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**Medical**

**PRA-CPRP**

*PRA Certified Psychiatric Rehabilitation Practitioner (CPRP)*

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**Question: 1**

The evidence-based practice of Supported Employment (SE) is characterized by which of the following key features?

- A. Emphasis on prevocational training and transitional employment
- B. Provision of long-term day treatment and vocational rehabilitation services
- C. Rapid job search and placement in competitive employment
- D. Linking individuals to Social Security Disability Insurance (SSDI) benefits

Answer: C

Explanation: The Supported Employment (SE) evidence-based practice model is characterized by a rapid job search and placement in competitive employment, without requiring extensive prevocational training or transitional employment. This approach focuses on supporting individuals with mental illness to obtain and maintain jobs in the open labor market, rather than in segregated or sheltered settings.

**Question: 2**

The SAMHSA framework for recovery identifies which of the following as one of the four major dimensions of recovery?

- A. Compliance with treatment
- B. Medication management
- C. Secure housing
- D. Meaningful activities

Answer: D

Explanation: The SAMHSA framework for recovery identifies four major dimensions: health, home, purpose, and community. Meaningful activities that provide a sense of purpose are considered a key component of the recovery process.

**Question: 3**

The principle of \_\_\_\_\_ in recovery-oriented care emphasizes the importance of involving family members and significant others in the recovery process.

Answer: family/relational inclusion

Explanation: The principle of family/relational inclusion in recovery-oriented care acknowledges the vital role that family members, caregivers, and other significant relationships can play in supporting an individual's recovery. Recovery-oriented practices should actively involve and support these important relationships.

**Question: 4**

Which of the following is considered a primary intervention in Psychiatric Rehabilitation?

- A. Cognitive Behavioral Therapy
- B. Assertive Community Treatment
- C. Psychopharmacology
- D. Supported Employment

Answer: D

Explanation: Supported employment is considered a primary intervention in psychiatric rehabilitation, as it focuses on helping individuals with mental health conditions obtain and maintain competitive employment. Other primary interventions include social skills training, illness management and recovery, and peer support services.

**Question: 5**

A PRP is working with an individual who is experiencing significant conflict

with a family member. Which of the following would be the most appropriate response?

- A. Encourage the individual to cut ties with the conflictual family member
- B. Mediate the conflict directly between the individual and their family member
- C. Recognize the PRP's own role in the conflict and take steps to facilitate resolution
- D. Recommend that the individual seek family therapy to address the conflict

Answer: C

Explanation: When an individual is experiencing conflict, the Psychiatric Rehabilitation Practitioner should recognize their own potential role in the situation and take steps to facilitate resolution. This may involve reflecting on how the PRP's own biases, communication style or actions may have contributed to the conflict, and then adjusting their approach to de-escalate the situation. Directly mediating the conflict, severing family ties, or recommending family therapy without the individual's consent would not be the most appropriate or effective responses.

### Question: 6

Which of the following is not a requirement for CPRP certification?

- A. Completion of a bachelor's degree
- B. 2 years of experience in psychiatric rehabilitation
- C. Passing the CPRP examination
- D. Membership in the Psychiatric Rehabilitation Association

Answer: D

Explanation: The requirements for CPRP certification include a bachelor's degree, 2 years of experience in psychiatric rehabilitation, and passing the

CPRP examination. Membership in the Psychiatric Rehabilitation Association is not a mandatory requirement for obtaining the CPRP certification.

**Question: 7**

Recovery-oriented care promotes \_\_\_\_\_ by empowering individuals to actively participate in the planning and decision-making processes related to their own care.

Answer: shared decision-making

Explanation: The principle of shared decision-making in recovery-oriented care emphasizes the importance of actively involving individuals in the planning and decision-making processes related to their own care and recovery. This collaborative approach ensures that individuals' preferences, goals, and needs are central to the development and implementation of their recovery plan.

**Question: 8**

Which of the following is a key component of the psychiatric rehabilitation assessment process?

- A. Evaluation of psychiatric symptoms
- B. Determination of functional impairments
- C. Identification of personal goals and preferences
- D. All of the above

Answer: D

Explanation: The psychiatric rehabilitation assessment process involves a comprehensive evaluation of the individual's psychiatric symptoms, functional impairments, and personal goals and preferences. This holistic assessment helps the practitioner develop a personalized rehabilitation plan that addresses the



individual's unique needs and targets their recovery objectives.

**Question: 9**

Which of the following is a key principle of the social inclusion approach in psychiatric rehabilitation?

