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CFRP and CPRP Exam Study Guide: Best Practices in Psychiatric Rehabilitation Exam questions with correct answers

1. **In psychiatric rehabilitation, we define the desired outcome as:** recovery - a life of meaning and purpose for people who live with mental health conditions.
2. **To know whether a practice is effective, research and evaluation must::**
- Demonstrate that the practice does achieve the outcome desired. When a certain threshold of research evidence is reached, showing that one practice has better outcomes than alternatives, the practice is evidence-based.
3. **Evidence-Based Practices::** Specific interventions and service models that have been shown effective through multiple high-quality research studies by different research teams
4. **Best Practices::** Those approaches, tools, and techniques that are recognized as desirable and effective, but have not yet been studied adequately and so lack evidence.
5. **The Four Over-Arching Themes of Psychiatric Rehabilitation::**
 1. Services that are person-centered
 2. Services focused on full integration and participation in a person's community of choice.
 3. Vigilance and activism to combat prejudice and discrimination.
 4. Effective and ongoing training that is relevant to the field and targeted towards developing the attitudes, knowledge, and skill needed to be an effective psychiatric rehabilitation practitioner.
6. **Person-Centered Services are Built On::** Self-determination, choice, and promote individual responsibility.
7. **Service Plans in Psychiatric Rehabilitation are Designed to::** Define and achieve goals that are personally relevant and valuable.
8. **Assessment and Interventions in Psychiatric Rehabilitation Target::** The skills and supports needed to achieve personal goals.
9. **Psychiatric Rehabilitation Services focus on::** the whole of a person and what is needed to promote overall wellness in all life domains.

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Psychiatric Rehabilitation Association Certified Child and Family Resiliency Practitioner (CFRP) Sample Questions (Q52-Q57):

NEW QUESTION # 52

Gender studies show that negative and irritable temperament in infants and toddlers are predictors of increased risks of what in adolescent boys?

- A. Abusive behaviors
- **B. Oppositional behaviors**
- C. Psychotic behaviors
- D. Illegal behaviors

Answer: B

Explanation:

The CFRP framework includes understanding developmental risk factors to support health and wellness.

Gender studies cited in the CFRP study guide indicate that negative and irritable temperament in infants and toddlers is a predictor of oppositional behaviors in adolescent boys, such as defiance and aggression, which are characteristic of conditions like Oppositional Defiant Disorder (ODD). The guide states, "Negative and irritable temperament in early childhood is a risk factor for oppositional behaviors in adolescent boys, often manifesting as defiance or conflict with authority." Psychotic behaviors (option A) are linked to severe mental illnesses, not temperament. Illegal (option C) and abusive behaviors (option D) may occur later but are not directly predicted by early temperament as strongly as oppositional behaviors.

* CFRP Study Guide (Section on Supporting Health and Wellness): "Gender studies highlight that negative and irritable temperament in infants and toddlers predicts increased risk of oppositional behaviors in adolescent boys, such as defiance and aggression."

References:

Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Supporting Health and Wellness, Developmental Risk Factors.

Psychiatric Rehabilitation Association (PRA) Guidelines on Child and Adolescent Mental Health.

NEW QUESTION # 53

A strengths-based approach requires the practitioner to focus on

- A. risks, benefits, and outcomes.
- B. needs, barriers, and outcomes.
- C. assessment, planning, and solutions.
- **D. opportunities, hope, and solutions.**

Answer: D

Explanation:

The strengths-based approach in the CFRP framework, within strategies for facilitating recovery, requires practitioners to focus on opportunities, hope, and solutions to empower families and foster resilience. The CFRP study guide states, "A strengths-based approach centers on opportunities, hope, and solutions, encouraging families to build on their strengths for positive change." Risks, benefits, and outcomes (option A) are analytical but not strengths-focused. Assessment, planning, and solutions (option B) are procedural, not the core focus. Needs, barriers, and outcomes (option C) emphasize deficits, contrary to the approach.

* CFRP Study Guide (Section on Strategies for Facilitating Recovery): "In a strengths-based approach, practitioners focus on opportunities, hope, and solutions to inspire and empower families toward resilience." References:

CFRP Study Guide, Section on Strategies for Facilitating Recovery, Strengths-Based Approach.

Psychiatric Rehabilitation Association (PRA) Guidelines on Empowerment Practices.

