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## Psychiatric Rehabilitation Association CPRP Exam Syllabus Topics:

Topic	Details
Topic 1	<ul style="list-style-type: none"><li>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.</li></ul>
Topic 2	<ul style="list-style-type: none"><li>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.</li></ul>
Topic 3	<ul style="list-style-type: none"><li>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.</li></ul>
Topic 4	<ul style="list-style-type: none"><li>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.</li></ul>
Topic 5	<ul style="list-style-type: none"><li>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.</li></ul>

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## Psychiatric Rehabilitation Association Certified Psychiatric Rehabilitation Practitioner Sample Questions (Q16-Q21):

### NEW QUESTION # 16

What are the components of a psychiatric rehabilitation diagnosis?

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

**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 # 17

A 28-year-old individual has been living with his family for six years. The family told him that he must get a job or move out. The individual tells the practitioner that he does not want to move out and has applied for many jobs and has not been successful. What is the practitioner's next BEST step?

- A. Ask his peer support specialist for possible ideas
- B. Locate alternate housing in the community near his family
- C. **Help him to be his own advocate with the family**
- D. Contact the local employment office for a job referral

**Answer: C**

Explanation:

The individual's situation involves family pressure to secure employment to remain at home, coupled with unsuccessful job applications, indicating a need for empowerment and communication strategies. The CPRP Exam Blueprint (Domain V: Strategies for Facilitating Recovery) emphasizes supporting individuals in developing self-advocacy skills to navigate challenges and achieve recovery goals (Task V.B.3: "Support individuals in developing self-advocacy and communication skills"). Option D (help him to be

his own advocate with the family) aligns with this, as it empowers the individual to communicate his efforts, needs, and goals to his family, potentially negotiating solutions (e.g., more time or support) while addressing the immediate pressure to move out. Option A (contact the employment office) focuses on job search but does not address the urgent family dynamic. Option B (ask peer support specialist) may provide ideas but is less direct than building the individual's advocacy skills to resolve the family conflict. Option C (locate alternate housing) assumes moving out, contradicting the individual's stated goal to stay. The PRA Study Guide highlights self-advocacy as a key recovery strategy for managing family relationships, supporting Option D.

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CPRP Exam Blueprint (2014), Domain V: Strategies for Facilitating Recovery, Task V.B.3.

PRA Study Guide (2024), Section on Self-Advocacy in Recovery.

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

### **NEW QUESTION # 18**

During a discussion with his practitioner, an individual reports that a recently formed relationship has helped him feel better in general. This is an example of

- A. positive reinforcement contributing to a healthy lifestyle.
- **B. friendship as a component of a healthy lifestyle.**
- C. co-dependence.
- D. independent living

#### **Answer: B**

Explanation:

Social relationships are a key component of health and wellness in psychiatric rehabilitation, contributing to emotional well-being and recovery. The CPRP Exam Blueprint (Domain VII: Supporting Health & Wellness) emphasizes promoting social connections as part of a healthy lifestyle (Task VII.B.1: "Support the development of social and interpersonal skills"). Option B (friendship as a component of a healthy lifestyle) directly aligns with this task, as the individual's new relationship is described as improving his general well-being, reflecting the positive impact of social support and friendship on mental and emotional health.

Option A (independent living) relates to community integration (Domain III) but does not specifically address the emotional benefits of relationships. Option C (co-dependence) is incorrect, as the question does not suggest an unhealthy reliance on the relationship, and co-dependence is not a recovery-oriented concept.

Option D (positive reinforcement contributing to a healthy lifestyle) is less precise, as the relationship itself is the direct contributor to well-being, not an external reinforcement mechanism. The PRA Study Guide highlights social relationships as a pillar of wellness, supporting Option B.

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CPRP Exam Blueprint (2014), Domain VII: Supporting Health & Wellness, Task VII.B.1.

PRA Study Guide (2024), Section on Social Support and Wellness.

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

### **NEW QUESTION # 19**

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. A residential program with an intensive skill-training component
- C. The kitchen unit of a Clubhouse
- **D. The individual's own home**

#### **Answer: D**

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 # 20

A best practice of practitioners in permanent supported housing programs is

- A. clear eligibility and readiness criteria.
- B. motivational interviewing.
- **C. community integration.**
- D. short-term targeted interventions.

**Answer: C**

Explanation:

Permanent supported housing programs aim to provide stable, long-term housing with flexible supports to enable individuals with psychiatric disabilities to live independently in the community. The CPRP Exam Blueprint (Domain III: Community Integration) identifies community integration as a best practice, emphasizing the facilitation of meaningful roles and connections in community settings (Task III.A.1):

"Support individuals in accessing and maintaining stable housing"). Option B (community integration) aligns with this, as practitioners in supported housing programs promote engagement in community activities, such as employment, social groups, or volunteering, to enhance recovery and quality of life.

Option A (short-term targeted interventions) contradicts the long-term, flexible nature of supported housing.

Option C (clear eligibility and readiness criteria) is minimal in supported housing, typically requiring only a desire to participate, not a best practice. Option D (motivational interviewing) is a technique, not a core housing practice. The PRA Study Guide and SAMHSA's supported housing guidelines highlight community integration as a key best practice, supporting Option B.

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

PRA Study Guide (2024), Section on Supported Housing Best Practices.

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

## NEW QUESTION # 21

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