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Psychiatric Rehabilitation Association CPRP Exam Syllabus Topics:

Topic	Details
Topic 1	<ul style="list-style-type: none">Community Integration: This domain measures the skills of Psychiatric Rehabilitation Specialists and focuses on assisting individuals in engaging with their communities. It covers supporting access to housing, employment, education, and social networks that foster independence and inclusion within community settings.
Topic 2	<ul style="list-style-type: none">Strategies for Supporting Recovery: This domain measures the skills of Psychiatric Rehabilitation Specialists and focuses on implementing practical and evidence-based methods to promote recovery. It includes empowering clients, fostering motivation, teaching coping skills, and providing support that aligns with person-centered recovery principles.
Topic 3	<ul style="list-style-type: none">Systems Competencies: This section evaluates the competencies of Rehabilitation Counselors and focuses on understanding how service systems operate within the broader mental health and social service environments. It covers collaboration with agencies, policy awareness, advocacy, and navigating service delivery systems to ensure coordinated care.

Topic 4	<ul style="list-style-type: none"> Professional Role Competencies: This section evaluates the abilities of Rehabilitation Counselors and emphasizes professionalism, ethics, and accountability in practice. It addresses maintaining confidentiality, applying rehabilitation principles, collaborating with multidisciplinary teams, and demonstrating cultural competence and self-awareness.
Topic 5	<ul style="list-style-type: none"> Supporting Health and Wellness: This final domain of the exam measures the skills of Psychiatric Rehabilitation Specialists and focuses on promoting overall well-being alongside recovery. It includes supporting physical health, stress management, lifestyle improvement, and access to wellness resources to enhance long-term recovery outcomes.
Topic 6	<ul style="list-style-type: none"> Interpersonal Competencies: This section of the CPRP Exam measures the skills of Psychiatric Rehabilitation Specialists and focuses on establishing effective, respectful, and empathetic communication with clients. It covers active listening, trust-building, conflict resolution, and maintaining professional boundaries to support individuals in their recovery journey.

Psychiatric Rehabilitation Association Certified Psychiatric Rehabilitation Practitioner Sample Questions (Q102-Q107):

NEW QUESTION # 102

Best practice guidelines used in a permanent supported housing should include

- A. medication compliance.
- B. safety planning.
- C. readiness assessment.
- D. eligibility criteria.

Answer: B

Explanation:

Permanent supported housing provides stable, long-term housing with flexible supports to promote community integration for individuals with psychiatric disabilities. The CPRP Exam Blueprint (Domain III:

Community Integration) emphasizes that best practice guidelines for supported housing include safety planning to ensure a secure living environment while respecting individual autonomy (Task III.A.1: "Support individuals in accessing and maintaining stable housing"). Option D (safety planning) aligns with this, as it involves creating protocols to address potential risks (e.g., crisis management, conflict resolution) while maintaining a recovery-oriented, person-centered approach.

Option A (medication compliance) is a clinical focus, not a housing best practice, and contradicts autonomy principles. Option B (eligibility criteria) is administrative and often minimal (e.g., desire to participate), not a core guideline for ongoing housing support. Option C (readiness assessment) may inform initial placement but is not a best practice for ongoing housing management. The PRA Study Guide and SAMHSA's supported housing guidelines highlight safety planning as essential, supporting Option D.

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CPRP Exam Blueprint (2014), Domain III: Community Integration, Task III.A.1.

PRA Study Guide (2024), Section on Supported Housing Best Practices.

CPRP Exam Preparation & Primer Online 2024, Module on Community Integration.

NEW QUESTION # 103

An individual and her practitioner are in a treatment team meeting in which potential options for the individual are being discussed. The practitioner's priority is to advocate for an option that is:

- A. Consistent with the individual's wishes.
- B. Conducive to the individual's stability.
- C. Financially realistic.
- D. Least restrictive.

Answer: A

Explanation:

This question pertains to Domain II: Professional Role Competencies, which emphasizes advocacy and person-centered practice. The CPRP Exam Blueprint and PRA Code of Ethics state that "practitioners prioritize advocating for options that align with the

individual's preferences and wishes, as this respects autonomy and promotes recovery." While stability, restrictiveness, and financial considerations are important, the individual's wishes are the primary focus in a recovery-oriented approach.

* Option D: Advocating for an option consistent with the individual's wishes prioritizes her autonomy and self-determination, which are core to psychiatric rehabilitation. This ensures the treatment plan reflects her values and goals, fostering engagement and recovery.

* Option A: Stability is important but secondary to the individual's preferences, as imposing stability-focused options may undermine autonomy.

* Option B: The least restrictive option is a principle in mental health law but is not the primary focus in a treatment team meeting, where the individual's wishes take precedence.

* Option C: Financial realism is a practical consideration but not the practitioner's priority over respecting the individual's preferences.

Extract from CPRP Exam Blueprint (Domain II: Professional Role Competencies):

"Tasks include: 2. Advocating for options that align with the individual's preferences and wishes to promote autonomy and recovery."