- A. Promoting the person's isolation from the community
- B. Emphasizing the person's right to be treated as a full member of society
- C. Assuming that the person's primary need is for professional mental health services
- D. Focusing solely on the person's symptoms and functional deficits

Answer: B

Explanation: The social inclusion approach in psychiatric rehabilitation emphasizes the person's right to be treated as a full member of society, with the same rights, responsibilities, and opportunities as others. This contrasts with approaches that promote the person's isolation from the community or focus solely on their symptoms and deficits.

**Question: 10**

Which of the following is NOT an example of providing services that are evidence-based and consistent with PRA Practice Guidelines?

- A. Utilizing interventions that have been shown to be effective through research and clinical experience
- B. Staying up-to-date with the latest developments in psychiatric rehabilitation and best practices
- C. Providing services that are tailored to the individual's unique needs and preferences
- D. Disregarding the PRA Practice Guidelines and instead relying solely on one's own personal beliefs and experiences

Answer: D

Explanation: Disregarding the PRA Practice Guidelines and instead relying solely on one's own personal beliefs and experiences is not an example of providing services that are evidence-based and consistent with the guidelines. The other options, such as utilizing effective interventions, staying up-to-date with best practices, and tailoring services to individual needs, are all examples of providing evidence-based and guideline-consistent services.

### Question: 11

Which of the following is a key principle of the recovery-oriented approach in psychiatric rehabilitation?

- A. The clinician is the expert and knows what's best for the individual.
- B. The individual's personal goals and preferences should drive the rehabilitation process.
- C. Medication is the primary and most effective treatment for mental illness.
- D. Symptom reduction is the primary goal of psychiatric rehabilitation.

Answer: B

Explanation: The recovery-oriented approach in psychiatric rehabilitation is centered on the individual's personal goals, preferences, and self-determination. This contrasts with a more paternalistic, clinician-driven model where the clinician is seen as the expert. Recovery-oriented practice emphasizes the individual's role in managing their own illness and pursuing a meaningful life, rather than solely focusing on symptom reduction.

### Question: 12

The concept of "fidelity" in evidence-based practices refers to:

- A. Ensuring the intervention is delivered as intended

- B. Measuring the effectiveness of the intervention
- C. Adapting the intervention to the local context
- D. Incorporating client preferences and values

Answer: A

Explanation: Fidelity in evidence-based practices refers to ensuring that the intervention is delivered as intended, without significant deviations from the original model. This helps maintain the integrity and effectiveness of the approach. Measuring effectiveness, adapting to context, and incorporating client preferences are also important, but are distinct from the concept of fidelity.

**Question: 13**

Which of the following is a key principle of the strengths-based approach in psychiatric rehabilitation?

- A. Focusing on the person's deficits and problems
- B. Emphasizing the person's ability to identify and mobilize their own resources
- C. Assuming that the professional has all the answers and should direct the treatment process
- D. Prioritizing symptom reduction over functional recovery

Answer: B

Explanation: The strengths-based approach in psychiatric rehabilitation emphasizes the person's ability to identify and mobilize their own resources, skills, and strengths to achieve their goals, rather than focusing on their deficits and problems. This contrasts with the traditional medical model that views the professional as the expert who directs the treatment process.

**Question: 14**

Which of the following is a key principle of the recovery-oriented approach in



psychiatric rehabilitation?

- A. Emphasizing symptom reduction as the primary goal
- B. Promoting the role of professionals as the sole experts
- C. Encouraging individuals to take an active role in their own recovery
- D. Focusing solely on clinical outcomes and functional impairments

Answer: C

Explanation: A key principle of the recovery-oriented approach in psychiatric rehabilitation is encouraging individuals to take an active role in their own recovery process. This contrasts with a more traditional, paternalistic model that emphasizes the role of professionals as the sole experts and focuses solely on symptom reduction and functional outcomes.

**Question: 15**

In the Assertive Community Treatment (ACT) model, the team typically includes which of the following professionals?

- A. Psychiatrist, nurse, and social worker
- B. Psychiatrist, nurse, and vocational specialist
- C. Psychiatrist, nurse, and peer specialist
- D. All of the above

Answer: D

Explanation: The Assertive Community Treatment (ACT) team typically includes a psychiatrist, nurse, social worker, vocational specialist, and peer specialist. This multidisciplinary team provides comprehensive, community-based services to individuals with severe and persistent mental illness, with the goal of helping them live independently in the community.



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