

CRPO EXAM PREPARATION

Preparation and Support to
feel Confident about the Exam



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MIND BODY & THERAPY

MATERIAL COVERED

MIND BODY
& THERAPY

3	Exam Checklist
4	Exam Format
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6	Practice Questions
12	Case Scenarios
22	Answer Key
23	Mistakes to Avoid
24	Tips for Success
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EXAM FORMAT

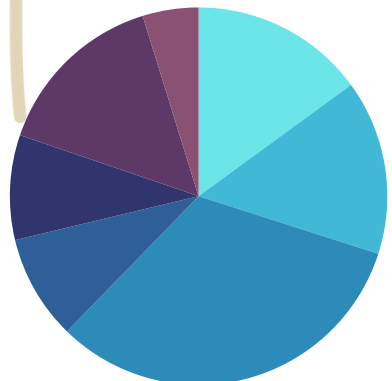
QUESTION FORMAT

- **3 hour Exam**
 - **2 Marked Components**
 - Information-gathering
 - Decision making
- * Must pass both components to pass the exam*

- **Multiple Options**
 - 8-12 options provided
 - Select as few or as many as you like
 - Points range from +3 to -3
- **Single Best Option**
 - Choose one option
 - Select the most correct

TEST SPECIFICATIONS

- **Make an initial assessment**
 - At least 10-15% of assessment
- **Establish a working relationship**
 - At least 10-15% of assessment
- **Therapeutic relationship**
 - At least 25-30% of assessment
- **Working towards change**
 - At least 5-10% of assessment
- **Manage separation and ending**
 - At least 5-10% of assessment
- **Professional practice**
 - At least 10-15% of assessment
- **Make use of supervision**
 - At least 3-5% of assessment



PRACTICE QUESTIONS

You are a therapist in private practice and have been feeling emotionally drained after back-to-back sessions. You've noticed a slight decrease in your empathy during sessions, though your clients seem satisfied. What is the most appropriate course of action?

- A. Temporarily close your practice and refer your clients to other therapists until you feel fully restored.
- B. Continue with your current schedule and monitor your emotional state to see if it improves.
- C. Discuss your emotional fatigue with a colleague at your next peer consultation group and continue your sessions as planned.
- D. Reduce your client load immediately and engage in self-care practices to restore your emotional well-being.

You are a school counselor working with students who have been facing an unusually high number of crises lately. You find yourself becoming mentally exhausted, though the students haven't noticed any difference in your support. What is the best course of action?

- A. Inform the school administration that you need to take an immediate break and have a substitute counsellor cover your sessions.
- B. Continue supporting the students and assess how you feel in the coming weeks, as they still seem to be benefiting from your help.
- C. Bring up your mental exhaustion during your next scheduled meeting with the school principal and continue as normal until then.
- D. Speak to your supervisor as soon as possible about reducing your caseload and prioritize self-care during your off-hours.

Sample from Mind Body & Therapy

You are a therapist at a community mental health clinic and have been working with a large number of clients dealing with severe trauma. You start to feel emotionally overwhelmed, though your clients report positive progress. What is the most appropriate course of action?

- A. Take an immediate leave of absence and refer your clients to another therapist until you feel ready to return.
- B. Continue working with your clients as usual and assess if your emotional state improves over time.
- C. Wait until your next supervision session to bring up your emotional overwhelm and continue your work as planned.
- D. Speak with your supervisor as soon as possible to adjust your workload and prioritize self-care to manage your emotional well-being.

“I am dedicated to putting in the work
required to pass the exam”

STUDY JOURNAL PROMPTS

Reflect on your most recent study session: What strategies worked well, and what could you improve for next time?

Sample from Mind Body & Therapy

Reflect on your clinical experience: How do you engage in information-gathering and decision-making? How is the use of supervision helpful for you, and for clients you work with?