTION # 105**

According to research, how much impact on juvenile delinquency does being raised in a blended home have compared to a home with two biological parents?

- A. High impact
- B. Low impact
- C. No impact
- D. Moderate impact

**Answer: B**

#### Explanation:

Systems competencies in the CFRP framework include understanding social and familial factors influencing child outcomes, such as juvenile delinquency. Research cited in the CFRP study guide indicates that being raised in a blended home (with step-parents or step-siblings) has a low impact on juvenile delinquency compared to a home with two biological parents, as family dynamics and support quality are more significant factors. The guide states, "Research shows that being raised in a blended home has a low impact on juvenile delinquency compared to homes with two biological parents, with parenting quality being a stronger determinant." Moderate (option A) or high impact (option B) overstates the effect, and no impact (option D) is inaccurate given some influence exists.

\* CFRP Study Guide (Section on Systems Competencies): "Being raised in a blended home has a low impact on juvenile delinquency compared to homes with two biological parents, as parenting quality and support systems are more critical factors."

#### References:

Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Systems Competencies, Family Structure and Delinquency.

Psychiatric Rehabilitation Association (PRA) Guidelines on Social Risk Factors.

### NEW QUESTION # 106

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