

CPRP Valid Exam Bootcamp & CPRP Mock Exams

CPRP Practice Exam Questions

2023 – 2024(Verified)

1. To best understand the internal and external situation the agency is op- erating in requires a situational analysis. What is the main element of the situational analysis that looks at internal operations and external envion- ments

SWOT analysis

2. Your agency is updating its logo and developing a marketing plan to showcase the new logo and make it recognizable by the entire community when they see it. The agency is doing what

Branding the agency

3. When developing an emergency action plan, what should the parks and recreation professional do first

Identify potential threats

4. Your supervisor has asked you to identify a financially feasible solution to an ongoing problem occurring at a park that is used during the community's annual summer celebration. In particular, your supervisor wants to more easily control and direct pedestrian traffic to key park locations while limiting traffic within dark and hazardous areas. Based on your supervisors request, which of the following would be the most appropriate solution

Work with the park maintenance department to construct temporary fencing to direct traffic and control access to hazardous area

5. When determining night lighting needs for athletic fields which of the following factors is true

Higher light levels are needed for incresed (player) skill levels (higher light levels needed for competitive play fields compared to recreational play fields)

6. Your current definition of a capital inventory item, developed in 1988, is

1 / 5

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Psychiatric Rehabilitation Association CPRP Exam Syllabus Topics:

Topic	Details
Topic 1	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 2	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 3	• 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.
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Psychiatric Rehabilitation Association CPRP Mock Exams | Valid CPRP Exam Notes

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

NEW QUESTION # 99

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

Answer: A

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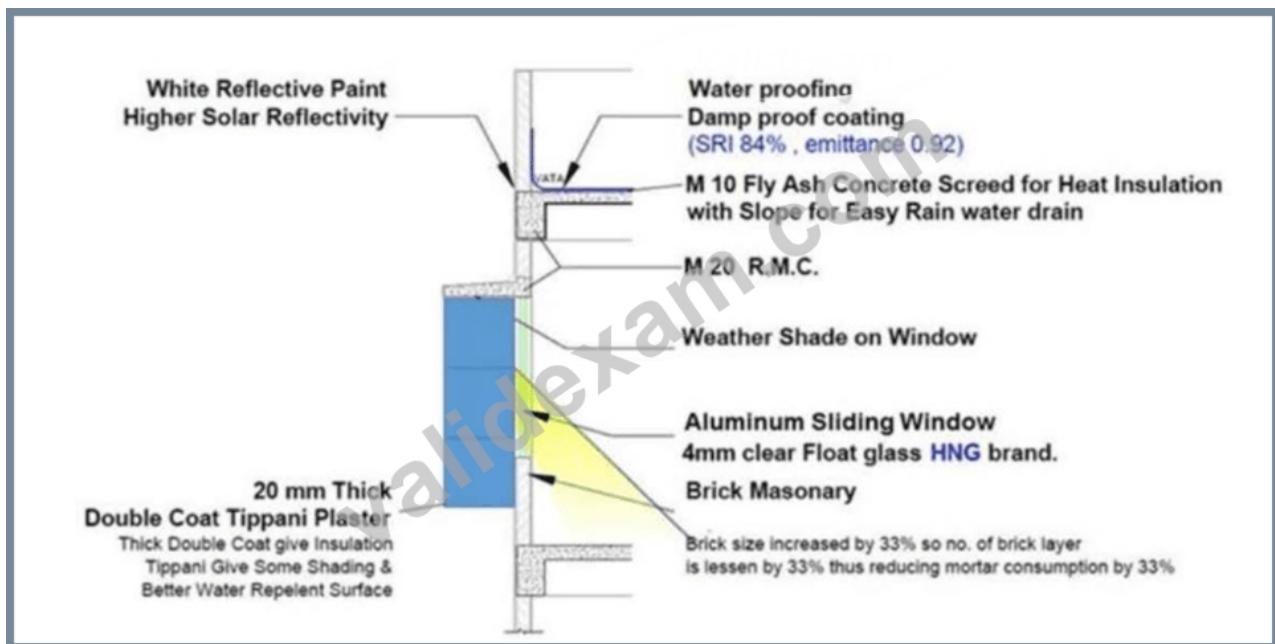
CPRP Exam Blueprint (2014), Domain VI: Systems Competencies, Task VI.B.2.

