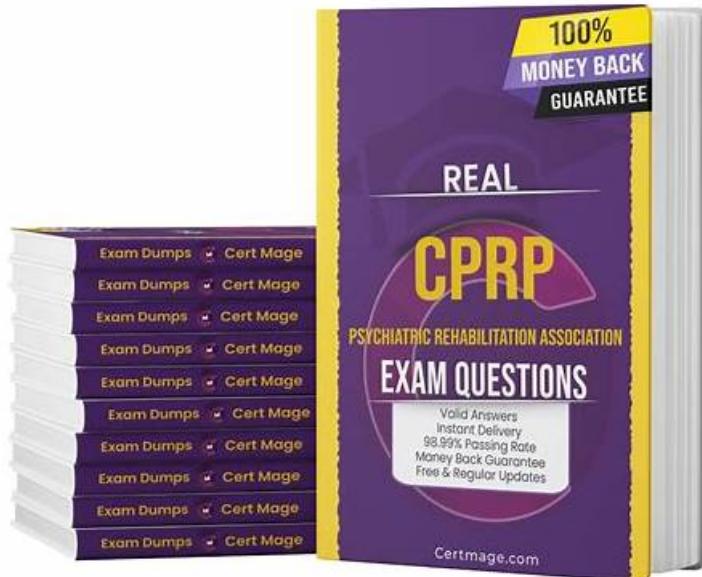


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Psychiatric Rehabilitation Association CPRP Exam Syllabus Topics:

Topic	Details

Topic 1	<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 2	<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 3	<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 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.

Psychiatric Rehabilitation Association Certified Psychiatric Rehabilitation Practitioner Sample Questions (Q44-Q49):

NEW QUESTION # 44

Which of the following is a peer-developed service now recognized as an evidence-based practice?

- A. Supported Employment
- B. Advanced Mental Health Directives
- C. **Wellness Recovery Action Plan**
- D. Self-Directed Care

Answer: C

Explanation:

This question falls under Domain V: Strategies for Facilitating Recovery, which emphasizes evidence-based practices (EBPs) in psychiatric rehabilitation, including peer-developed services. The CPRP Exam Blueprint identifies the Wellness Recovery Action Plan (WRAP) as "a peer-developed, evidence-based practice that empowers individuals to manage their mental health through self-directed recovery planning." WRAP, developed by Mary Ellen Copeland and peer advocates, is widely recognized for its research-backed effectiveness in promoting recovery.

* Option D: The Wellness Recovery Action Plan (WRAP) is a peer-developed service that has been established as an EBP through rigorous research demonstrating its impact on symptom management, self-advocacy, and recovery. It involves creating a personalized plan for wellness, triggers, and crisis management, aligning with recovery-oriented principles.

* Option A: Advanced Mental Health Directives (e.g., psychiatric advance directives) are tools for self-directed care but are not peer-developed services nor widely recognized as EBPs in the same way as WRAP.

* Option B: Self-Directed Care is a model allowing individuals to manage their service funds but is not specifically peer-developed or universally classified as an EBP.

* Option C: Supported Employment (e.g., Individual Placement and Support) is an EBP but was developed by researchers and professionals, not primarily by peers.

Extract from CPRP Exam Blueprint (Domain V: Strategies for Facilitating Recovery):

"Tasks include: 3. Implementing peer-developed evidence-based practices, such as the Wellness Recovery Action Plan (WRAP), to support self-directed 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 6 - Strategies for Facilitating Recovery.

Copeland, M. E. (2002). Wellness Recovery Action Plan. Peach Press (recommended CPRP study literature, details WRAP as an EBP).

NEW QUESTION # 45

What are the components of a psychiatric rehabilitation diagnosis?

- A. Social skill assessment, psychiatric diagnosis, and an overall rehabilitation goal
- **B. Resource assessment, functional assessment, and an overall rehabilitation goal**
- C. Functional assessment, diagnostic assessment, and skill programming
- D. Readiness assessment, skill management, and resource evaluation

Answer: B

Explanation:

A psychiatric rehabilitation diagnosis focuses on identifying an individual's strengths, needs, and aspirations to guide recovery-oriented planning, distinct from a clinical diagnosis. The CPRP Exam Blueprint (Domain IV: Assessment, Planning, and Outcomes) outlines the components as a functional assessment (to identify strengths and deficits), a resource assessment (to evaluate available supports), and an overall rehabilitation goal (to set a person-centered objective) (Task IV.A.1: "Conduct functional assessments to identify individual goals and strengths" and Task IV.A.3: "Assess available resources to support goal attainment"). Option A (resource assessment, functional assessment, and an overall rehabilitation goal) aligns with this framework, capturing the holistic, recovery-focused approach of psychiatric rehabilitation.

