

CPRP Exam Questions - Certified Psychiatric Rehabilitation Practitioner Exam Tests & CPRP Test Guide

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

IAPSR 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 an 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 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"> • 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 3	<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 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"> • 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.

>> CPRP Real Questions <<

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Psychiatric Rehabilitation Association Certified Psychiatric Rehabilitation Practitioner Sample Questions (Q35-Q40):

NEW QUESTION # 35

Community integration facilitates opportunities for activities that are

- A. peer led.
- **B. self-directed.**
- C. group directed.
- D. staff led.

Answer: B

Explanation:

Community integration aims to empower individuals with psychiatric disabilities to participate fully in community life through activities that reflect their choices and autonomy. The CPRP Exam Blueprint (Domain III: Community Integration) emphasizes supporting self-directed activities that align with individual preferences (Task III.A.3: "Support individuals in pursuing self-directed community activities"). Option D (self-directed) aligns with this, as community integration facilitates opportunities for activities chosen by the individual-such as employment, volunteering, or hobbies-that promote independence and meaningful community roles.

Option A (peer led) is relevant for peer support but narrower, as not all community activities are peer-led.

Option B (staffed) contradicts the recovery-oriented focus on autonomy, as staff-led activities are more program-based. Option C (group directed) is less precise, as group activities may not always reflect individual choice. The PRA Study Guide highlights self-directed activities as the hallmark of community integration, supporting Option D.

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CPRP Exam Blueprint (2014), Domain III: Community Integration, Task III.A.3.

PRA Study Guide (2024), Section on Self-Directed Community Participation.

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

NEW QUESTION # 36

An individual is working on setting an overall rehabilitation plan with her practitioner. One of the objectives is to return to college to finish her degree in accounting, but she wants to work on other objectives first. This person is MOST likely in what stage of change?

- A. Action.
- **B. Contemplation.**
- C. Maintenance.
- D. Acceptance.

Answer: B

Explanation:

The Stages of Change model guides the development of rehabilitation plans by assessing an individual's readiness to pursue specific goals. The CPRP Exam Blueprint (Domain IV: Assessment, Planning, and Outcomes) emphasizes evaluating stages of change to prioritize goals in person-centered planning (Task IV.A.

2: "Assess individual's stage of change and readiness for goal-setting"). Option C (Contemplation) aligns with this, as the individual is considering returning to college (indicating awareness of the goal) but prioritizes other objectives first, suggesting she is not yet ready to act on the college goal but is weighing its importance.

Option A (Acceptance) is not a stage of change, though it may describe an attitude in later stages. Option B (Action) involves actively pursuing a goal, which does not match the individual's focus on other objectives.

Option D (Maintenance) applies to sustaining changes already made, not planning future goals. The PRA Study Guide describes contemplation as the stage where individuals are aware of a goal but not yet committed to action, 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 Stages of Change Model.

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

NEW QUESTION # 37

After meeting with an individual and hearing about her goals, the next BEST step in person-centered planning is

- A. scheduling an interdisciplinary team meeting.
- B. developing a treatment plan.
- **C. conducting a strengths-based assessment.**
- D. performing a functional assessment.

Answer: C

Explanation:

Person-centered planning builds on an individual's goals by identifying strengths and resources to support their achievement. The CPRP Exam Blueprint (Domain IV: Assessment, Planning, and Outcomes) specifies that after identifying goals, the next step is to conduct a strengths-based assessment to highlight the individual's capabilities, interests, and supports that can be leveraged to achieve their aspirations (Task IV.A.1: "Conduct functional assessments to identify individual goals and strengths"). Option B (conducting a strengths-based assessment) aligns with this, as it ensures the plan is grounded in the individual's existing assets, fostering hope and tailoring strategies to their unique strengths.

Option A (performing a functional assessment) is broader and includes strengths but also deficits, making it less specific than a strengths-based focus. Option C (developing a treatment plan) is premature, as assessment must precede planning, and "treatment" is a clinical term not aligned with rehabilitation's focus. Option D (scheduling an interdisciplinary team meeting) may occur later but is not the immediate next step after goal identification. The PRA Study Guide emphasizes strengths-based assessment as critical for person-centered planning, supporting Option B.

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

PRA Study Guide (2024), Section on Strengths-Based Assessment in Planning.

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

NEW QUESTION # 38

A practitioner is a manager of a group home. The practitioner encourages the staff to assist interested residents in connecting to local religious congregations. What psychiatric rehabilitation principle is the practitioner implementing?

- A. Services should build on the assets and strengths of the individuals using them.
- **B. Services should be normalized and incorporate natural supports.**
- C. Services should be flexible and well-coordinated.
- D. Service systems should be accountable to the individuals using them.

Answer: B

Explanation:

This question aligns with Domain III: Community Integration, which focuses on connecting individuals to community resources and natural supports to enhance integration and recovery. The CPRP Exam Blueprint emphasizes "incorporating natural supports, such as religious or community organizations, to promote normalized community participation." Connecting residents to local religious congregations leverages community-based natural supports, aligning with psychiatric rehabilitation principles.

Option A: Encouraging connections to religious congregations reflects the principle of normalizing services and incorporating natural supports. Religious congregations are community-based resources that provide social, spiritual, and practical support, fostering integration in a normalized setting, which is a core tenet of psychiatric rehabilitation.

Option B: Accountability to individuals is important but not directly related to connecting residents to religious congregations, which focuses on community engagement rather than system oversight.

Option C: Building on assets and strengths is relevant but less specific to this scenario, as the focus is on connecting to external community supports rather than individual strengths.

Option D: Flexibility and coordination are systems-level principles but do not directly describe the act of leveraging natural supports like religious congregations.

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

"Tasks include: 2. Promoting community integration through connections to natural supports, such as religious or social organizations. 3. Providing normalized services to enhance community participation." References:

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.

Anthony, W. A., & Farkas, M. (2012). The Essential Guide to Psychiatric Rehabilitation Practice. Boston University Center for Psychiatric Rehabilitation (emphasizes natural supports).

NEW QUESTION # 39

One of the components of wellness is

- A. compliance with medication.
- B. avoidance of stress.
- C. absence of illness.
- **D. purpose in life.**

Answer: D

Explanation:

Wellness in psychiatric rehabilitation is a multidimensional concept that encompasses physical, mental, emotional, and social well-being, guided by recovery principles. The CPRP Exam Blueprint (Domain VII:

Supporting Health & Wellness) includes supporting individuals in finding meaning and purpose as a key component of wellness (Task VII.A.1: "Promote holistic wellness, including purpose and meaning in life").

Option C (purpose in life) aligns with this task, as having a sense of purpose-through roles, goals, or activities-is a recognized dimension of wellness that fosters resilience and recovery.

Option A (compliance with medication) is a clinical strategy, not a core component of wellness, though it may support health (Domain VII). Option B (avoidance of stress) is impractical and not explicitly listed as a wellness dimension, as wellness involves managing, not eliminating, stress. Option D (absence of illness) is inaccurate, as wellness is not defined by the absence of illness but by positive attributes like purpose, relationships, and self-management, even in the presence of symptoms. The PRA Study Guide, referencing models like SAMHSA's Eight Dimensions of Wellness, includes purpose as a key element, supporting Option C: CPRP Exam Blueprint (2014), Domain VII: Supporting Health & Wellness, Task VII.A.1.

PRA Study Guide (2024), Section on Wellness Dimensions.

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

NEW QUESTION # 40

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