

Psychiatric Rehabilitation Association CPRP試題 - CPRP學習指南



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Psychiatric Rehabilitation Association CPRP 考試大綱：

主題	簡介
主題 1	<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.
主題 2	<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.
主題 3	<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.
主題 4	<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.

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最新的 PRA Certification CPRP 免費考試真題 (Q71-Q76):

問題 #71

A man with a psychiatric disability continues to be fearful of connecting with others even after significant reduction in his symptoms and completing interpersonal skills training. The next step for the practitioner is to:

- A. Request a change in his current medication.
- B. Stress the importance of strengthening his relationships.
- **C. Assess his experience with trauma.**
- D. Review his lack of motivation to change.

答案：C

解題說明：

This question aligns with Domain IV: Assessment, Planning, and Outcomes, which focuses on reassessing individuals' needs when progress stalls to identify underlying barriers. The CPRP Exam Blueprint emphasizes "conducting assessments to identify factors, such as trauma, that may impact recovery goals, particularly when expected progress is not achieved." The individual's persistent fear of connecting with others, despite reduced symptoms and skills training, suggests a potential underlying issue, such as trauma, that requires further assessment.

* Option A: Assessing the individual's experience with trauma is the best next step, as trauma can cause persistent fear of social connection, even after symptom reduction and skills training. This assessment ensures the practitioner understands the root cause and can tailor interventions, aligning with person-centered planning.

* Option B: Stressing the importance of relationships may pressure the individual without addressing the underlying fear, which could be counterproductive and non-therapeutic.

* Option C: Reviewing motivation assumes the issue is a lack of effort, which is premature and dismissive without first exploring potential barriers like trauma.

* Option D: Requesting a medication change assumes a pharmacological issue without evidence, ignoring the need to assess non-symptom-related barriers like trauma.

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

"Tasks include: 1. Conducting assessments to identify barriers to progress, including trauma or other psychosocial factors. 4. Revising rehabilitation plans based on reassessment findings to address underlying issues."

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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 (emphasizes trauma assessment in planning).

問題 #72

An individual with a psychiatric disability complains that her medication is making her too drowsy, even though it stops the distressing voices she hears. When using self-disclosure, the practitioner should:

- A. Share that he always takes his medications exactly as prescribed because he feels that his doctor knows what is best for him.
- B. Talk about his family's demands upon him and how difficult it is for him to cope.
- **C. Describe a time when he injured his back and had to work closely with his doctor to get the medicine adjusted so that it did not make him dizzy.**
- D. Talk about the time he stopped taking antibiotics without completing the entire course and then had a recurrence of his infection.

答案： C

解題說明：

This question falls under Domain I: Interpersonal Competencies, which emphasizes person-centered communication, including the appropriate use of self-disclosure to build therapeutic relationships. The CPRP Exam Blueprint specifies that self-disclosure should be "relevant, purposeful, and aimed at fostering hope, empathy, or collaboration, while maintaining professional boundaries." In this scenario, the individual is struggling with medication side effects (drowsiness), and the practitioner's self-disclosure should relate to this experience to validate her concerns and encourage collaboration with healthcare providers.

* Option A: Describing a personal experience of adjusting medication with a doctor due to side effects (dizziness) is relevant to the individual's situation. It validates her experience, models collaboration with a healthcare provider, and fosters hope that side effects can be managed, aligning with recovery- oriented communication.

* Option B: Discussing stopping antibiotics is unrelated to psychiatric medication or side effects and focuses on non-adherence, which could imply judgment and is not therapeutic in this context.

* Option C: Sharing strict adherence to medication due to trust in a doctor may dismiss the individual's valid concerns about side effects, potentially alienating her and undermining person-centered communication.

* Option D: Talking about family demands is irrelevant to the individual's medication concerns and risks shifting focus to the practitioner's personal issues, violating professional boundaries.

Extract from CPRP Exam Blueprint (Domain I: Interpersonal Competencies):

"Tasks include: 1. Establishing and maintaining a therapeutic relationship with individuals. 2. Using self- disclosure purposefully to foster hope, empathy, or collaboration, while maintaining professional boundaries."

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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 2 - Interpersonal Competencies.

Rogers, C. R. (1951). Client-Centered Therapy. Houghton Mifflin (influential in PRA's person-centered approach, supports purposeful self-disclosure).

問題 #73

Which of the following factors BEST contributes to wellness among individuals with psychiatric disabilities?

