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Psychiatric Rehabilitation Association Certified Psychiatric Rehabilitation Practitioner Sample Questions (Q105-Q110):

NEW QUESTION # 105

A man with a psychiatric disability continues to be fearful of connecting with others even after significant reduction in his symptoms and completing interpersonal skills training. The next step for the practitioner is to:

- A. Review his lack of motivation to change.
- **B. Assess his experience with trauma.**
- C. Request a change in his current medication.
- D. Stress the importance of strengthening his relationships.

Answer: B

Explanation:

This question aligns with Domain IV: Assessment, Planning, and Outcomes, which focuses on reassessing individuals' needs when progress stalls to identify underlying barriers. The CPRP Exam Blueprint emphasizes "conducting assessments to identify factors, such as trauma, that may impact recovery goals, particularly when expected progress is not achieved." The individual's persistent fear of connecting with others, despite reduced symptoms and skills training, suggests a potential underlying issue, such as trauma, that requires further assessment.

* Option A: Assessing the individual's experience with trauma is the best next step, as trauma can cause persistent fear of social connection, even after symptom reduction and skills training. This assessment ensures the practitioner understands the root cause and can tailor interventions, aligning with person-centered planning.

* Option B: Stressing the importance of relationships may pressure the individual without addressing the underlying fear, which could be counterproductive and non-therapeutic.

* Option C: Reviewing motivation assumes the issue is a lack of effort, which is premature and dismissive without first exploring potential barriers like trauma.

* Option D: Requesting a medication change assumes a pharmacological issue without evidence, ignoring the need to assess non-symptom-related barriers like trauma.

Extract from CPRP Exam Blueprint (Domain IV: Assessment, Planning, and Outcomes):

"Tasks include: 1. Conducting assessments to identify barriers to progress, including trauma or other psychosocial factors. 4. Revising rehabilitation plans based on reassessment findings to address underlying issues."

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Psychiatric Rehabilitation Association (PRA). (2014). CPRP Exam Blueprint. Retrieved from PRA Certification Handbook.

PRA. (2024). CPRP Exam Preparation & Primer Online 2024 Course: Module 5 - Assessment, Planning, and Outcomes.

Farkas, M., & Anthony, W. A. (2010). Psychiatric Rehabilitation Interventions: A Review. International Review of Psychiatry (emphasizes trauma assessment in planning).

NEW QUESTION # 106

An individual expresses a desire to return to work after several years. She is unable to move forward because she is concerned that she will not be able to manage the stress. The BEST intervention for the practitioner to use is

- A. relapse prevention planning.
- B. skill programming.
- C. illness management.
- **D. motivational interviewing.**

Answer: D

Explanation:

When an individual expresses a goal (returning to work) but is hindered by concerns about stress, the practitioner must address ambivalence and build motivation to move forward. The CPRP Exam Blueprint (Domain V: Strategies for Facilitating Recovery) highlights motivational interviewing as an evidence-based intervention to explore and resolve ambivalence, enhancing readiness for goal pursuit (Task V.B.2: "Facilitate the development of self-management skills"). Option B (motivational interviewing) aligns with this, as it involves collaborative, empathetic conversations to help the individual articulate her concerns, weigh the pros and cons of working, and build confidence in managing stress, thereby supporting her work goal.

Option A (illness management) focuses on symptom control, not directly addressing stress-related ambivalence. Option C (skill programming) teaches specific skills but is premature without resolving her concerns. Option D (relapse prevention planning) is relevant for maintaining gains but not for overcoming initial barriers to action. The PRA Study Guide emphasizes motivational interviewing for addressing ambivalence in goal-setting, supporting Option B.

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CPRP Exam Blueprint (2014), Domain V: Strategies for Facilitating Recovery, Task V.B.2.

PRA Study Guide (2024), Section on Motivational Interviewing in Recovery.

