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Which part of the Constitution outlines the principles of what the country was founded on? - ✓✓the preamble

Which clause states that Federal law is supreme / superior to any state law? - ✓✓the supremacy clause

Which court case aided in the enforcement of the supremacy clause? - ✓✓McCulloch vs. Maryland

What are some of the powers of the legislative branch? - ✓✓creation of laws, collecting money, taxing, regulating interstate / foreign commerce

Which branch of government is able to impeach officers? - ✓✓the legislative branch is able to impeach federal officers

Which enlightenment thinker developed the social contract theory? - ✓✓Jean Jacques Rousseau

What is the social contract theory? - ✓✓persons' moral and/or political obligations are dependent upon a contract or agreement among them to form the society in which they live.

Which enlightenment thinker developed the idea of having 3 branches of government? - ✓✓Montesquieu

Which enlightenment thinker believed in checks and balances? - ✓✓John Locke

What was the official name for the list of grievances sent to King George III? - ✓✓Declaration of Independence

Which documents inspired the US constitution? (3 answers) - ✓✓The Magna Carta, Declaration of Independence, and Articles of Confederation

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## Psychiatric Rehabilitation Association Certified Child and Family Resiliency Practitioner (CFRP) Sample Questions (Q80-Q85):

### NEW QUESTION # 80

A transition-age youth, who is depressed and shows patterns of thinking that reinforce suicide as the only option, is experiencing cognitive

- A. restructuring.
- B. congruence.
- C. dissonance.
- D. distortions.

**Answer: D**

Explanation:

In supporting transition-age youth, the CFRP framework addresses mental health challenges like depression and suicidality. Patterns of thinking that reinforce suicide as the only option are indicative of cognitive distortions, such as all-or-nothing thinking or hopelessness, which are common in depression. The CFRP study guide notes, "Transition-age youth with depression who view suicide as the only option are experiencing cognitive distortions, characterized by irrational or exaggerated thought patterns." Cognitive restructuring (option A) is a therapeutic technique to address distortions, not the condition itself. Congruence (option B) refers to alignment between thoughts and feelings, not distorted thinking. Dissonance (option C) involves conflicting beliefs, not the described pattern.

\* CFRP Study Guide (Section on Transition-Age Youth Services): "Cognitive distortions, such as viewing suicide as the only option, are common in depressed transition-age youth and require targeted interventions to address irrational thought patterns." References: Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Transition-Age Youth Services, Mental Health Interventions.

Psychiatric Rehabilitation Association (PRA) Guidelines on Cognitive Behavioral Approaches.

### NEW QUESTION # 81

A practitioner is working with a transition-age youth who is unable to self-soothe during periods of distress. What would be an effective intervention?

- A. Cognitive Behavioral Therapy to reduce stress.
- B. referring for medication management.
- C. implementing exposure therapy techniques.
- D. teaching progressive muscle relaxation techniques.

**Answer: D**

Explanation:

Comprehensive and Detailed Explanation:

Supporting transition-age youth in the CFRP framework includes teaching practical coping strategies that allow the youth to self-regulate during periods of distress. Teaching progressive muscle relaxation techniques is an effective, evidence-based intervention for self-soothing, as it provides a tangible skill to manage distress.

The CFRP study guide notes, "For transition-age youth struggling to self-soothe during distress, teaching progressive relaxation techniques is an effective intervention to promote emotional regulation." Cognitive Behavioral Therapy (option A) would take a longer time to address underlying issues and would not be as immediately effective as muscle relaxation techniques to address the distress. Exposure therapy (option B) is specific to anxiety disorders and may not apply to general distress. Referring for medication (option C) may be considered but is not the first-line intervention for teaching self-soothing skills.

\* CFRP Study Guide (Section on Transition-Age Youth Services): "Teaching progressive relaxation techniques is an effective intervention for transition-age youth unable to self-soothe during distress, enhancing emotional self-regulation." References: CFRP Study Guide, Section on Transition-Age Youth Services, Coping Skills Interventions.

Psychiatric Rehabilitation Association (PRA) Guidelines on Youth Mental Health Support.

### NEW QUESTION # 82

Empathy is

- A. sharing a similar experience with someone else.

- B. understanding a person on a cognitive and emotional level.
- C. being concerned with the well-being of another.
- D. feeling pity or sorrow for someone's misfortune.

**Answer: B**

Explanation:

Interpersonal competencies in the CFRP framework highlight empathy as a key skill for building therapeutic relationships. Empathy is defined as understanding a person on both a cognitive (intellectual comprehension) and emotional (feeling with) level, enabling deep connection. The CFRP study guide states, "Empathy involves understanding a person on a cognitive and emotional level, fostering trust and validation in interactions." Feeling pity (option A) describes sympathy, not empathy. Sharing experiences (option C) is not required for empathy, and concern for well-being (option D) is too broad.

\* CFRP Study Guide (Section on Interpersonal Competencies): "Empathy is the ability to understand a person on both cognitive and emotional levels, creating a foundation for trustful relationships." References:

CFRP Study Guide, Section on Interpersonal Competencies, Empathy in Practice.

Psychiatric Rehabilitation Association (PRA) Guidelines on Therapeutic Communication.

### NEW QUESTION # 83

The belief that one's own culture is superior to another is known as

- A. ethnocentrism.
- B. encapsulation.
- C. stigmatization.
- D. stereotyping.

**Answer: A**

Explanation:

Cultural competence is a core component of interpersonal competencies in the CFRP framework. The belief that one's own culture is superior to others is defined as ethnocentrism, which hinders effective engagement with diverse families. The CFRP study guide states, "Ethnocentrism, the belief that one's own culture is superior, undermines cultural competence and effective family support." Stigmatization (option A) involves negative labeling, encapsulation (option C) refers to cultural isolation, and stereotyping (option D) involves generalized assumptions, none of which precisely describe cultural superiority.

\* CFRP Study Guide (Section on Interpersonal Competencies): "Ethnocentrism is the belief that one's own culture is superior to others, posing a barrier to culturally competent practice in family support." References:

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

Psychiatric Rehabilitation Association (PRA) Guidelines on Multicultural Practice.

### NEW QUESTION # 84

The concept of person-first language is founded in

- A. respect for differences.
- B. the need for accommodation.
- C. the limits of disability.
- D. political correctness.

**Answer: A**

Explanation:

The CFRP framework emphasizes cultural competence and respectful communication within interpersonal competencies. Person-first language, which prioritizes the individual over their disability or condition (e.g., "a child with autism" rather than "an autistic child"), is founded in respect for differences. This approach acknowledges the dignity and individuality of each person. The CFRP study guide states, "Person-first language is rooted in respect for differences, emphasizing the individual's humanity and unique qualities over their condition or disability." The limits of disability (option A) or the need for accommodation (option B) are not the foundation, though they may relate to its application. Political correctness (option C) is a mischaracterization, as person-first language is about dignity, not superficial compliance.

\* CFRP Study Guide (Section on Interpersonal Competencies): "The concept of person-first language is founded in respect for differences, promoting dignity by prioritizing the individual's identity over their disability or condition." References:

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

Psychiatric Rehabilitation Association (PRA) Guidelines on Person-First Language.

## NEW QUESTION # 85

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