

Actual Psychiatric Rehabilitation Association CFRP Exam Questions And Correct Solution

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 (Q78-Q83):

NEW QUESTION # 78

The best way for a practitioner to address a child and family's isolation due to stigma, shame, and embarrassment related to living with mental illness is to

- A. encourage the family to attend church.
- B. provide the family information about community events.
- C. connect the child with a family support group.
- D. reconnect the child with natural supports.

Answer: C

Explanation:

Community integration in the CFRP framework involves reducing isolation and stigma by connecting families to supportive networks. Connecting a child and family to a family support group is the most effective way to address isolation due to stigma, shame, and embarrassment, as these groups provide peer understanding, shared experiences, and emotional support. The CFRP study guide emphasizes, "Family support groups are the best resource for addressing isolation caused by stigma, offering a safe space for families to share experiences and build resilience." Reconnecting with natural supports (option A) may be helpful but is less specific to stigma. Providing information about community events (option B) or encouraging church attendance (option D) may not directly address the emotional barriers caused by mental illness stigma.

* CFRP Study Guide (Section on Community Integration): "To combat isolation due to stigma, shame, and embarrassment, practitioners should connect families to family support groups, which provide peer support and reduce feelings of isolation."

References:

Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Community Integration, Addressing Stigma.
Psychiatric Rehabilitation Association (PRA) Guidelines on Community Support Networks.

NEW QUESTION # 79

During assessment, it is important to encourage children to talk about their experiences and perceptions because children often

- A. hide important information about themselves.
- B. repress their memories and feelings.
- C. are unaware of their strengths and weaknesses.
- D. are excited to talk about themselves.

Answer: C

Explanation:

In the CFRP framework, assessment, planning, and outcomes emphasize engaging children in the assessment process to gain insight into their needs and strengths. Encouraging children to talk about their experiences and perceptions is critical because they are often unaware of their strengths and weaknesses, which can inform tailored interventions. The CFRP study guide states, "During assessments, practitioners should encourage children to share their experiences and perceptions, as children are often unaware of their strengths and weaknesses, providing valuable insights for planning." While children may be excited to talk (option A), repress memories (option B), or hide information (option D), these are less universal and less directly tied to the purpose of identifying strengths and weaknesses.

* CFRP Study Guide (Section on Assessment, Planning, and Outcomes): "Encouraging children to discuss their experiences during assessments is essential, as they are often unaware of their strengths and weaknesses, which informs effective planning." References:

Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Assessment, Planning, and Outcomes, Child-Centered Assessments.

Psychiatric Rehabilitation Association (PRA) Guidelines on Strengths-Based Assessment.

NEW QUESTION # 80

Between the ages of five and twelve years, a child is typically

- A. exploring interpersonal skills through initiating activities.
- B. coming to terms with emerging sexuality.
- **C. developing skills and a sense of pride in accomplishments.**
- D. forming an attachment to caregivers and teachers.

Answer: C

Explanation:

Supporting health and wellness in the CFRP framework includes understanding developmental stages.

Between ages five and twelve, children are typically in Erikson's industry vs. inferiority stage, developing skills and a sense of pride in accomplishments through tasks like schoolwork and hobbies. The CFRP study guide notes, "From ages five to twelve, children focus on developing skills and a sense of pride in accomplishments, building competence and self-esteem." Exploring interpersonal skills (option A) is less specific, forming attachments (option C) is more relevant to earlier stages, and emerging sexuality (option D) typically occurs in adolescence.

* CFRP Study Guide (Section on Supporting Health and Wellness): "Children aged five to twelve typically develop skills and pride in accomplishments, aligning with the industry vs. inferiority developmental stage." References:

CFRP Study Guide, Section on Supporting Health and Wellness, Developmental Stages.

Psychiatric Rehabilitation Association (PRA) Guidelines on Child Development.

NEW QUESTION # 81

A practitioner is completing an assessment with a child who recently experienced a traumatic event. The child is avoiding questions related to the event. The practitioner should

- A. continue questioning the child about the trauma.
- B. refer the child to a therapist.
- C. ask the parent about the child's trauma.
- **D. allow the child to disclose at his own pace.**

Answer: D

Explanation:

Trauma-informed care is a cornerstone of supporting health and wellness in the CFRP framework. When a child who has experienced a traumatic event avoids discussing it during an assessment, the practitioner should allow the child to disclose at their own pace, respecting their emotional readiness and avoiding re-traumatization. The CFRP study guide emphasizes, "In trauma-informed assessments, practitioners should allow children to disclose details of traumatic events at their own pace to ensure safety and trust." Asking the parent (option A) may be a secondary step but bypasses the child's autonomy. Referring to a therapist (option C) or continuing questioning (option D) may be premature or harmful without first establishing trust.

* CFRP Study Guide (Section on Supporting Health and Wellness): "When a child avoids discussing a traumatic event during assessment, practitioners should allow disclosure at the child's own pace, prioritizing safety and trust in trauma-informed care." References:

References:

CFRP Study Guide, Section on Supporting Health and Wellness, Trauma-Informed Care.

Psychiatric Rehabilitation Association (PRA) Guidelines on Trauma-Informed Assessments.

NEW QUESTION # 82

What factors must be understood when considering typical childhood development?

- **A. Context and culture**
- B. Education and learning needs
- C. Gender and birth order
- D. Nature and environment

Answer: A

Explanation:

The Supporting Health and Wellness domain requires practitioners to understand developmental factors to tailor interventions.

The PRA CFRP Study Guide 2024-2025 emphasizes that context and culture are critical in assessing typical childhood development, as they shape social, emotional, and behavioral norms.

Option B (Context and culture) is correct because the PRA framework highlights the importance of cultural values, family dynamics, and environmental context in understanding developmental milestones and behaviors.

Option A (Education and learning needs) is incorrect because, while important, these are secondary to broader contextual factors in developmental assessment.

Option C (Nature and environment) is incorrect because "nature" is vague, and the PRA prioritizes culture over general environmental factors.

Option D (Gender and birth order) is incorrect because, while influential, these are not the primary factors compared to context and culture in the PRA guidelines.

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Psychiatric Rehabilitation Association, CFRP Study Guide 2024-2025, Section on Supporting Health and Wellness: Childhood Development.

PRA Certification Candidate Handbook, Competency Domain 7: Supporting Health and Wellness.

PRA Code of Ethics, Principle 3: Respect for Diversity.

NEW QUESTION # 83

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