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

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

NEW QUESTION # 100

The detail below is presented by the client.



What strategy is good for embodied energy saving?

- A. Waterproofing with SRI of 84%
- **B. Fly ash concrete**
- C. External shading
- D. Aluminum sliding window

Answer: B

Explanation:

Embodied energy refers to the total energy consumed in the production, transportation, and installation of building materials, a key consideration for sustainable design that supports health and wellness through environmentally responsible practices. The CPRP Exam Blueprint (Domain VII: Supporting Health & Wellness) indirectly relates to this through promoting wellness via sustainable, health-focused environments (Task VII.A.1: "Promote holistic wellness, including purpose and meaning in life"). Option B (fly ash concrete) is the best strategy for embodied energy saving, as fly ash-a byproduct of coal combustion- replaces a portion of Portland cement in concrete, which has high embodied energy due to its energy-intensive production (e.g., 4,000-5,000 MJ/ton for cement vs. 800-1,000 MJ/ton for fly ash concrete). Using fly ash reduces energy consumption, lowers greenhouse gas emissions, and enhances concrete durability, aligning with sustainable practices that support wellness by reducing environmental impact. Option A (external shading) reduces operational energy (e.g., cooling) but has minimal impact on embodied energy, as shading materials (e.g., louvers) still require production energy. Option C (aluminum sliding window) has high embodied energy, as aluminum production is energy-intensive (around 200 MJ/kg). Option D (waterproofing with SRI of 84%) focuses on solar reflectance to reduce heat gain, affecting operational energy, not embodied energy, and waterproofing materials (e.g., coatings) have moderate production energy.

Literature on sustainable construction, such as guidelines from the U.S. Green Building Council, emphasizes fly ash concrete for embodied energy savings, supporting Option B.

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

PRA Study Guide (2024), Section on Environmental Wellness (contextual application).

U.S. Green Building Council, LEED Guidelines on Embodied Energy (general knowledge).

NEW QUESTION # 101

A trauma-informed perspective views trauma-related symptoms and behaviors as

- A. culturally specific responses to cope with the experience.
- B. environmentally specific responses to the experiences resulting in maladaptive behaviors.
- C. the individual's maladaptive response to the experiences.
- **D. a response reflecting the individual's best attempt to cope with the experiences.**

Answer: D

Explanation:

A trauma-informed perspective reframes trauma-related symptoms and behaviors as adaptive coping mechanisms rather than deficits, recognizing them as the individual's best effort to survive overwhelming experiences. The CPRP Exam Blueprint (Domain I: Interpersonal Competencies) emphasizes understanding trauma responses as coping attempts to inform person-centered, empathetic care (Task I.A.4: "Apply trauma-informed principles in service delivery"). Option B (a response reflecting the individual's best attempt to cope with the experiences) aligns with this, as trauma-informed care views behaviors like hypervigilance or dissociation as protective strategies developed in response to trauma, not as inherently problematic.

Option A (culturally specific responses) is too narrow, as trauma responses are not solely cultural. Option C (maladaptive response) contradicts trauma-informed principles by labeling responses as dysfunctional rather than adaptive. Option D (environmentally specific, maladaptive) also mischaracterizes responses as maladaptive and overly ties them to environment alone. The PRA Study Guide, referencing SAMHSA's trauma-informed care principles, emphasizes coping attempts as central to understanding trauma, supporting Option B.

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CPRP Exam Blueprint (2014), Domain I: Interpersonal Competencies, Task I.A.4.