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

NEW QUESTION # 107

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. Identify potential resources for employment and job hunting
- B. Assess the individual's strengths and weaknesses
- **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 # 108

A woman with a psychiatric disability attempts to rent an apartment. She completes the application and lists her income as disability benefits of \$750 per month. She is turned down because of an "unstable income source." What is the best referral the practitioner can make to help her address this situation?

- A. Peer support organization
- B. Family advocacy group
- C. Legal advocacy group
- D. Government benefits agency

Answer: C

Explanation:

This question aligns with Domain III: Community Integration, which focuses on supporting individuals to access community resources, such as housing, and addressing barriers like discrimination. The CPRP Exam Blueprint emphasizes "advocating for fair housing practices and referring individuals to appropriate resources to address discrimination or barriers to community integration." The scenario involves potential discrimination based on the source of income (disability benefits), which violates fair housing laws in many jurisdictions.

* Option A: Referring the woman to a legal advocacy group is the best response, as it equips her to address potential discrimination under fair housing laws (e.g., the Fair Housing Act in the U.S., which prohibits discrimination based on disability or income source in some states). Legal advocacy groups can provide expertise to challenge the landlord's decision and secure housing access.

* Option B: A peer support organization may offer emotional support but lacks the legal expertise to address housing discrimination effectively.

* Option C: A family advocacy group may not be relevant unless family members are directly involved, and it does not address the legal issue of discrimination.

* Option D: A government benefits agency could clarify her benefits but does not address the landlord's discriminatory decision, which is the primary barrier.

Extract from CPRP Exam Blueprint (Domain III: Community Integration):

"Tasks include: 3. Supporting individuals in accessing housing and addressing barriers, such as discrimination. 4. Referring individuals to advocacy resources to ensure fair treatment in community settings."

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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.

U.S. Department of Housing and Urban Development. (2019). Fair Housing Act Overview (referenced in CPRP study materials for housing rights).

NEW QUESTION # 109

An individual with a psychiatric disability has been taking a psychotropic medication that has been effective in reducing the intensity of psychotic symptoms but has caused weight gain and high cholesterol. The individual expresses concern to his practitioner regarding his newly developed medical conditions but feels they are unavoidable. The practitioner's BEST response would be to

- A. remind the individual that he is not alone in dealing with declining physical health and inform him of the prevalence of the issue.

- B. provide education on metabolic syndrome and discuss how to talk about his concerns with his primary physician and psychiatrist.
- C. assist the individual in choosing between having a stable mental health status or a good physical health status.
- D. express support of the individual's feelings about his medical conditions, but emphasize the positive changes in his mental health.

Answer: B

Explanation:

Supporting holistic health, particularly when addressing side effects of psychotropic medications, is a critical competency in psychiatric rehabilitation. The CPRP Exam Blueprint (Domain VII: Supporting Health & Wellness) emphasizes educating individuals about health conditions and facilitating communication with healthcare providers (Task VII.A.2: "Provide education on health conditions and treatment options"). Option A (provide education on metabolic syndrome and discuss how to talk about his concerns with his primary physician and psychiatrist) aligns with this task by empowering the individual with knowledge about metabolic syndrome—a common side effect of antipsychotics characterized by weight gain, high cholesterol, and increased diabetes risk—and supporting collaborative care with medical professionals to explore management options (e.g., lifestyle changes or medication adjustments).

Option B (choosing between mental and physical health) is inappropriate, as it presents a false dichotomy and contradicts recovery-oriented principles that integrate both mental and physical health (Domain V). Option C (emphasizing mental health over physical concerns) dismisses the individual's valid concerns, violating person-centered care principles (Domain I). Option D (highlighting prevalence) normalizes the issue but fails to provide actionable steps, unlike Option A. The PRA Study Guide underscores the importance of holistic health education and advocacy, reinforcing Option A.

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CPRP Exam Blueprint (2014), Domain VII: Supporting Health & Wellness, Task VII.A.2.

PRA Study Guide (2024), Section on Physical Health and Medication Side Effects.

CPRP Exam Preparation & Primer Online 2024, Module on Supporting Health & Wellness.

NEW QUESTION # 110

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