

# Exam CPRP Questions & CPRP Sample Exam

## CPRP Practice Exam Questions 2023 – 2024(Verified)

1. To best understand the internal and external situation the agency is operating in requires a situational analysis. What is the main element of the situational analysis that looks at internal operations and external environments ☐ 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 increased (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

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## Psychiatric Rehabilitation Association CPRP Exam Syllabus Topics:

Topic	Details
Topic 1	<ul style="list-style-type: none"><li>Professional Role Competencies: This section evaluates the abilities of Rehabilitation Counselors and emphasizes professionalism, ethics, and accountability in practice. It addresses maintaining confidentiality, applying rehabilitation principles, collaborating with multidisciplinary teams, and demonstrating cultural competence and self-awareness.</li></ul>
Topic 2	<ul style="list-style-type: none"><li>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.</li></ul>

Topic 3	<ul style="list-style-type: none"> <li>• <b>Systems Competencies:</b> 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.</li> </ul>
Topic 4	<ul style="list-style-type: none"> <li>• <b>Assessment, Planning, and Outcomes:</b> 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.</li> </ul>

### >> Exam CPRP Questions <<

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## Psychiatric Rehabilitation Association Certified Psychiatric Rehabilitation Practitioner Sample Questions (Q33-Q38):

### NEW QUESTION # 33

Retention in community-based services by persons with serious mental illness is MOST often disrupted by

- A. medication management.
- **B. hospital recidivism.**
- C. family dynamics.
- D. financial instability.

**Answer: B**

Explanation:

Retention in community-based services, such as outpatient programs or supported housing, is critical for individuals with serious mental illness to maintain community integration. The CPRP Exam Blueprint (Domain III: Community Integration) emphasizes identifying and addressing barriers to sustained community participation (Task III.B.2: "Identify barriers to community integration and develop strategies to overcome them"). Hospital recidivism (Option C) is the most frequent disruptor, as recurrent hospitalizations due to symptom exacerbation or crises interrupt engagement with community-based services, leading to disengagement from supports like case management or rehabilitation programs.

Option A (family dynamics) can influence retention but is less universally disruptive than hospitalizations, which directly remove individuals from community settings. Option B (medication management) is a factor, but its impact is often secondary to crises leading to hospitalization. Option D (financial instability) is a barrier to community living but less directly tied to service retention compared to hospital recidivism, which physically and logistically disrupts service continuity. The PRA Study Guide notes that hospital recidivism is a primary challenge to maintaining community-based service engagement, supporting Option C.

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CPRP Exam Blueprint (2014), Domain III: Community Integration, Task III.B.2.

PRA Study Guide (2024), Section on Barriers to Community Integration.

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

### NEW QUESTION # 34

What is the MOST critical component to successful implementation of the Illness Management and Recovery model?

- A. Goal setting standards
- B. Motivational enhancement strategies
- C. Cognitive behavioral therapy

- **D. Skilled practitioners**

**Answer: D**

Explanation:

The Illness Management and Recovery (IMR) model is an evidence-based practice that helps individuals manage their mental health conditions through psychoeducation, goal-setting, and skill-building. The CPRP Exam Blueprint (Domain V: Strategies for Facilitating Recovery) emphasizes that the success of IMR depends on the expertise and training of practitioners who deliver the model with fidelity (Task V.B.2:

"Facilitate the development of self-management skills"). Option D (skilled practitioners) aligns with this, as trained practitioners are essential to effectively implement IMR's structured components, including psychoeducation, cognitive-behavioral techniques, and motivational strategies, while adapting to individual needs and maintaining engagement.

Option A (motivational enhancement strategies) is a component of IMR but not the most critical, as it relies on practitioner skill to be effective. Option B (goal setting standards) is part of IMR but secondary to the practitioner's ability to facilitate the process. Option C (cognitive behavioral therapy) is one technique within IMR, not the overarching driver of success. The PRA Study Guide highlights skilled practitioners as the cornerstone of IMR implementation, supporting Option D.

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CPRP Exam Blueprint (2014), Domain V: Strategies for Facilitating Recovery, Task V.B.2.

PRA Study Guide (2024), Section on Illness Management and Recovery Model.

CPRP Exam Preparation & Primer Online 2024, Module on Strategies for Facilitating Recovery.

