

CRPO Exam Preparation Practice Questions

Not simulation-style

1. You are working with a client, Sarah, who has recently experienced the loss of a close family member. During a session, she expresses that she feels "numb" and "disconnected" from her emotions. What is the most appropriate next step?

- A. Validate Sarah's feelings and explore her emotional experience in the session.
- B. Encourage Sarah to re-engage in daily activities to avoid focusing on her grief.
- C. Suggest Sarah consider grief counselling in place of your sessions.
- D. Allow Sarah to remain silent, respecting her autonomy to decide when to talk.

2. A new client, Alex, expresses concerns about confidentiality after revealing that he's been engaging in illegal activity. He is reluctant to continue sharing. What is the most appropriate next step?

- A. Reassure Alex that everything discussed in therapy is confidential and no information will be shared without his written consent.
- B. Explain the legal and ethical limits of confidentiality, specifically regarding the reporting of illegal activities.
- C. Exploring Alex's concerns and hesitation further.
- D. Advise Alex that he should terminate therapy if he is no longer comfortable sharing, while explaining client autonomy.

3. A client, Ethan, has been expressing feelings of worthlessness and indicates thoughts of self-harm during sessions. He is hesitant to discuss these feelings further. What is the most appropriate next step?

- A. Validate Ethan's feelings and encourage him to open up at his own pace.
- B. Assess Ethan's risk for self-harm and make a safety plan during the session.
- C. Reassure Ethan that these feelings are common and focus on coping strategies.
- D. Provide Ethan with crisis helplines.

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4. A client, David, is experiencing a crisis and is unable to communicate effectively due to his mental state. His family is present and wants to help. What is the most appropriate next step regarding the family's involvement?

- A. Allow the family to make decisions on David's behalf if they believe it is in his best interest.
- B. Inform the family that David's confidentiality must be maintained, and they cannot be involved without his consent.
- C. Assess David's capacity to make decisions and involve the family as appropriate, respecting his rights and preferences.
- D. Appoint someone from his family as a substitute decision-maker and proceed with consulting his family.

5. A client, Imani, expresses that she is dissatisfied with her therapy sessions and feels that her therapist does not understand her concerns. What is the most appropriate action for the therapist to take?

- A. Explain to Imani that her feelings are common and that it will take time to build understanding.
- B. Acknowledge Imani's feelings and refer her to another therapist.
- C. Suggest that Imani consider terminating therapy if she feels it is not meeting her needs, or if the therapeutic relationship is not a good fit.
- D. Encourage Imani to provide specific feedback about her concerns and collaborate on how to address them moving forward.

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Answers provided on the following page

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1. You are working with a client, Sarah, who has recently experienced the loss of a close family member. During a session, she expresses that she feels "numb" and "disconnected" from her emotions. What is the most appropriate next step?

Correct answer: A. Validate Sarah's feelings and explore her emotional experience in the session.

2. A new client, Alex, expresses concerns about confidentiality after revealing that he's been engaging in illegal activity. He is reluctant to continue sharing. What is the most appropriate next step?

Correct answer: B. Explain the legal and ethical limits of confidentiality, specifically regarding the reporting of illegal activities.

3. A client, Ethan, has been expressing feelings of worthlessness and indicates thoughts of self-harm during sessions. He is hesitant to discuss these feelings further. What is the most appropriate next step?

Correct answer: B. Assess Ethan's risk for self-harm and make a safety plan during the session.

A client, David, is experiencing a crisis and is unable to communicate effectively due to his mental state. His family is present and wants to help. What is the most appropriate next step regarding the family's involvement?

Correct answer: C. Assess David's capacity to make decisions and involve the family as appropriate, respecting his rights and preferences.

5. A client, Imani, expresses that she is dissatisfied with her therapy sessions and feels that her therapist does not understand her concerns. What is the most appropriate action for the therapist to take?

Correct answer: D. Encourage Imani to provide specific feedback about her concerns and collaborate on how to address them moving forward.