PRA Study Guide (2024), Section on Trauma-Informed Care Principles.

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

NEW QUESTION # 102

An individual and a practitioner identify that the individual has a history of feeling scared, disorganized, and isolated several weeks prior to psychiatric hospitalizations. The individual wants to be alerted by the practitioner when the practitioner notices these signs. This information should be reflected in the:

- A. Strategic goal
- **B. Rehabilitation plan**
- C. Skills training plan
- D. Overall rehabilitation goal

Answer: B

Explanation:

This question aligns with Domain IV: Assessment, Planning, and Outcomes, which focuses on developing individualized rehabilitation plans that incorporate assessment findings, personal goals, and strategies to support recovery. The CPRP Exam Blueprint emphasizes that rehabilitation plans should include "specific interventions, supports, and monitoring strategies to address identified needs and prevent adverse outcomes, such as hospitalization." The scenario involves incorporating a monitoring strategy (alerting the individual to early warning signs) into the individual's plan to prevent hospitalizations.

* Option D: The rehabilitation plan is the comprehensive document that integrates assessment data, goals, interventions, and monitoring strategies tailored to the individual's needs. Including a strategy to alert the individual when signs of feeling scared, disorganized, or isolated are observed fits within the rehabilitation plan, as it addresses early intervention to prevent hospitalization. This aligns with person-centered planning principles.

* Option A: A strategic goal typically outlines a broad, long-term outcome (e.g., maintaining stability), not specific interventions like monitoring and alerting.

* Option B: A skills training plan focuses on teaching specific skills (e.g., coping or social skills), not monitoring or alerting strategies.

* Option C: The overall rehabilitation goal is a high-level aim (e.g., living independently), not a detailed plan that includes specific interventions like alerting the individual to warning signs.

Extract from CPRP Exam Blueprint (Domain IV: Assessment, Planning, and Outcomes):

"Tasks include: 2. Developing individualized rehabilitation plans that incorporate assessment findings and monitoring strategies. 3. Identifying early warning signs and interventions to prevent adverse outcomes, such as hospitalization."

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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 5 - Assessment, Planning, and Outcomes.

Farkas, M., & Anthony, W. A. (2010). Psychiatric Rehabilitation Interventions: A Review. International Review of Psychiatry (recommended CPRP study literature, discusses rehabilitation planning).

NEW QUESTION # 103

In order for practitioners to deeply empathize with persons who have psychiatric disabilities, they must be

- **A. involved in their own personal growth.**
- B. physically, spiritually, and mentally healthy.

- C. knowledgeable about available therapeutic interventions.
- D. active in the peer empowerment movement.

Answer: A

Explanation:

Empathy is a cornerstone of interpersonal competencies in psychiatric rehabilitation, enabling practitioners to build trust and understand the lived experiences of individuals with psychiatric disabilities. The CPRP Exam Blueprint (Domain I: Interpersonal Competencies) emphasizes self-awareness and ongoing personal development as essential for empathy (Task I.A.3: "Engage in ongoing self-assessment and professional development"). Option D (involved in their own personal growth) directly aligns with this task, as personal growth fosters self-reflection, emotional resilience, and the ability to connect authentically with clients. This involves examining personal biases, values, and experiences to enhance empathetic engagement.

Option A (active in the peer empowerment movement) pertains to advocacy and systems competencies (Domain VI) but is not a requirement for empathy. Option B (physically, spiritually, and mentally healthy) is overly broad and not explicitly linked to empathy in the blueprint, though practitioner wellness supports overall competence (Domain VII). Option C (knowledgeable about therapeutic interventions) relates to professional role competencies (Domain II) rather than interpersonal empathy. The PRA Code of Ethics further underscores self-awareness and personal growth as foundational for ethical, empathetic practice, reinforcing Option D.

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

PRA Certification Handbook (2024), Section on Ethical Practice.

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

NEW QUESTION # 104

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