

Hot CFRP Authorized Test Dumps - How to Prepare for Psychiatric Rehabilitation Association CFRP Exam

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 (Q88-Q93):

NEW QUESTION # 88

A 9-year-old does not get selected for the school all-star baseball team. This child seeks social support from his peers to manage his disappointment. This is an example of what type of coping strategy?

- **A. Emotion focused**
- B. Process focused
- C. Problem focused
- D. Cognitive focused

Answer: A

Explanation:

The Strategies for Facilitating Recovery domain includes understanding coping strategies to support resiliency. The PRA CFRP Study Guide 2024-2025 defines emotion-focused coping as strategies that manage emotional distress, such as seeking social support to process feelings, as opposed to addressing the problem directly.

Option A (Emotion focused) is correct because seeking peer support to manage disappointment focuses on regulating emotions rather than solving the problem (non-selection for the team). The PRA framework highlights this as a healthy coping mechanism for children.

Option B (Cognitive focused) is incorrect because cognitive-focused coping involves reframing thoughts, not seeking social support.

Option C (Process focused) is incorrect because "process focused" is not a recognized coping category in the PRA framework.

Option D (Problem focused) is incorrect because problem-focused coping addresses the issue directly (e.g., practicing to make the team next time), not managing emotions through support.

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Psychiatric Rehabilitation Association, CFRP Study Guide 2024-2025, Section on Strategies for Facilitating Recovery: Coping Strategies.

PRA Certification Candidate Handbook, Competency Domain 5: Strategies for Facilitating Recovery.

PRA Code of Ethics, Principle 4: Strengths-Based Interventions.

NEW QUESTION # 89

Which of the following sequence of events is considered best practice during a practitioner's initial meeting with a child and family?

- **A. Orientation, rapport building, and information gathering**
- B. Assessment, planning, and goal setting
- C. Goal setting, review, and skills training
- D. Completing forms, interviewing, and observation

Answer: A

Explanation:

This question pertains to the Assessment, Planning, and Outcomes domain, which outlines best practices for initiating services with children and families. According to the PRA CFRP Study Guide 2024-2025, the initial meeting is critical for establishing trust and setting the foundation for effective psychiatric rehabilitation. Best practice prioritizes building a therapeutic relationship before engaging in formal assessment or planning.

Option D (Orientation, rapport building, and information gathering) is correct. The PRA guidelines specify that the initial meeting should focus on orienting the family to the practitioner's role, building rapport to foster trust, and gathering preliminary information about the child's and family's needs. This sequence aligns with trauma-informed and family-centered principles, ensuring the family feels heard and respected before delving into structured processes like assessment or goal setting.

Option A (Assessment, planning, and goal setting) is incorrect because conducting a formal assessment or setting goals in the first meeting can overwhelm families and hinder rapport. The PRA study guide advises delaying these steps until trust is established.

Option B (Completing forms, interviewing, and observation) is incorrect because prioritizing administrative tasks like form completion in the initial meeting can alienate families. The PRA framework emphasizes relationship-building over paperwork in the

first encounter.

Option C (Goal setting, review, and skills training) is incorrect because these activities are premature for an initial meeting. The PRA training materials note that skills training and goal setting require a foundation of trust and a thorough understanding of the family's needs, which are developed after the first meeting.

References:

Psychiatric Rehabilitation Association, CFRP Study Guide 2024-2025, Section on Assessment, Planning, and Outcomes: Initial Engagement.

PRA Certification Candidate Handbook, Competency Domain 4: Assessment, Planning, and Outcomes.

PRA Code of Ethics, Principle 1: Building Therapeutic Relationships.

NEW QUESTION # 90

A caregiver is requesting a decrease in service hours. What is the practitioner's FIRST course of action?

- A. Seek supervision about the caregiver's resistance to service.
- B. Consult with a colleague about how to proceed with the caregiver.
- **C. Discuss with the caregiver the reason for the request.**
- D. Encourage the caregiver to continue with the current service plan.

Answer: C

Explanation:

In the CFRP framework, person-centered and family-driven planning is critical within the domain of Assessment, Planning, and Outcomes. When a caregiver requests a change, such as a decrease in service hours, the practitioner's first step is to engage in open communication to understand the caregiver's perspective and reasons for the request. The CFRP study guide emphasizes that "practitioners should initiate discussions with caregivers to explore their needs, preferences, and concerns to ensure services align with family goals." Encouraging continuation of the current plan (option A) without discussion disregards family-driven principles. Seeking supervision (option C) or consulting a colleague (option D) may be appropriate later, but these are not the first steps, as they bypass direct engagement with the caregiver.

* CFRP Study Guide (Section on Assessment, Planning, and Outcomes): "When caregivers request changes to service plans, the practitioner's first action is to discuss the reasons for the request, ensuring that services remain family-driven and aligned with their needs." References:

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

Psychiatric Rehabilitation Association (PRA) Guidelines on Person-Centered Planning.

NEW QUESTION # 91

A strategy for strengthening self-esteem in children is

- **A. engaging them in the task of helping others.**
- B. linking them to an extracurricular activity.
- C. encouraging them to succeed academically.
- D. directing them in mindfulness activities.

Answer: A

Explanation:

Strengthening self-esteem is a key strategy for facilitating recovery in the CFRP framework. Engaging children in the task of helping others, such as through peer support or community service, fosters a sense of purpose and self-worth. The CFRP study guide states, "Engaging children in helping others is a powerful strategy for building self-esteem, as it promotes a sense of value and contribution." Mindfulness activities (option A) support emotional regulation but are less directly tied to self-esteem. Academic success (option B) and extracurricular activities (option D) can contribute to self-esteem but are less universally effective than helping others, which builds intrinsic self-worth.

* CFRP Study Guide (Section on Strategies for Facilitating Recovery): "A proven strategy for strengthening self-esteem in children is engaging them in tasks that involve helping others, fostering a sense of purpose and self-worth." References:

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

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

NEW QUESTION # 92

Reform, when referenced with expanding home and community-based services, often comes in response to

- A. population growth.
- B. economic decline.
- **C. legal action.**
- D. educational initiatives.

Answer: C

Explanation:

Within the CFRP framework, systems competencies include understanding the broader systemic factors that influence service delivery, such as policy and legal frameworks. Reforms expanding home and community-based services often arise in response to legal action, such as court rulings or settlements that mandate improved access to community-based care over institutionalization. The CFRP study guide highlights that

"legal actions, including lawsuits and advocacy efforts, have historically driven reforms to expand home and community-based services, ensuring compliance with federal mandates like the Olmstead decision." Educational initiatives (option A), economic decline (option B), and population growth (option C) may influence service needs but are not the primary drivers of such reforms compared to legal mandates.

* CFRP Study Guide (Section on Systems Competencies): "Reforms expanding home and community-based services are often prompted by legal action, such as court rulings or advocacy efforts, to ensure equitable access to care." References:

Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Systems Competencies, Policy and Legal Frameworks.

Psychiatric Rehabilitation Association (PRA) Guidelines on Systems Advocacy.

NEW QUESTION # 93

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