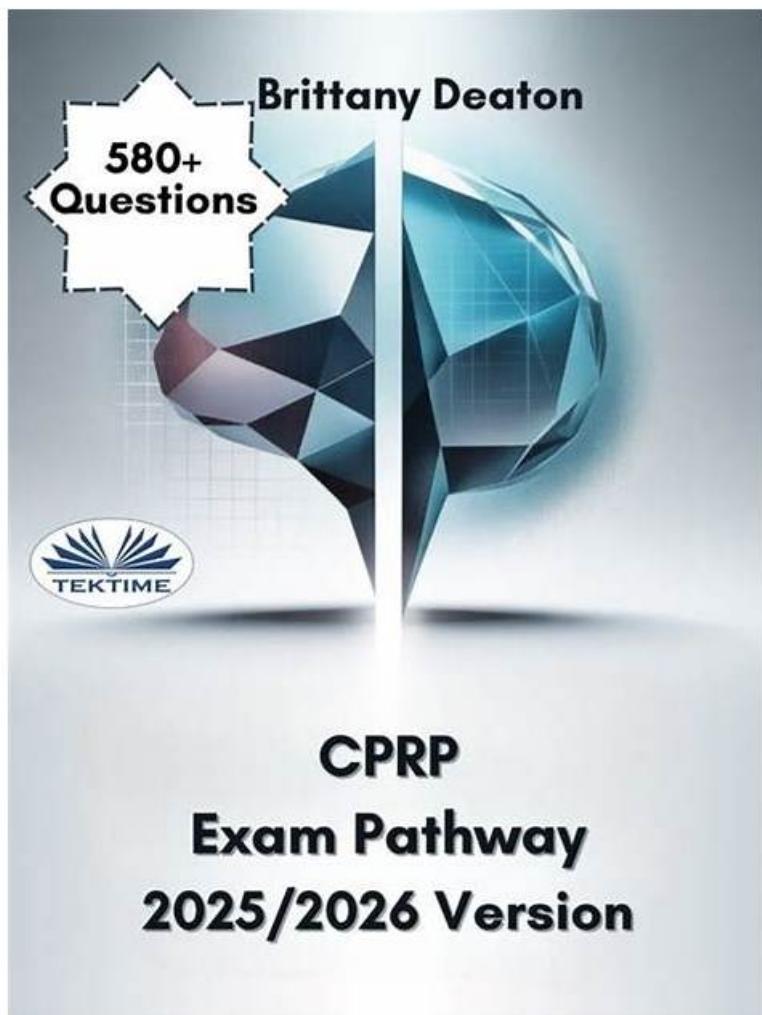


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Psychiatric Rehabilitation Association CPRP Exam Syllabus Topics:

Topic	Details
Topic 1	<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 2	<ul style="list-style-type: none">Assessment, Planning, and Outcomes: This section assesses the abilities of Rehabilitation Counselors and focuses on evaluating individual strengths, needs, and preferences. It includes setting recovery-oriented goals, developing personalized plans, tracking progress, and using outcome measures to guide and adjust interventions effectively.

Topic 3	<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.
Topic 4	<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 5	<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.

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Psychiatric Rehabilitation Association Certified Psychiatric Rehabilitation Practitioner Sample Questions (Q100-Q105):

NEW QUESTION # 100

Identifying personal preferences and values is a part of assessing

- A. rehabilitation readiness.
- B. mental health status.
- C. resource needs.
- D. skill functioning.

Answer: A

Explanation:

Assessing rehabilitation readiness involves understanding an individual's motivation, confidence, and personal drivers for pursuing recovery goals. The CPRP Exam Blueprint (Domain IV: Assessment, Planning, and Outcomes) includes identifying personal preferences and values as part of readiness assessment to determine an individual's preparedness for goal-setting (Task IV.A.2: "Assess individual's stage of change and readiness for goal-setting"). Option C (rehabilitation readiness) aligns with this, as preferences and values (e.g., what matters most to the individual, such as family or independence) inform their willingness and motivation to engage in rehabilitation activities.

Option A (resource needs) focuses on external supports, not personal values. Option B (mental health status) pertains to clinical symptoms, not preferences or readiness. Option D (skill functioning) assesses abilities, not motivational factors like values. The PRA Study Guide emphasizes that understanding preferences and values is critical for assessing readiness, supporting Option C.

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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 # 101

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

Answer: A

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 # 102

Four individuals have been living together in a group home for six months. Recently they have been arguing about agreed upon rules for maintaining their residence. Which of the following is the next BEST course of action for the practitioner to take?

