

Certified Psychiatric Rehabilitation Practitioner Practice Torrent - CPRP Actual Test & CPRP Free Demo

Certified Psychiatric Rehabilitation Practitioner (CPRP) Exam Prep PRACTICE QUESTIONS WITH 80 QUESTIONS AND CORRECTLY DETAILED ANSWERS GRADED A

IAPSRs Plans Should Include: - ANSWER>>-person-first language
-diagnosis is not as important as the persons' individuality
-language should be understandable to all involved and if professional terminology is necessary it should be explained to all.
-goals should be written using individuals' own words.

PROS - ANSWER>>Personalized Recovery-Oriented Services

A Comprehensive approach to Psychiatric Rehabilitation Assessment includes an assessment of: - ANSWER>>1. the person's readiness and preferences for life changes
2. the person's everyday functional strengths and needs
3. the nature of the person's resource supports and barriers

Assessment in PsyR Practice - ANSWER>>-an ongoing process that the person in recovery and their psych practitioner engage in mutually to determine the need to and direction of change in the person's daily living skills and living learning, and working domains

Rehabilitation Readiness Assessment explores: - ANSWER>>1. Need for Change (is person dissatisfied with their current situation?)
2. Commitment to Change (are they committed to making changes?)
3. Personal Closeness (are they open to connect w/others?)
4. Self-Awareness (have insight?)
5. Environmental Awareness (aware of the differences between environments?)

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Psychiatric Rehabilitation Association Certified Psychiatric Rehabilitation Practitioner Sample Questions (Q99-Q104):

NEW QUESTION # 99

An individual is having difficulty telling the practitioner what goals he wants to achieve. He says that it feels scary to allow himself to dream again. The BEST strategy for the individual and his practitioner to use is to work on

- A. reconnecting with his interests and talents.
- B. improving problem solving and social skills.
- C. developing coping skills.
- D. developing self-esteem.

Answer: A

Explanation:

Difficulty articulating goals, especially due to fear of dreaming, suggests a need to rebuild hope and self-awareness. The CPRP Exam Blueprint (Domain V: Strategies for Facilitating Recovery) emphasizes strategies that reconnect individuals with their strengths and aspirations to foster goal-setting (Task V.A.2:

"Support individuals in identifying personal strengths and interests to inform recovery goals"). Option A (reconnecting with his interests and talents) aligns with this, as exploring interests and talents helps the individual rediscover what motivates him, reducing fear and building confidence to articulate meaningful goals.

Option B (problem solving and social skills) is relevant for implementation but not for initial goal identification. Option C (developing self-esteem) is a longer-term outcome, not the immediate strategy for goal-setting fears. Option D (developing coping skills) addresses fear management but not the core issue of reconnecting with aspirations. The PRA Study Guide highlights strengths-based exploration as key to overcoming barriers to goal-setting, supporting Option A.

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

PRA Study Guide (2024), Section on Strengths-Based Goal-Setting.

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

NEW QUESTION # 100

A practitioner is working with an individual with a significant early childhood trauma history. The individual believes that the trauma history is a direct result of actions taken in past lives. The BEST course of action for the practitioner would be to

- A. educate the individual on the potential harm of this thinking.
- B. remind her that she had no control over events as a young child.
- C. explore with the individual her belief system.
- D. refer her for therapy to work through self-blaming.

Answer: C

Explanation:

Responding to an individual's belief about trauma requires interpersonal competencies that respect their worldview while fostering a therapeutic relationship. The CPRP Exam Blueprint (Domain I: Interpersonal Competencies) emphasizes understanding and respecting an individual's cultural, spiritual, and personal beliefs to build trust and inform service delivery (Task I.A.2: "Demonstrate cultural competence in service delivery"). Option B (explore with the individual her belief system) aligns with this by engaging in a person-centered, non-judgmental exploration of her belief that past-life actions caused her trauma, which helps the practitioner understand her perspective and tailor support accordingly.

Option A (remind her of lack of control) dismisses her belief system, potentially undermining trust. Option C (refer for therapy) may be premature without first understanding her beliefs to ensure an appropriate referral.

Option D (educate on potential harm) risks invalidating her spiritual perspective, which contradicts recovery-oriented, culturally competent practice. The PRA Study Guide and Code of Ethics emphasize respecting diverse belief systems as part of trauma-informed, person-centered care, supporting Option B.

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

PRA Study Guide (2024), Section on Cultural Competence and Trauma-Informed Care.

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

NEW QUESTION # 101

Wellness Coaching is a conscious, deliberate process that requires a person to become aware of and make choices for

- A. a longer life expectancy.
- B. stronger interpersonal relationships.
- **C. improved physical and emotional health.**
- D. a more satisfying lifestyle.