### NEW QUESTION # 35

An individual with a psychiatric disability meets with the service team quarterly to review progress toward rehabilitation plan objectives. For the last two reviews, no notable progress has been identified. The best response of the service team is to:

- A. Refer the individual to the psychiatrist to assess the impact of symptoms on rehabilitation progress
- B. Discuss the individual's level of motivation toward making progress
- C. Offer encouragement to assure the individual that progress is often slow but will come with time
- **D. Reassess the objectives to match more closely the individual's current goals**

**Answer: D**

Explanation:

This question pertains to Domain IV: Assessment, Planning, and Outcomes, which includes evaluating and revising rehabilitation plans to ensure they remain relevant and effective. The CPRP Exam Blueprint states that practitioners must "periodically reassess rehabilitation objectives to ensure they align with the individual's current needs, goals, and circumstances." When no progress is observed, the best practice is to reassess the plan's objectives to ensure they are realistic, relevant, and aligned with the individual's current priorities.

\* Option B: Reassessing the objectives to match the individual's current goals ensures the rehabilitation plan remains person-centered and relevant. Lack of progress may indicate that the objectives are misaligned with the individual's current needs, abilities, or priorities, and reassessment is a proactive, recovery-oriented response.

\* Option A: Referring to a psychiatrist assumes symptoms are the primary barrier without first evaluating the plan's appropriateness, which is premature and not person-centered.

\* Option C: Discussing motivation may be relevant later but risks blaming the individual without first ensuring the objectives are appropriate, which is not aligned with recovery principles.

\* Option D: Offering encouragement without addressing the lack of progress is passive and fails to adjust the plan to support the individual's recovery effectively.

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

"Tasks include: 4. Evaluating progress toward rehabilitation objectives and revising plans as needed. 5.

Ensuring rehabilitation objectives align with the individual's current goals and circumstances."

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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.

Cohen, M., Farkas, M., & Anthony, W. A. (2008). Psychiatric Rehabilitation Training Technology. Boston University Center for Psychiatric Rehabilitation (emphasizes reassessment in planning).

### NEW QUESTION # 36

Community integration facilitates opportunities for activities that are

- A. staff led.
- B. peer led.
- **C. self-directed.**
- D. group directed.

**Answer: C**

Explanation:

Community integration aims to empower individuals with psychiatric disabilities to participate fully in community life through activities that reflect their choices and autonomy. The CPRP Exam Blueprint (Domain III: Community Integration) emphasizes supporting self-directed activities that align with individual preferences (Task III.A.3: "Support individuals in pursuing self-directed community activities"). Option D (self-directed) aligns with this, as community integration facilitates opportunities for activities chosen by the individual—such as employment, volunteering, or hobbies—that promote independence and meaningful community roles.

Option A (peer led) is relevant for peer support but narrower, as not all community activities are peer-led.

Option B (staff led) contradicts the recovery-oriented focus on autonomy, as staff-led activities are more program-based. Option C (group directed) is less precise, as group activities may not always reflect individual choice. The PRA Study Guide highlights self-directed activities as the hallmark of community integration, supporting Option D.

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CPRP Exam Blueprint (2014), Domain III: Community Integration, Task III.A.3.

PRA Study Guide (2024), Section on Self-Directed Community Participation.

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

### NEW QUESTION # 37

Which of the following strategies is most important for practitioners to use in order to help individuals move forward?

- A. Individualized teaching techniques
- B. Reflecting on emotions
- C. Problem-solving processes
- **D. Basic listening skills**

**Answer: D**

Explanation:

Helping individuals move forward in recovery requires establishing a foundation of trust and understanding.

The CPRP Exam Blueprint (Domain I: Interpersonal Competencies) identifies basic listening skills as the most critical strategy for engaging individuals, as they enable practitioners to understand needs, build rapport, and foster collaboration (Task I.B.3: "Adapt communication strategies to build trust and engagement").

Option A (basic listening skills) aligns with this, as active listening—attending, paraphrasing, and clarifying—creates a safe space for individuals to express goals and challenges, driving progress.

Option B (reflecting on emotions) is a component of listening but narrower. Option C (problem-solving processes) is action-oriented and secondary to understanding. Option D (individualized teaching) is relevant for skill-building but not the foundation for moving forward. The PRA Study Guide emphasizes listening as the primary engagement strategy, supporting Option A.

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

PRA Study Guide (2024), Section on Listening Skills in Engagement.

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

### NEW QUESTION # 38

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