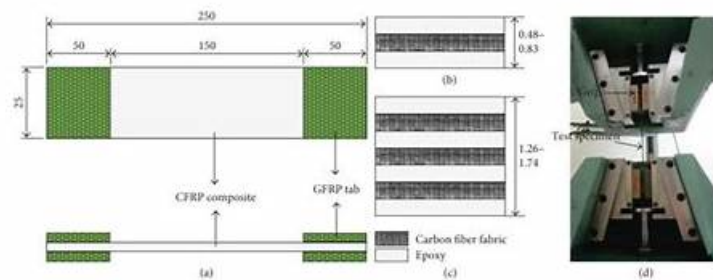


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## Psychiatric Rehabilitation Association Certified Child and Family Resiliency Practitioner (CFRP) Sample Questions (Q44-Q49):

### NEW QUESTION # 44

A mother arrives at a school event intoxicated and embarrasses her daughter. The following day she purchases two expensive concert tickets for her daughter and a friend. This is an example of

- A. compensation.
- B. rationalizing.
- C. conversion.
- D. undoing.

**Answer: D**

**Explanation:**

Within the CFRP framework, interpersonal competencies involve recognizing behavioral patterns and defense mechanisms in family interactions. The mother's action of purchasing expensive concert tickets after embarrassing her daughter by being intoxicated is an example of undoing, a defense mechanism where an individual attempts to reverse or mitigate a negative action through a compensatory positive act. The CFRP study guide explains, "Undoing is a defense mechanism where an individual engages in a

positive act, such as gift-giving, to counteract a harmful or embarrassing action, as seen when a parent tries to repair a relationship after a negative incident." Rationalizing (option A) involves justifying behavior. Conversion (option B) relates to physical symptoms from psychological stress. Compensation (option C) addresses perceived deficiencies, not specific acts.

\* CFRP Study Guide (Section on Interpersonal Competencies): "Undoing occurs when an individual performs a positive act, such as giving gifts, to mitigate the impact of a prior negative action, such as causing embarrassment." References:

CFRP Study Guide, Section on Interpersonal Competencies, Defense Mechanisms.

Psychiatric Rehabilitation Association (PRA) Guidelines on Family Behavioral Patterns.

#### NEW QUESTION # 45

To encourage a child's self-worth, a practitioner needs to

- A. display sympathy.
- **B. demonstrate empathy.**
- C. identify the child's emotions.
- D. reinforce the child's perception.

**Answer: B**

Explanation:

Encouraging a child's self-worth is a critical strategy for facilitating recovery in the CFRP framework.

Demonstrating empathy, which involves understanding and validating the child's feelings, fosters a sense of value and self-worth. The CFRP study guide notes, "To encourage a child's self-worth, practitioners must demonstrate empathy, showing genuine understanding of the child's experiences to build their sense of value." Identifying emotions (option A) is a step but less impactful than empathy. Reinforcing perception (option B) may not always be positive, depending on the child's self-view. Displaying sympathy (option D) involves pity and is less empowering than empathy.

\* CFRP Study Guide (Section on Strategies for Facilitating Recovery): "Demonstrating empathy is essential for encouraging a child's self-worth, as it validates their experiences and promotes a sense of value and self-esteem." References:

Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Strategies for Facilitating Recovery, Self-Worth Building.

Psychiatric Rehabilitation Association (PRA) Guidelines on Strengths-Based Engagement.

#### NEW QUESTION # 46

To establish a trusting relationship based on a child's needs, the practitioner would utilize

- A. conflict resolution.
- **B. active listening.**
- C. strategy development.
- D. strength discovery.

**Answer: B**

Explanation:

Building a trusting relationship with a child is a cornerstone of interpersonal competencies in the CFRP framework. Active listening is the most effective technique for establishing trust, as it demonstrates empathy and validates the child's needs and experiences. The CFRP study guide states, "Active listening is essential for establishing a trusting relationship with a child, as it ensures the child feels heard and understood based on their unique needs." Strategy development (option A) and strength discovery (option B) are important but secondary to building trust. Conflict resolution (option D) is relevant in specific situations but not the primary method for trust-building.

\* CFRP Study Guide (Section on Interpersonal Competencies): "To establish a trusting relationship based on a child's needs, practitioners must utilize active listening to validate the child's experiences and foster trust." References:

Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Interpersonal Competencies, Trust-Building Techniques.

Psychiatric Rehabilitation Association (PRA) Guidelines on Child-Centered Engagement.

#### NEW QUESTION # 47

Which of the following will ease the family's subjective burden of having a child with a psychiatric experience?

- A. Refocusing their attention on family bonds
- B. Addressing the limitations of the mental health system
- C. Addressing their sense of grief and loss
- D. Explaining the need to accept the child's behaviors

**Answer: C**

Explanation:

Interpersonal competencies in the CFRP framework involve supporting families emotionally when a child has a psychiatric condition. Addressing the family's sense of grief and loss is key to easing their subjective burden, as it validates their emotional experience and fosters coping. The CFRP study guide emphasizes, "To ease the subjective burden of families with a child experiencing psychiatric issues, practitioners should address their sense of grief and loss, helping them process emotions and build resilience." Accepting behaviors (option A) may feel dismissive. Refocusing on family bonds (option B) is supportive but less direct.

Discussing system limitations (option C) does not address emotional burden.

\* CFRP Study Guide (Section on Interpersonal Competencies): "Addressing the family's sense of grief and loss is essential to ease the subjective burden of having a child with a psychiatric experience, supporting emotional coping." References:

CFRP Study Guide, Section on Interpersonal Competencies, Family Emotional Support.

Psychiatric Rehabilitation Association (PRA) Guidelines on Family-Centered Care.

### NEW QUESTION # 48

When using the collaborative approach to family recovery and resiliency, the practitioner would focus on the

- A. barriers to change.
- B. problem.
- C. solution.
- D. motivation to change.

**Answer: C**

Explanation:

The collaborative approach in the CFRP framework, under strategies for facilitating recovery, emphasizes working with families to identify and pursue solutions, aligning with strengths-based and family-driven principles. The practitioner focuses on the solution to empower families toward resiliency. The CFRP study guide explains, "In a collaborative approach to family recovery and resiliency, practitioners focus on solutions, partnering with families to build on strengths and achieve goals." Motivation (option A) and barriers (option B) are considered but not the primary focus. Emphasizing the problem (option C) is deficit-based, contrary to the approach.

\* CFRP Study Guide (Section on Strategies for Facilitating Recovery): "The collaborative approach to family recovery focuses on solutions, empowering families to leverage strengths for resiliency." References:

CFRP Study Guide, Section on Strategies for Facilitating Recovery, Collaborative Approach.

Psychiatric Rehabilitation Association (PRA) Guidelines on Strengths-Based Recovery.

### NEW QUESTION # 49

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