Answer: C

Explanation:

Wellness Coaching is a structured, recovery-oriented approach that empowers individuals to make intentional choices to enhance their overall health. The CPRP Exam Blueprint (Domain VII: Supporting Health & Wellness) defines wellness coaching as a process that promotes awareness and decision-making to improve physical and emotional health (Task VII.A.3: "Facilitate wellness coaching to support physical and emotional health"). Option C (improved physical and emotional health) aligns with this, as wellness coaching focuses on holistic health outcomes, such as better nutrition, exercise, stress management, and emotional resilience, which are central to psychiatric rehabilitation's wellness framework.

Option A (a longer life expectancy) is a potential long-term outcome but not the primary focus of coaching, which targets immediate health improvements. Option B (a more satisfying lifestyle) is too broad and less specific than health-focused outcomes. Option D (stronger interpersonal relationships) is a component of wellness but secondary to the core focus on physical and emotional health in coaching. The PRA Study Guide, referencing SAMHSA's wellness dimensions, emphasizes physical and emotional health as primary targets of wellness coaching, supporting Option C.

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CPRP Exam Blueprint (2014), Domain VII: Supporting Health & Wellness, Task VII.A.3.

PRA Study Guide (2024), Section on Wellness Coaching and Health Promotion.

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

NEW QUESTION # 102

An individual with a psychiatric disability tells her job coach that she has been written up for the third time for being late and is worried about losing her job. She is struggling to wake up on time due to medication side effects. The best course of action for the job coach is to:

- A. Schedule transportation so she can be on time.
- B. Help her explore alternative employment options.
- C. Refer her to a work adjustment program to practice being on time.
- **D. Discuss the option of requesting accommodations with her.**

Answer: D

Explanation:

This question aligns with Domain III: Community Integration, which focuses on supporting individuals to maintain employment through strategies like workplace accommodations. The CPRP Exam Blueprint emphasizes "assisting individuals to request reasonable accommodations to address disability-related barriers, such as medication side effects, to sustain community employment." The individual's lateness is due to medication side effects, and accommodations can address this barrier while preserving her job.

* Option D: Discussing the option of requesting accommodations (e.g., a later start time or flexible schedule) is the best course of action, as it directly addresses the medication side effects causing lateness. This approach, supported by laws like the Americans with Disabilities Act (ADA), empowers the individual to maintain her job while managing her disability, aligning with recovery-oriented employment support.

* Option A: Exploring alternative employment is premature and unnecessary, as accommodations may resolve the issue without requiring a job change, which could disrupt stability.

* Option B: A work adjustment program focuses on general work skills, not specific barriers like medication side effects, and may not address the immediate risk of job loss.

* Option C: Scheduling transportation does not address the root cause (difficulty waking up due to medication), making it an ineffective solution.

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

"Tasks include: 2. Supporting individuals in maintaining employment through strategies like reasonable accommodations to address disability-related barriers. 3. Promoting self-advocacy in workplace 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.

Bond, G. R., & Drake, R. E. (2015). Making the Case for IPS Supported Employment. Administration and Policy in Mental Health (emphasizes accommodations in employment).

NEW QUESTION # 103

Individuals who experience both substance abuse and psychiatric disabilities have difficulty engaging in supportive housing services due to

- A. negative mental health symptoms.
- B. preference for homelessness over receiving services.
- C. past experience with restrictive settings.
- D. impairment of reasoning.

Answer: C

Explanation:

Engaging individuals with co-occurring substance abuse and psychiatric disabilities in supportive housing requires addressing barriers rooted in their experiences. The CPRP Exam Blueprint (Domain III: Community Integration) highlights past experiences with restrictive or punitive settings (e.g., institutionalization or rigid programs) as a significant barrier to engaging in housing services (Task III.B.1: "Identify and address barriers to community participation"). Option C (past experience with restrictive settings) aligns with this, as individuals with co-occurring disorders often distrust or avoid structured services due to negative encounters with rules-heavy environments, which can feel controlling or stigmatizing.

Option A (preference for homelessness) oversimplifies complex motivations and is not a primary barrier.

Option B (impairment of reasoning) may contribute but is less specific than past experiences, which directly shape engagement attitudes. Option D (negative mental health symptoms) is a factor but secondary to experiential barriers like distrust from restrictive settings. The PRA Study Guide emphasizes addressing historical distrust to improve housing engagement, supporting Option C.

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

PRA Study Guide (2024), Section on Barriers to Housing for Co-Occurring Disorders.

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

NEW QUESTION # 104

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