



# Pennsylvania Association of Psychiatric Rehabilitation Services

PAPRS

## Course Catalog

[www.paprs.org](http://www.paprs.org)

**PAPRS200 Practitioner Orientation: Foundations for Recovery-Oriented Psychiatric Rehabilitation Services**

**Credit Hours: 12**

This two-day, 12-hour orientation provides an overview of the larger field of psychiatric rehabilitation. The foundation topics include PRS history, principles, values, documentation, types of programs, ethics, collaboration, practice competencies, and more. This training fulfills the licensure requirement that ALL staff in a psychiatric rehabilitation program must complete a 12-hour PRS orientation provided by an OMHSAS approved training vendor. You must attend the full 12 hours in order to obtain your certificate.

**Learning Objectives:**

1. Describe the historical foundations of psychiatric rehabilitation and the shift from hospital-based services to the creation of a system of community-based services, how Psychiatric Rehabilitation factors into the movement and theoretical frameworks that support Psychiatric Rehabilitation.
2. Compare and contrast the values of medical, psychiatric rehabilitation, and recovery perspectives as approaches to supporting people with mental health challenges and how collaboration can occur.
3. Compare and contrast the different approaches to delivering psychiatric rehabilitation services related to employment, education services, and housing.
4. Examine the role evidence-based practices and best practices play in delivering culturally competent psychiatric rehabilitation services to support full community integration and inclusion.
5. Discuss the ways that legislation, regulation, and licensure affect the everyday activities and professional role domains of Psychiatric Rehabilitation.

**PAPRS201 PRS Principles, Values & Practice Domains: Preparation for the CPRP Exam**  
**Credit Hours: 6**

This course provides an overview of the core principles and values of psychiatric rehabilitation practice. The principles are implemented through seven practice competency domains that define professionally delivered psychiatric rehabilitation services. This course is intended to provide guidance and support for practitioners who seek a successful CPRP testing experience.

**Learning Objectives:**

1. Expand understanding about the foundations and core principles of psychiatric rehabilitation.
2. Increase knowledge of the 7 domain areas (specific tasks, skills, and knowledge) of psychiatric rehabilitation practice.
3. Gain ability to discern psychiatric rehabilitation principles and practices through the use of practice test questions for each of the 7 domain areas.

## **PAPRS202 PR Services: Documentation Skills That Work for Regulators, Payers and People in Services**

### **Credit Hours: 12**

This 12-hour skills-based course is designed to enhance practitioners' skills in documenting Psychiatric Rehabilitation services. Developed in collaboration with the Pennsylvania Office of Mental Health and Substance Abuse Services (OMHSAS), the course concentrates on documenting functional assessments, rehabilitation plans and daily entries that meet the requirements of PR Regulation 5230. The instructor will also demonstrate how a comprehensive strength-based assessment provides a strong foundation for goal planning. Attendees will have the opportunity to apply the skills learned through several guided activities.

### **Learning Objectives**

1. Identify the purpose of and the necessary components of a functional assessment
2. Demonstrate skills in writing a functional assessment
3. Identify the purpose of and the necessary components of an Individual Rehabilitation Plan
4. Demonstrate skills in writing an Individual Rehabilitation Plan
5. Identify the purpose of and the necessary components of a Daily Entry
6. Demonstrate skills in writing a Daily Entry

## **PAPRS203 Ethics & Boundaries in Recovery-Oriented Services & Using the PR Code of Ethics**

### **Credit Hours: 6**

This 6-hour course is designed to address every day ethical challenges in recovery-oriented services. Ethical dilemmas put practitioners at risk to make unprofessional decisions that may negatively impact individuals served as well as jeopardize the integrity of the service system. Faced with increasingly demanding and complex situations, this institute will walk participants through an ethical decision-making process and the practical application of recovery-oriented Codes of Ethics.

### **Learning Objectives**

1. Define ethics and boundaries
2. Identify and describe key ethical principles
3. Recognize common dilemmas in recovery-oriented services
4. Describe the process of ethical decision-making
5. Apply Code of Ethics to sample scenarios

## **PAPRS204 Introduction to the Boston University Psychiatric Rehabilitation Process**

### **Credit Hours: 6**

This course provides an overview of the process of psychiatric rehabilitation as described by Boston University, Center for Psychiatric Rehabilitation. The following topics will be covered: BU Practice and Recovery Principles, the three phases in the process of psychiatric rehabilitation, the major components of the Boston University Approach, and the practitioner tools and resources that are available through Boston University's Center for Psychiatric Rehabilitation. The course describes the practitioner skills involved in assisting an individual in "Setting an Overall Rehabilitation Goal" and demonstrates two of the steps that assist an individual to choose a goal in their living, learning, working, or social environment of their choice. Finally, through group activities and exercises, participants will practice the skill of writing an overall rehabilitation goal.

### **Learning Objectives:**

1. Identify the three phases of the BU psychiatric rehabilitation process
2. Identify the components of the BU approach
3. Define and develop an Overall Rehabilitation Goal

## **PAPRS205 Engagement Skills in the Psychiatric Rehabilitation Process**

### **Credit Hours: 6**

This one day, 6-hour training provides an opportunity to develop professional helping skills. The foundation topics include developing basic helping skills, stages of the helping process, integration of Motivational Interviewing techniques, and transitioning through the phases of the psychiatric rehabilitation process utilizing engagement skills. This training will provide CPRP and CPS credits.