- A. Discuss the problems with each individual separately to ensure confidentiality.
- B. Help the group to understand the importance of following the agreed upon rules.
- C. Foster communication and conflict resolution skills of the group.
- D. Encourage each individual to explain their issues to others in order to avoid conflict.

Answer: C

Explanation:

Conflicts over house rules in a group home require interpersonal competencies to facilitate collaborative resolution and skill-building. The CPRP Exam Blueprint (Domain I: Interpersonal Competencies) emphasizes fostering communication and conflict resolution skills to address group dynamics in a recovery-oriented manner (Task I.B.2: "Facilitate conflict resolution using recovery-oriented approaches"). Option D (foster communication and conflict resolution skills of the group) aligns with this, as it involves guiding the group to develop skills like active listening, problem-solving, and negotiation, enabling them to address current and future conflicts constructively while maintaining a cohesive living environment.

Option A (encourage explaining issues) is a step but lacks the skill-building focus needed for lasting resolution. Option B (discuss problems separately) may preserve confidentiality but does not promote group communication or resolve the collective issue. Option C (emphasize rule importance) is directive and does not empower the group to address underlying conflicts. The PRA Study Guide underscores group-based conflict resolution skills as critical for shared living settings, supporting Option D.

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CPRP Exam Blueprint (2014), Domain I: Interpersonal Competencies, Task I.B.2.

PRA Study Guide (2024), Section on Conflict Resolution in Group Settings.

CPRP Exam Preparation & Primer Online 2024, Module on Interpersonal Competencies.

NEW QUESTION # 103

An individual is apprehensive about enrolling in a psychiatric rehabilitation program. What should the practitioner focus on during the first meeting?

- A. Rehabilitation planning
- B. Engagement
- C. Motivational interviewing
- D. Diagnosis

Answer: B

Explanation:

When an individual is apprehensive about enrolling in a rehabilitation program, the practitioner's priority is to build a connection that alleviates fears and encourages participation. The CPRP Exam Blueprint (Domain I:

Interpersonal Competencies) emphasizes engagement as the primary focus of initial interactions to establish trust and rapport (Task I.B.3: "Adapt communication strategies to build trust and engagement"). Option A (engagement) aligns with this, as focusing on active listening, empathy, and addressing the individual's concerns fosters a safe space, increasing the likelihood of enrollment and future collaboration.

Option B (diagnosis) is irrelevant, as rehabilitation focuses on functional goals, not clinical diagnosis. Option C (motivational interviewing) is a specific technique that may be used within engagement but is too narrow for the overall focus. Option D (rehabilitation planning) is premature, as apprehension must be addressed before planning can begin. The PRA Study Guide underscores engagement as critical for hesitant individuals, supporting Option A.

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CPRP Exam Blueprint (2014), Domain I: Interpersonal Competencies, Task I.B.3.

PRA Study Guide (2024), Section on Engagement Strategies.

CPRP Exam Preparation & Primer Online 2024, Module on Interpersonal Competencies.

NEW QUESTION # 104

Retention in community-based services by persons with serious mental illness is MOST often disrupted by

- A. family dynamics.
- B. financial instability.
- C. medication management.
- D. hospital recidivism

Answer: D

Explanation:

Retention in community-based services, such as outpatient programs or supported housing, is critical for individuals with serious mental illness to maintain community integration. The CPRP Exam Blueprint (Domain III: Community Integration) emphasizes identifying and addressing barriers to sustained community participation (Task III.B.2: "Identify barriers to community integration and develop strategies to overcome them"). Hospital recidivism (Option C) is the most frequent disruptor, as recurrent hospitalizations due to symptom exacerbation or crises interrupt engagement with community-based services, leading to disengagement from supports like case management or rehabilitation programs.

Option A (family dynamics) can influence retention but is less universally disruptive than hospitalizations, which directly remove individuals from community settings. Option B (medication management) is a factor, but its impact is often secondary to crises leading to hospitalization. Option D (financial instability) is a barrier to community living but less directly tied to service retention compared to hospital recidivism, which physically and logically disrupts service continuity. The PRA Study Guide notes that hospital recidivism is a primary challenge to maintaining community-based service engagement, supporting Option C.

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CPRP Exam Blueprint (2014), Domain III: Community Integration, Task III.B.2.

PRA Study Guide (2024), Section on Barriers to Community Integration.

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

NEW QUESTION # 105

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