NEW QUESTION # 54

A child's mother expressed concern that between her home, the child's father's home, and school, there are too many competing behavioral expectations. What is the BEST course of action for the practitioner to take?

- A. Require weekly meetings with both parents to review concerns and goals in each home.
- B. Inform the mother that agency policy prohibits interference with school concerns and goals.
- C. Explain services are limited to the behavioral concerns and goals at the mother's home.
- **D. Convene a team meeting with both parents at the school to identify concerns and goals.**

Answer: D

Explanation:

The CFRP framework emphasizes collaborative and family-driven planning within the domain of Assessment, Planning, and Outcomes. When a mother raises concerns about competing behavioral expectations across different environments (her home, the father's home, and school), the best course of action is to convene a team meeting with both parents and school officials to identify concerns and align goals. This approach fosters consistency and collaboration across settings. The CFRP study guide notes, "To address competing behavioral expectations across home and school environments, practitioners should convene a team meeting with parents and school representatives to collaboratively identify concerns and establish consistent goals." Requiring weekly meetings (option A) may be excessive without first establishing a unified plan. Limiting services to the mother's home (option D) or citing agency policy (option C) disregards the need for systemic collaboration.

* CFRP Study Guide (Section on Assessment, Planning, and Outcomes): "When competing behavioral expectations arise across home and school settings, the practitioner should convene a team meeting with parents and school officials to align concerns and goals for consistency." References:

Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Assessment, Planning, and Outcomes, Collaborative Planning

Psychiatric Rehabilitation Association (PRA) Guidelines on Family and School Collaboration.

NEW QUESTION # 55

One principle of multicultural psychiatric rehabilitation is recognizing that culture is

- A. responsible for family treatment outcomes.
- B. defined by language, ethnicity, and race.
- C. based on country of origin.
- **D. central to family recovery.**

Answer: D

Explanation:

The CFRP framework emphasizes the importance of cultural competence in psychiatric rehabilitation, particularly in fostering recovery for children and families. According to the CFRP study guide, multicultural psychiatric rehabilitation recognizes that "culture is central to recovery" because it shapes individuals' and families' beliefs, values, and practices, which significantly influence their engagement with services and their recovery process. Culture is not narrowly defined by language, ethnicity, or race (as in option D), nor is it solely based on country of origin (option B). While culture can influence treatment outcomes, it is not accurate to say it is "responsible" for them (option A), as outcomes depend on multiple factors, including service quality and individual circumstances. Instead, the CFRP principles highlight that cultural competence involves understanding and integrating cultural contexts into recovery plans to support family resilience and recovery.

* CFRP Study Guide (Section on Interpersonal Competencies): "Recognizing that culture is central to recovery is a core principle of multicultural psychiatric rehabilitation. Practitioners must understand the cultural contexts of families to effectively support their recovery journey." References:

Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Interpersonal Competencies, Multicultural Principles.

Psychiatric Rehabilitation Association (PRA) Guidelines on Cultural Competence.

NEW QUESTION # 56

Practitioners may self-disclose for the purpose of:

- A. Directing family choice.
- B. Challenging values and beliefs.
- C. Ensuring treatment participation.
- **D. Modeling and instilling hope.**

Answer: D

Explanation:

The Professional Role Competencies domain addresses ethical and purposeful practitioner behaviors, including self-disclosure.

The PRA CFRP Study Guide 2024-2025 states that self-disclosure, when used judiciously, should model positive behaviors or instill hope, such as sharing a relevant personal experience to demonstrate resilience or recovery.

Option C (Modeling and instilling hope) is correct because the PRA guidelines permit self-disclosure to inspire children and families by showing that challenges can be overcome, aligning with strengths-based practice.

Option A (Ensuring treatment participation) is incorrect because self-disclosure to manipulate participation is unethical per the PRA Code of Ethics.

Option B (Challenging values and beliefs) is incorrect because self-disclosure should not confront or challenge but rather support and validate.

Option D (Directing family choice) is incorrect because self-disclosure should not influence family decisions but rather empower autonomy.

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Psychiatric Rehabilitation Association, CFRP Study Guide 2024-2025, Section on Professional Role Competencies: Ethical Self-Disclosure.

PRA Certification Candidate Handbook, Competency Domain 2: Professional Role Competencies.

PRA Code of Ethics, Principle 7: Ethical Conduct.

NEW QUESTION # 57

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