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

PRA. (2024). CPRP Exam Preparation & Primer Online 2024 Course: Module 3 - Professional Role Competencies.

Anthony, W. A., Cohen, M., & Farkas, M. (1990). Psychiatric Rehabilitation. Center for Psychiatric Rehabilitation, Boston University (emphasizes person-centered advocacy).

NEW QUESTION # 104

A person utilizing psychiatric rehabilitation services meets with a fellow program participant to assist her in accessing employment services. This is an example of

- A. peer support.
- B. interdisciplinary support.
- C. vocational readiness.
- D. rehabilitation readiness.

Answer: A

Explanation:

Peer support involves individuals with lived experience of mental health challenges assisting others in their recovery journey, fostering hope and practical guidance. The CPRP Exam Blueprint (Domain V: Strategies for Facilitating Recovery) highlights peer support as a key strategy for empowering individuals to achieve recovery goals, such as accessing employment services (Task V.B.3: "Utilize peer support to promote recovery and rehabilitation goals"). Option A (peer support) aligns with this, as the program participant, a peer, is helping another individual navigate employment services, leveraging shared experiences to provide guidance and encouragement.

Option B (rehabilitation readiness) refers to preparing an individual for rehabilitation goals, not the act of peer assistance. Option C (vocational readiness) focuses on the individual's preparedness for work, not the peer's role in supporting access to services. Option D (interdisciplinary support) involves professional collaboration, not peer-based assistance. The PRA Study Guide emphasizes peer support's role in recovery-oriented service delivery, supporting Option A.

CPRP Exam Blueprint (2014), Domain V: Strategies for Facilitating Recovery, Task V.B.3.

PRA Study Guide (2024), Section on Peer Support in Recovery.

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

NEW QUESTION # 105

The concept of "continuity of care" in community treatment describes ensuring that:

- A. Appropriate levels of services are provided.
- B. The services needed actually exist.
- C. Transportation to various services is provided.
- D. The various service elements are linked.

Answer: D

Explanation:

This question pertains to Domain VI: Systems Competencies, which focuses on navigating and coordinating mental health systems to support recovery. The CPRP Exam Blueprint defines continuity of care as "ensuring that services are coordinated and linked to

provide seamless support across different providers and settings." Continuity of care is a key principle in community-based psychiatric rehabilitation, ensuring that individuals experience integrated, cohesive support as they move through various services.

* Option B: Ensuring that "the various service elements are linked" directly reflects the definition of continuity of care, which involves coordinating services (e.g., mental health treatment, housing, employment support) to create a seamless care experience. This includes communication between providers, shared treatment plans, and transitions between services, aligning with PRA's systems-level approach.

* Option A: Ensuring services exist is related to resource availability but does not address the coordination or linkage of services, which is central to continuity of care.

* Option C: Providing appropriate levels of services relates to service intensity or appropriateness but does not capture the linkage or coordination aspect of continuity.

* Option D: Providing transportation is a logistical support that may facilitate access but is not the core definition of continuity of care, which focuses on service integration.

Extract from CPRP Exam Blueprint (Domain VI: Systems Competencies):

"Tasks include: 1. Coordinating services across multiple providers and systems to ensure continuity of care. 2.

Facilitating transitions between different service settings to support recovery."

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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 7 - Systems Competencies.

Mueser, K. T., & Gingerich, S. (2006). The Complete Family Guide to Schizophrenia. Guilford Press (recommended CPRP study literature, discusses continuity of care).

NEW QUESTION # 106

Rehabilitation readiness refers to an individual's

- A. specific skill set.
- B. ability to reach a goal.
- C. desire to set a goal.
- D. functional capacity.

Answer: C

Explanation:

Rehabilitation readiness assesses an individual's preparedness to engage in the process of setting and pursuing recovery-oriented goals. The CPRP Exam Blueprint (Domain IV: Assessment, Planning, and Outcomes) defines readiness as the individual's desire and motivation to set goals, reflecting their hope, confidence, and commitment to change (Task IV.A.2: "Assess individual's stage of change and readiness for goal-setting").

Option A (desire to set a goal) aligns with this, as readiness focuses on the individual's willingness to identify and work toward specific objectives, such as employment or education, often evaluated through tools like the Stages of Change model.

Option B (specific skill set) relates to functional assessment, not readiness. Option C (ability to reach a goal) focuses on outcomes, not the initial motivation. Option D (functional capacity) assesses skills and deficits, not motivational readiness. The PRA Study Guide emphasizes desire as the core of rehabilitation readiness, supporting Option A.

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CPRP Exam Blueprint (2014), Domain IV: Assessment, Planning, and Outcomes, Task IV.A.2.

PRA Study Guide (2024), Section on Rehabilitation Readiness Assessment.

CPRP Exam Preparation & Primer Online 2024, Module on Assessment, Planning, and Outcomes.

NEW QUESTION # 107

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