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Certified Psychiatric Rehabilitation Practitioner (CPRP) Exam Prep questions with correct answers 2024

Mental health affects about 20% of the population. - CORRECT ANSWERS True

Psychiatric rehabilitation emerged out of the deinstitutionalization movement of the 1930's. - CORRECT ANSWERS False

_____ is/are example(s) of evidence-based practices. - CORRECT ANSWERS All of the above

Delusion are bizarre beliefs or ideas that a person cannot be talked out of while hallucinations are incorrect sensory information that the individual experiences as real. - CORRECT ANSWERS True

Mood disorders effect between - CORRECT ANSWERS about 5-20% of the population.

The "Vermont study" by Dr. Harding was one of the first longitudinal studies to demonstrate that persons with schizophrenia could have positive long-term outcomes. - CORRECT ANSWERS True

Illness Management and Recovery is an evidence based practice consisting of - CORRECT ANSWERS psychoeducation and self-management strategies.

Recovery is a operationalized construct that can only be measured by medical doctors. - CORRECT ANSWERS False

The main goal of Psychiatric Rehabilitation is: - CORRECT ANSWERS to promote recovery.

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Psychiatric Rehabilitation Association Certified Psychiatric Rehabilitation Practitioner Sample Questions (Q80-Q85):

NEW QUESTION # 80

Best practice guidelines used in a permanent supported housing should include

- A. readiness assessment.
- B. eligibility criteria.
- C. medication compliance.
- D. safety planning.

Answer: D

Explanation:

Permanent supported housing provides stable, long-term housing with flexible supports to promote community integration for individuals with psychiatric disabilities. The CPRP Exam Blueprint (Domain III:

Community Integration) emphasizes that best practice guidelines for supported housing include safety planning to ensure a secure living environment while respecting individual autonomy (Task III.A.1: "Support individuals in accessing and maintaining stable housing"). Option D (safety planning) aligns with this, as it involves creating protocols to address potential risks (e.g., crisis management, conflict resolution) while maintaining a recovery-oriented, person-centered approach.

Option A (medication compliance) is a clinical focus, not a housing best practice, and contradicts autonomy principles. Option B (eligibility criteria) is administrative and often minimal (e.g., desire to participate), not a core guideline for ongoing housing support. Option C (readiness assessment) may inform initial placement but is not a best practice for ongoing housing management. The PRA Study Guide and SAMHSA's supported housing guidelines highlight safety planning as essential, supporting Option D.

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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 # 81

Wellness Coaching is a conscious, deliberate process that requires a person to become aware of and make choices for

- A. improved physical and emotional health.
- B. a more satisfying lifestyle.
- C. a longer life expectancy.
- D. stronger interpersonal relationships.

Answer: A

Explanation:

Wellness Coaching is a structured, recovery-oriented approach that empowers individuals to make intentional choices to enhance their overall health. The CPRP Exam Blueprint (Domain VII: Supporting Health & Wellness) defines wellness coaching as a process that promotes awareness and decision-making to improve physical and emotional health (Task VII.A.3: "Facilitate wellness coaching to support physical and emotional health"). Option C (improved physical and emotional health) aligns with this, as wellness coaching focuses on holistic health outcomes, such as better nutrition, exercise, stress management, and emotional resilience, which are central to psychiatric rehabilitation's wellness framework.

Option A (a longer life expectancy) is a potential long-term outcome but not the primary focus of coaching, which targets immediate health improvements. Option B (a more satisfying lifestyle) is too broad and less specific than health-focused outcomes. Option D (stronger interpersonal relationships) is a component of wellness but secondary to the core focus on physical and emotional health in coaching. The PRA Study Guide, referencing SAMHSA's wellness dimensions, emphasizes physical and emotional health as primary targets of wellness coaching, supporting Option C.

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CPRP Exam Blueprint (2014), Domain VII: Supporting Health & Wellness, Task VII.A.3.
PRA Study Guide (2024), Section on Wellness Coaching and Health Promotion.
CPRP Exam Preparation & Primer Online 2024, Module on Supporting Health & Wellness.

NEW QUESTION # 82

A practitioner mentions to her supervisor that she is struggling to connect with an individual. She tells her supervisor that he is difficult to engage because he is always texting during their meetings. The BEST response from the supervisor is,

- **A. communicate with the individual via a text message.**
- B. ask the individual to make eye contact.
- C. request that he not bring his phone to their meetings.
- D. sit quietly until he is ready to talk.