Option B (social skill assessment, psychiatric diagnosis, rehabilitation goal) is incorrect, as psychiatric diagnosis is clinical and not part of rehabilitation diagnosis, and social skills are a subset of functional assessment. Option C (readiness assessment, skill management, resource evaluation) mixes assessment and intervention terms, missing the goal component. Option D (functional assessment, diagnostic assessment, skill programming) includes clinical diagnostic assessment, which is not relevant, and skill programming is an intervention, not a diagnostic component. The PRA Study Guide details these components as essential for rehabilitation planning, supporting Option A.

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CPRP Exam Blueprint (2014), Domain IV: Assessment, Planning, and Outcomes, Tasks IV.A.1 and IV.A.3.

PRA Study Guide (2024), Section on Psychiatric Rehabilitation Diagnosis.

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

NEW QUESTION # 46

What is the primary objective of an initial meeting with an individual seeking rehabilitation services?

- A. Determining the diagnosis
- B. Reducing symptoms
- **C. Establishing a trusting relationship**
- D. Creating the rehabilitation plan

Answer: C

Explanation:

The initial meeting with an individual seeking rehabilitation services sets the foundation for a recovery-oriented, person-centered relationship. The CPRP Exam Blueprint (Domain I: Interpersonal Competencies) emphasizes building trust and rapport as the primary objective to engage individuals effectively (Task I.B.3):

"Adapt communication strategies to build trust and engagement". Option D (establishing a trusting relationship) aligns with this, as trust is essential for fostering collaboration, understanding the individual's needs, and ensuring future engagement in rehabilitation planning.

Option A (creating the rehabilitation plan) is premature, as planning requires trust and assessment (Domain IV). Option B (reducing symptoms) is a clinical goal, not the focus of an initial meeting in psychiatric rehabilitation. Option C (determining the diagnosis) is outside the scope of rehabilitation practitioners, who focus on functional goals, not diagnostic assessment. The PRA Study Guide underscores trust-building as the cornerstone of initial interactions, supporting Option D.

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

PRA Study Guide (2024), Section on Building Trust and Engagement.

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

NEW QUESTION # 47

Functional assessment includes which of the following?

- A. Assessment of educational successes and goals in life

- B. Assessment of current functional successes and challenges
- C. Assessment of past functional successes in all domains
- D. Assessment of activities of daily living needs for future roles

Answer: B

Explanation:

A functional assessment in psychiatric rehabilitation evaluates an individual's current abilities and barriers to inform recovery-oriented planning. The CPRP Exam Blueprint (Domain IV: Assessment, Planning, and Outcomes) defines functional assessment as identifying current functional successes (strengths) and challenges (deficits) across domains like self-care, social skills, or employment to guide goal-setting (Task IV).

A:1: "Conduct functional assessments to identify individual goals and strengths"). Option B (assessment of current functional successes and challenges) aligns with this, as it focuses on the individual's present capabilities and limitations to develop relevant, person-centered interventions.

Option A (activities of daily living for future roles) is narrower and future-focused, not capturing the full scope of current functioning. Option C (educational successes and goals) is too specific, as functional assessment spans multiple domains. Option D (past functional successes) is retrospective and less relevant than current functioning for planning. The PRA Study Guide emphasizes assessing current strengths and challenges as the core of functional assessment, supporting Option B.

CPRP Exam Blueprint (2014), Domain IV: Assessment, Planning, and Outcomes, Task IV.A.1.

PRA Study Guide (2024), Section on Functional Assessment.

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

NEW QUESTION # 48

Which of the following is MOST likely to move the field of psychiatric rehabilitation closer to a full vision of recovery?

- A. Focusing on symptom management.
- B. Targeting wellness outcomes.
- C. Developing new medications.
- D. Reducing dependence on services.

Answer: D

Explanation:

The vision of recovery in psychiatric rehabilitation emphasizes empowerment, self-determination, and community integration, enabling individuals to lead meaningful lives with minimal reliance on formal services. The CPRP Exam Blueprint (Domain V: Strategies for Facilitating Recovery) highlights promoting independence and self-sufficiency as central to recovery-oriented practice (Task V.A.1: "Promote recovery principles, including self-determination and independence"). Option B (reducing dependence on services) aligns with this by fostering skills, natural supports, and community resources that enable individuals to live independently and engage in valued roles (e.g., employment, relationships).

Option A (developing new medications) focuses on clinical symptom reduction, which supports recovery but is secondary to its broader social and personal goals (Domain VII). Option C (focusing on symptom management) prioritizes clinical outcomes over the holistic recovery principles of empowerment and community integration (Domain V). Option D (targeting wellness outcomes) is relevant but less specific than Option B, as wellness is one aspect of recovery, whereas reducing service dependence encompasses broader recovery goals, including self-management and community living (Domain III). The PRA Study Guide emphasizes independence as a hallmark of recovery, supporting Option B.

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CPRP Exam Blueprint (2014), Domain V: Strategies for Facilitating Recovery, Task V.A.1.

PRA Study Guide (2024), Section on Recovery Principles.

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

NEW QUESTION # 49

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