### **Learning Objectives:**

1. Define the helping relationship process and identify differences between professional helping and friendship.
2. Recognize and discuss basic helping skills.
3. List stages of the Helping and Psychiatric Rehabilitation Process.
4. Examine the Motivational Interviewing skills and techniques.
5. Discuss strategies to move transition through the Psychiatric Rehabilitation Process, Assessing, Planning, and Intervening.

## **PAPRS206 Journey thru the PR Domains: CPRP Boot Camp – On Demand**

### **Credit Hours: 20**

The Online Journey through the PR Domains: CPRP Boot Camp is an on-demand course with access to a PAPRS facilitator for consultation. This course provides individuals who are preparing to take the CPRP exam with the opportunity to thoroughly examine the knowledge, skills, and abilities necessary to be a Certified Psychiatric Rehabilitation Practitioner.

### **Learning Objectives:**

1. Expand understanding about the foundations and core principles of psychiatric rehabilitation.
2. Increase knowledge of the domain areas (specific tasks, skills, and knowledge) of psychiatric rehabilitation practice.
3. Gain ability to discern psychiatric rehabilitation principles and practices through the use of practice test questions for each of the domain areas.

## **PAPRS207 HEALING VOICES**

### **Credit Hours: 3**

Severe mental emotional distress and the lives it affects is an ever-growing problem. Is there something fundamentally wrong with our current mainstream approach to mental health? If so, what are the issues and how can we best take action to address them? HEALINGVOICES, as a body of work, is not an end in itself. But it can be a catalyst. A wormhole of sorts, to open up our thinking. An opportunity to help us reframe what we have now learned about what society calls “mental illness.” And that is this: People can and do recover from even the most severe mental health challenges. Their lives aren’t broken. And that there are alternative treatments that have proven to be effective, enabling people to live full meaningful lives.

### **Learning Objectives:**

1. Compare and contrast the “medical model” and recovery model of service.
2. List strategies to challenge your cultural understanding of “mental illness.”
3. Identify alternative treatment for individual’s experiencing mental health challenges.

## **PAPRS208 Orientation to Medicaid Funded Peer Support Service Documentation**

### **Credit Hours: 5.5**

This training was created by an Office of Mental Health and Substance Abuse Services (OMHSAS) workgroup and covers the minimum state requirements for documentation. Participants learn about the purposes of documentation and examine and learn how to write a Strength Based Assessment, Individual Service Plan, and Progress Notes. There is also a section on Collaborative Documentation.

### **Learning Objectives:**

1. Recognize the purposes of documentation and relevant regulations.
2. Examine a strength-based assessment.
3. Develop an Individual Service Plan (ISP)
4. Produce a progress note that meet documentation standards
5. Describe the essential elements of collaborative documentation.

## **PAPRS209 CRAZYWISE**

### **Credit Hours: 3**

What if psychological crisis was seen as having the potential to be a positive transformative experience, instead of a “broken brain.” Human-rights photographer Phil Borges witnessed how indigenous cultures around the world often identify “psychotic” symptoms as an indicator of shamanic potential. Back in the US, Phil follows two young Americans diagnosed with “mental illness.” Adam, 27, suffers devastating side effects from medications before embracing meditation. Ekhaya, 32, survives several suicide attempts before spiritual training to become a traditional South African healer. CRAZYWISE introduces mental health professionals and psychiatric survivors who see a psychological crisis as a potential growth experience, not a disease.

### **Learning Objectives:**

1. Describe the Stages of Change
2. Identify service strategies that are appropriate for each Stage
3. Identify at least 2 different ways to understand what might be going on with someone who appears “unmotivated”
4. Describe the core principles of Motivational Interviewing
5. List the core skills and techniques of Motivational Interviewing

## **PAPRS210 Toward Cultural Competence in Psychiatric Rehabilitation Practice**

### **Credit Hours: 3**

There is a strong interrelationship between being culturally competent and being an effective psychiatric rehabilitation practitioner. We will address the continually expanding details about cultural competence and the ways that it is reflected in our CPRP Ethics and Principles. Case studies will bring life to the discussion, give depth to the notion of cultural context, and increase understanding about one’s own cultural dynamic.

### **Learning Objectives:**

1. To increase understanding of how our individual cultural context informs the way we listen to other people’s cultural experiences
2. To increase understanding about how cultural competence skills facilitate building trust and safety establishing foundation for building a positive psychiatric rehabilitation relationship
3. To increase awareness about and familiarity with the PR resources that support understanding of cultural competence, PRA ethics, and PR competency domains.

**PAPRS210 Supporting Youth & Young Adults in Psychiatric Rehabilitation Services**  
**On-Demand Credit Hours: 6**

Supporting Youth & Young Adults in PR Services in an online course designed to address Principles of Care and Support for you and emerging adults, the philosophy of Positive Youth Development (PYD), individualized developmentally appropriate services, social determinants of mental health, and trauma informed care. This course introduces how to provide support to youth & young adults in psychiatric rehabilitation services.

**Learning Objectives:**

1. Apply principles of care and support for youth and emerging adults into daily service provision
2. Demonstrate knowledge of Positive Youth Development and the 5 C's
3. Explain individualized developmentally appropriate services
4. Identify social determinants of mental health
5. List trauma informed practice guidelines

Visit [www.paprs.org](http://www.paprs.org) to register for individual courses. The course schedule can be located in the Calendar.

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