Answer: A

Explanation:

Building effective relationships requires interpersonal competencies that adapt to an individual's communication preferences and behaviors. The CPRP Exam Blueprint (Domain I: Interpersonal Competencies) emphasizes using flexible, person-centered strategies to engage individuals in a manner that respects their needs and preferences (Task I.B.3: "Adapt communication strategies to build trust and engagement"). Option B (communicate with the individual via a text message) aligns with this by meeting the individual where he is—using his preferred mode of communication (texting)—to foster connection and build rapport, which can later transition to in-person engagement.

Option A (ask for eye contact) is prescriptive and may alienate the individual, ignoring his comfort with texting. Option C (request no phone) dismisses his communication preference and risks disengagement.

Option D (sit quietly) is passive and does not actively address the barrier to connection. The PRA Study Guide emphasizes adapting to individual communication styles as a key engagement strategy, supporting Option B.

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

PRA Study Guide (2024), Section on Person-Centered Engagement Strategies.

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

NEW QUESTION # 83

A woman with a psychiatric disability informs the practitioner that she feels violated in the adult care residence because there are no locks on the bedroom doors. She has awakened to find male residents in her room. She has complained to the manager/owner for months and nothing has been done about it. What is the best way for the practitioner to address this situation?

- **A. Provide the individual with the name and telephone number of the local human rights agency.**
- B. Call the residence and strongly advise them to address the problem.
- C. Provide the individual with supportive counseling to address underlying sexual concerns.
- D. Demonstrate several self-defense techniques that are effective against intruders.

Answer: A

Explanation:

This question falls under Domain II: Professional Role Competencies, which emphasizes advocacy, ethical practice, and empowering individuals to access resources and assert their rights. The CPRP Exam Blueprint specifies that practitioners must "advocate for individuals' rights and access to appropriate services while maintaining professional boundaries." The scenario involves a serious safety and privacy violation in an adult care residence, requiring the practitioner to empower the individual to address the issue effectively while adhering to ethical standards.

* Option C: Providing the individual with the contact information of a local human rights agency empowers her to seek external advocacy and support to address the residence's failure to ensure her safety and privacy. This aligns with the PRA's emphasis on advocacy and empowerment, as it equips the individual to take action while respecting her autonomy. It also addresses the systemic issue (lack of response from the manager/owner) by connecting her to an authority that can enforce change.

* Option A: Teaching self-defense techniques places the burden on the individual to protect herself, which is inappropriate given the residence's responsibility to provide a safe environment. This does not address the systemic issue or empower the individual to seek resolution.

* Option B: Calling the residence to advise them directly may overstep professional boundaries, as the practitioner is not in a supervisory role over the residence. It also does not empower the individual or ensure a sustainable resolution, as the manager has already ignored her complaints.

* Option D: Providing supportive counseling for "underlying sexual concerns" assumes the issue is psychological rather than a legitimate safety violation, which is dismissive and inappropriate. It fails to address the immediate safety concern or advocate for systemic change.

Extract from CPRP Exam Blueprint (Domain II: Professional Role Competencies):

"Tasks include: 2. Advocating for individuals' rights and access to safe and appropriate services. 3.

Empowering individuals to self-advocate and access community resources. 4. Maintaining professional boundaries in all interactions."

Psychiatric Rehabilitation Association (PRA). (2014). CPRP Exam Blueprint. Retrieved from PRA Certification Handbook.

PRA. (2024). CPRP Exam Preparation & Primer Online 2024 Course: Module 3 - Professional Role Competencies.

PRA Code of Ethics (2019). Emphasizes advocacy and empowerment in ensuring individuals' rights and safety.

NEW QUESTION # 84

Literature suggests that bolstering the social support network of people who have been diagnosed with schizophrenia can MOST importantly improve their

- A. sense of well-being.
- B. symptomatology.
- C. ability to work.
- D. social skills.

Answer: A

Explanation:

Social support networks are critical for enhancing wellness among individuals with schizophrenia, as they provide emotional, practical, and social resources that foster recovery. The CPRP Exam Blueprint (Domain VII: Supporting Health & Wellness) emphasizes the role of social connections in promoting overall well-being (Task VII.B.1: "Support the development of social and interpersonal skills to enhance wellness").

Option C (sense of well-being) aligns with this, as literature consistently shows that strong social support networks improve emotional and psychological well-being by reducing isolation, enhancing self-esteem, and providing a sense of belonging, which are particularly vital for individuals with schizophrenia.

Option A (social skills) may improve indirectly through social engagement, but it is not the primary outcome, as skills are a means to well-being, not the end goal. Option B (ability to work) is a secondary benefit, as employment depends on multiple factors beyond social support (Domain III). Option D (symptomatology) may see some improvement, but well-being is a broader, more direct outcome of social support, as symptom reduction is not guaranteed by social networks alone. The PRA Study Guide, referencing recovery-oriented research, highlights social support as a key driver of well-being, supporting Option C.

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 # 85

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