- A. Symptom self-management.
- **B. A self-defined balance of healthy habits and behaviors.**
- C. Utilizing natural supports and alternative healing programs.
- D. Regular visits to medical specialists.

答案： B

解題說明：

Wellness in psychiatric rehabilitation is a holistic, person-centered concept that encompasses physical, emotional, and social well-being, driven by individual choice. The CPRP Exam Blueprint (Domain VII:

Supporting Health & Wellness) emphasizes empowering individuals to define and pursue their own wellness through balanced, healthy habits (Task VII.A.1: "Promote holistic wellness, including self-defined healthy habits and behaviors"). Option D (a self-defined balance of healthy habits and behaviors) aligns with this, as it reflects the individual's autonomy in choosing practices-such as exercise, nutrition, or social activities-that promote wellness tailored to their needs and preferences.

Option A (symptom self-management) is important but narrower, focusing on clinical aspects rather than holistic wellness. Option B (natural supports and alternative healing) is a component but less comprehensive than self-defined habits, which encompass a broader range of wellness practices. Option C (regular visits to medical specialists) is a clinical intervention, not the primary driver of wellness, which prioritizes self- directed health. The PRA Study Guide, referencing SAMHSA's Eight Dimensions of Wellness, underscores self-defined healthy habits as central to wellness, supporting Option D.

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

PRA Study Guide (2024), Section on Wellness Dimensions and Self-Directed Health.

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

問題 #74

The practitioner has completed a rehabilitation readiness assessment with the individual and they have decided they are ready to go to work. What would be the practitioners next best step?

- A. Identify potential resources for employment opportunities
- B. Speak with the family on behalf of the individual
- C. Assist the individual to find employment
- D. Establish a stronger relationship with the individual

答案： A

解題說明：

After confirming readiness for employment, the practitioner must prepare to support the individual's job pursuit by identifying relevant resources. The CPRP Exam Blueprint (Domain III: Community Integration) emphasizes coordinating access to employment resources, such as job boards, supported employment programs, or vocational services, to facilitate community-based work (Task III.C.1: "Coordinate access to community resources to support integration"). Option C (identify potential resources for employment opportunities) aligns with this, as it involves researching and compiling options like IPS programs or local job services to match the individual's goals and needs, setting the stage for job search.

Option A (assist to find employment) is a subsequent step after resource identification. Option B (speak with family) is not indicated unless family involvement is requested. Option D (establish stronger relationship) is less relevant, as readiness assessment implies sufficient rapport. The PRA Study Guide highlights resource identification as key post-readiness, supporting Option C.

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

PRA Study Guide (2024), Section on Employment Resource Coordination.

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

問題 #75

An individual is hospitalized for psychiatric reasons and has asked staff to be able to engage in the ritual of smudging, which is the religious burning of herbs during treatment. She states that this would help with her recovery. The hospital administrator states there are rules against burning substances due to fire codes. When advocating for the individual's request, the practitioner should apply the following psychiatric rehabilitation principle.

- A. Solutions to problems should be sought with individuals, families, and their cultures.
- B. Interventions should be aligned with cultural practices.
- C. A strengths/wellness approach should be applied to all cultures.
- D. Positive cultural relations should be conveyed to the larger community.

答案： A

解題說明：

Advocating for an individual's cultural and spiritual practices, such as smudging, requires interpersonal competencies that prioritize collaborative, culturally sensitive problem-solving. The CPRP Exam Blueprint (Domain I: Interpersonal Competencies) emphasizes working with individuals and their cultural contexts to find solutions that respect their beliefs and needs (Task I.B.1: "Collaborate with individuals and their support systems to address barriers in a culturally competent manner"). Option B (solutions to problems should be sought with individuals, families, and their cultures) aligns with this by advocating for a collaborative approach to address the fire code barrier, such as exploring alternative ways to incorporate smudging (e.g., using smokeless methods) while respecting the individual's cultural practice.

Option A (positive cultural relations to the community) is unrelated to the immediate advocacy need within the hospital. Option C (strengths/wellness approach) is relevant but too broad, as it does not specifically address problem-solving for cultural practices. Option D (interventions aligned with cultural practices) is close but less precise, as it focuses on intervention design rather than collaborative problem-solving to overcome barriers. The PRA Study Guide highlights culturally collaborative advocacy as a key principle, supporting Option B.

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CPRP Exam Blueprint (2014), Domain I: Interpersonal Competencies, Task I.B.1.

PRA Study Guide (2024), Section on Cultural Competence and Advocacy.

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

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