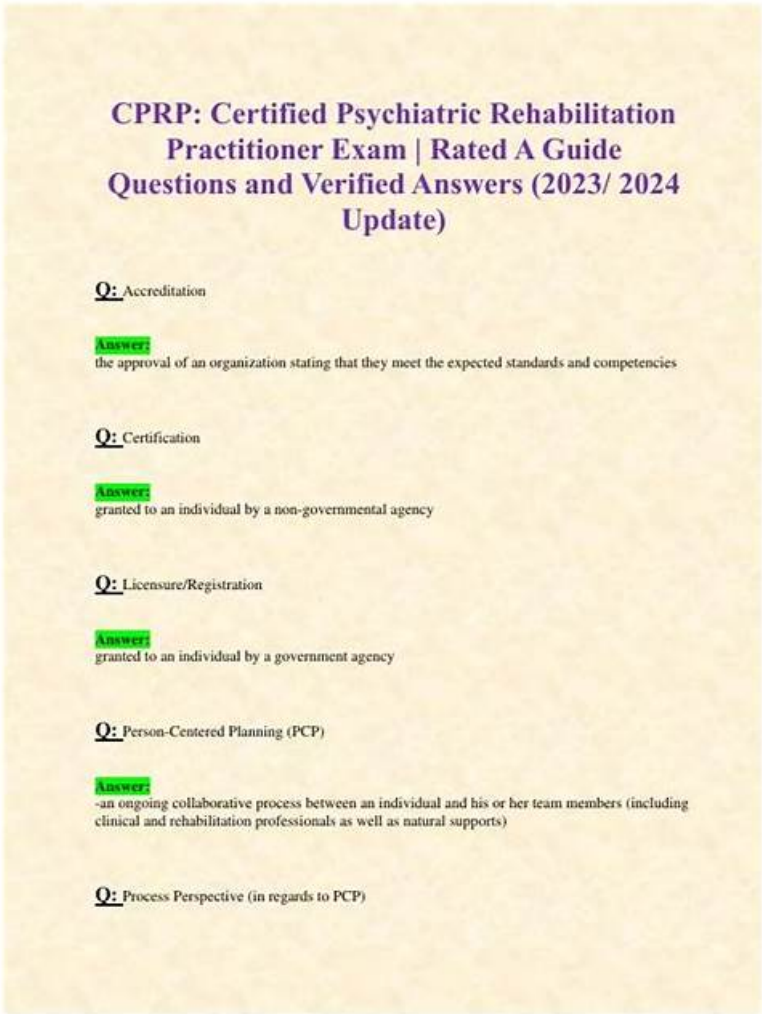


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Psychiatric Rehabilitation Association CPRP Exam Syllabus Topics:

Topic	Details
Topic 1	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 2	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	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	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 5	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.

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Psychiatric Rehabilitation Association Certified Psychiatric Rehabilitation Practitioner Sample Questions (Q115-Q120):

NEW QUESTION # 115

Which of the following BEST describes motivational interviewing?

- A. Helping the individual to come to an understanding about how they want to advance their recovery
- B. Providing the individual with information about how their mental disabilities will affect their future
- C. Including the treatment provider and individual when determining plans
- D. Telling the individual the most important steps to take to determine their future

Answer: A

Explanation:

Motivational interviewing (MI) is a collaborative, person-centered approach that helps individuals explore and resolve ambivalence to advance their recovery goals. The CPRP Exam Blueprint (Domain V: Strategies for Facilitating Recovery) describes MI as a technique to support individuals in clarifying their motivations and developing a personal vision for change (Task V.B.2: "Facilitate the development of self-management skills"). Option D (helping the individual to come to an understanding about how they want to advance their recovery) aligns with this, as MI uses empathetic, non-directive techniques (e.g., open-ended questions, reflective listening) to guide individuals toward self-determined recovery steps.

Option A (providing information about disabilities) is educational, not MI, which avoids directive advice.

Option B (including provider and individual) is too vague and does not capture MI's focus on internal motivation. Option C (telling important steps) is directive, contradicting MI's collaborative nature. The PRA Study Guide defines MI as fostering self-directed recovery understanding, supporting Option D.

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

NEW QUESTION # 116

An individual complains to a practitioner about major maintenance problems at her apartment, including lack of heat at the apartment complex. The first step for the practitioner to take is to:

- A. Suggest she schedule a meeting with other tenants.
- B. Report the complaint to the apartment landlord.
- C. Contact the agency's supported housing services.
- **D. Suggest she report problems to the landlord.**

Answer: D

Explanation:

This question aligns with Domain III: Community Integration, which focuses on empowering individuals to access and navigate community resources, such as housing, while promoting independence. The CPRP Exam Blueprint emphasizes "supporting individuals to self-advocate and address barriers in community settings, such as housing issues, as a first step." The scenario involves a maintenance issue (lack of heat), and the practitioner's initial response should empower the individual to take action while respecting her autonomy.

Option D: Suggesting that the individual report the problems to the landlord is the first step, as it empowers her to advocate for herself and address the issue directly with the responsible party. This aligns with the recovery-oriented principle of promoting independence and self-advocacy in community living.

