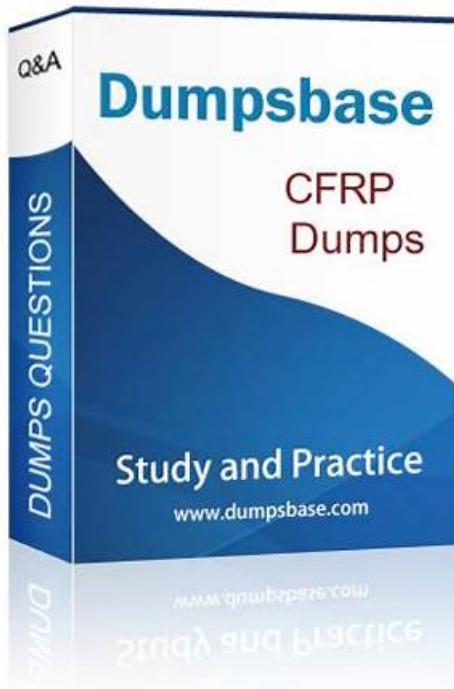


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Psychiatric Rehabilitation Association Certified Child and Family Resiliency Practitioner (CFRP) Sample Questions (Q40-Q45):

NEW QUESTION # 40

Which of the following are included in the eight dimensions of wellness?

- A. Spiritual, physical, and social
- B. Physical, academic, and emotional
- C. Academic, social, and safety
- D. Safety, academic, and spiritual

Answer: A

Explanation:

The CFRP framework incorporates the eight dimensions of wellness to guide health and wellness interventions. These dimensions include spiritual, physical, social, emotional, intellectual, occupational, environmental, and financial wellness. The correct option includes spiritual, physical, and social, which are part of the eight dimensions. The CFRP study guide notes, "The eight dimensions of wellness include spiritual, physical, and social wellness, among others, providing a holistic framework for well-being." Safety (options A and B) and academic (options A, B, and D) are not among the eight dimensions, though emotional (option D) is included but paired incorrectly.

* CFRP Study Guide (Section on Supporting Health and Wellness): "The eight dimensions of wellness encompass spiritual, physical, social, emotional, intellectual, occupational, environmental, and financial wellness." References:

CFRP Study Guide, Section on Supporting Health and Wellness, Wellness Dimensions.

Psychiatric Rehabilitation Association (PRA) Guidelines on Holistic Wellness.

NEW QUESTION # 41

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. Convene a meeting with the child, his family, and school officials.
- B. Refer the child to substance abuse treatment services.
- C. Encourage school officials to expel the child.
- D. Report the child's behavior to law enforcement.

Answer: A

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 # 42

A child and his family are preparing to make an active change in their health and wellness. How would the practitioner proceed?

- A. Assist them in developing goal statements and plans.
- B. Examine their readiness to make changes.
- C. Assess their strengths and weaknesses.
- D. Demonstrate empathy and understanding.

Answer: B

Explanation:

In the CFRP framework, assessment, planning, and outcomes involve a structured approach to support families in achieving health and wellness goals. When a child and family are preparing to make active changes, the practitioner's first step is to examine their readiness to make changes, using frameworks like the Stages of Change model to ensure commitment and feasibility. The CFRP

study guide states, "Before initiating health and wellness changes, practitioners must examine the child and family's readiness to make changes to ensure effective planning and engagement." Demonstrating empathy (option B), developing goals (option C), or assessing strengths (option D) are important but follow the initial assessment of readiness.

* CFRP Study Guide (Section on Assessment, Planning, and Outcomes): "When a child and family are preparing for health and wellness changes, the practitioner's first step is to examine their readiness to make changes, ensuring alignment with their motivation and capacity." References:

CFRP Study Guide, Section on Assessment, Planning, and Outcomes, Change Readiness.

Psychiatric Rehabilitation Association (PRA) Guidelines on Family-Centered Planning.

NEW QUESTION # 43

Empathy is

- A. feeling pity or sorrow for someone's misfortune.
- B. being concerned with the well-being of another.
- C. sharing a similar experience with someone else.
- D. **understanding a person on a cognitive and emotional level.**

Answer: D

Explanation:

Interpersonal competencies in the CFRP framework highlight empathy as a key skill for building therapeutic relationships. Empathy is defined as understanding a person on both a cognitive (intellectual comprehension) and emotional (feeling with) level, enabling deep connection. The CFRP study guide states, "Empathy involves understanding a person on a cognitive and emotional level, fostering trust and validation in interactions." Feeling pity (option A) describes sympathy, not empathy. Sharing experiences (option C) is not required for empathy, and concern for well-being (option D) is too broad.

* CFRP Study Guide (Section on Interpersonal Competencies): "Empathy is the ability to understand a person on both cognitive and emotional levels, creating a foundation for trustful relationships." References:

CFRP Study Guide, Section on Interpersonal Competencies, Empathy in Practice.

Psychiatric Rehabilitation Association (PRA) Guidelines on Therapeutic Communication.

NEW QUESTION # 44

To communicate empathically, the listener needs to go through which of the following cycles?

- A. Respecting, acknowledging, and repeating back
- B. Encouraging, assuring, and responding
- C. **Attending, understanding, and responding**
- D. Maintaining eye contact, considering feelings, and sympathizing

Answer: C

Explanation:

Empathic communication is a cornerstone of the Interpersonal Competencies domain, emphasizing the practitioner's ability to connect with children and families in a supportive, non-judgmental manner.

According to the PRA CFRP Study Guide 2024-2025, empathic listening involves a cycle of attending (actively focusing on the speaker), understanding (grasping the speaker's emotions and perspective), and responding (providing feedback that validates the speaker's feelings). This cycle fosters trust and ensures the speaker feels heard.

Option D (Attending, understanding, and responding) is correct because it directly reflects the PRA's framework for empathic communication. The study guide specifies that attending includes nonverbal cues like nodding, understanding involves interpreting both verbal and emotional content, and responding entails verbal affirmations or reflective statements.

Option A (Encouraging, assuring, and responding) is incorrect because, while encouraging and assuring are supportive, they are not specific to the empathic listening cycle. The PRA framework prioritizes understanding over assurance.

Option B (Maintaining eye contact, considering feelings, and sympathizing) is incorrect because maintaining eye contact is not universally appropriate (as noted in Question 1) and sympathizing focuses on the listener's emotions rather than the speaker's. The PRA emphasizes empathy (understanding the speaker's perspective) over sympathy.

Option C (Respecting, acknowledging, and repeating back) is partially correct but incomplete. While acknowledging and repeating back (reflective listening) are components of empathy, "respecting" is too broad and not a specific phase of the empathic cycle per PRA guidelines.

:

Psychiatric Rehabilitation Association, CFRP Study Guide 2024-2025, Section on Interpersonal Competencies: Empathic

Communication.

PRA Certification Candidate Handbook, Competency Domain 1: Interpersonal Competencies.

PRA Code of Ethics, Principle 1: Building Therapeutic Relationships.

NEW QUESTION # 45

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