Option A: Reporting the complaint directly to the landlord bypasses the individual's autonomy and may undermine her ability to self-advocate, which is not person-centered.

Option B: Contacting supported housing services escalates the issue prematurely without first encouraging the individual to address it herself, which is not the initial step.

Option C: Suggesting a meeting with other tenants may be a later strategy but is not the first step, as it does not directly address the immediate issue of reporting the maintenance problem to the landlord.

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

"Tasks include: 3. Supporting individuals in accessing housing and addressing barriers through self-advocacy.

4. Empowering individuals to navigate community resources independently." 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., Cohen, M., & Farkas, M. (1990). Psychiatric Rehabilitation. Center for Psychiatric Rehabilitation, Boston University (emphasizes empowerment in community settings).

NEW QUESTION # 117

What is the best location for learning the skills and activities of food preparation?

- A. A community college which offers cooking courses near the individual's home
- **B. The individual's own home**
- C. A residential program with an intensive skill-training component
- D. The kitchen unit of a Clubhouse

Answer: B

Explanation:

This question pertains to Domain III: Community Integration, which emphasizes providing services in natural, normalized environments to promote independence and skill development. The CPRP Exam Blueprint highlights "teaching skills in the individual's own environment to enhance generalization and community integration." Learning food preparation skills is most effective in a setting where the individual will apply them, ensuring relevance and practicality.

Option B: The individual's own home is the best location, as it is the natural environment where food preparation will occur. Learning in this setting ensures skills are tailored to the individual's kitchen, resources, and routines, promoting generalization and independence, which aligns with recovery-oriented principles.

Option A: A residential program may provide structured training but is less normalized and may not reflect the individual's actual living situation, limiting skill transfer.

Option C: A community college cooking course is a community-based option but may be too generalized or inaccessible (e.g., cost, transportation), and it is not tailored to the individual's home environment.

Option D: A Clubhouse kitchen unit offers a supportive environment but is not the individual's natural setting, reducing the direct applicability of learned skills.

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

"Tasks include: 1. Supporting skill development in natural environments, such as the individual's home, to promote independence. 2. Providing services in settings that enhance community integration and skill generalization." 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.

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

NEW QUESTION # 118

An individual with co-occurring substance abuse disorders comes into a program where he picks up his medication daily. The practitioner is aware that he had two beers earlier in the day and asks him to return the next day. The practitioner's actions demonstrate

- A. helping the person understand there are consequences to his actions.
- **B. a lack of understanding of integrated treatment.**
- C. a failure to employ shared decision making.
- D. appropriate caution due to interaction of medication and substances.

Answer: B

Explanation:

Managing co-occurring substance abuse and mental health disorders requires integrated treatment that addresses both conditions collaboratively and non-punitively. The CPRP Exam Blueprint (Domain VI:

Systems Competencies) emphasizes integrated dual diagnosis treatment (IDDT), which promotes harm reduction and shared decision-making rather than exclusionary practices (Task VI.B.2: "Promote integration of mental health, physical health, and substance use services"). Option C (a lack of understanding of integrated treatment) aligns with this, as the practitioner's decision to withhold medication due to alcohol consumption reflects a punitive approach, ignoring harm reduction principles and the need to maintain medication continuity for mental health stability, which is critical in co-occurring disorders.

Option A (failure to employ shared decision-making) is relevant but less specific, as the core issue is the lack of integrated treatment principles. Option B (consequences for actions) contradicts recovery-oriented, non-judgmental care. Option D (caution due to medication interactions) is plausible but incorrect, as the scenario does not indicate a specific interaction risk, and integrated treatment prioritizes continuity over exclusion. The PRA Study Guide underscores integrated, harm reduction-based approaches for co-occurring disorders, supporting Option C.

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CPRP Exam Blueprint (2014), Domain VI: Systems Competencies, Task VI.B.2.

PRA Study Guide (2024), Section on Integrated Treatment for Co-Occurring Disorders.

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

NEW QUESTION # 119

An individual with psychiatric disabilities is having problems connecting and working with various providers.

The individual tells his peer support specialist that his providers don't listen, dismiss any problems, and are not reassuring. After validating with the individual, which of the following would the BEST FIRST statement for the practitioner to make?

- A. You are right to have brought up this complaint. Let's move forward to analyze the problems
- B. This type of issue is common at first and we can work on the issues that have caused the problems
- **C. I'm here and I'm listening. Let's work together to develop an action plan for the future**
- D. I can fix some of the problems that you have been having making connections with your providers

Answer: C

Explanation:

The individual's frustration with providers requires a response that rebuilds trust and fosters collaboration.

The CPRP Exam Blueprint (Domain I: Interpersonal Competencies) emphasizes validating concerns and offering empathetic, person-centered engagement to address barriers in provider relationships (Task I.B.3:

"Adapt communication strategies to build trust and engagement"). Option A (I'm here and I'm listening. Let's work together to develop an action plan for the future) aligns with this, as it acknowledges the individual's feelings, reinforces the practitioner's commitment to listening, and proposes a collaborative approach to address the issue, empowering the individual.

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

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

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