

15P331

(Pages:1)

Name.....

Reg. No.....

THIRD SEMESTER M.Sc. DEGREE EXAMINATION, NOVEMBER 2016
(CUCSS - PG)
(Clinical Psychology)
CC15P CP3 C08 - A Combined Indian & Western Approach in Holistic Clinical Psychology
(2015 Admission)

Time : Three Hours

Maximum : 36 Weightage

Part A

(Answer *all* questions. Each question carries 1 Weightage)

- | | |
|-----------------------|---------------------|
| 1. Phenomenology | 8. Pranic healing |
| 2. Personal integrity | 9. Authenticity |
| 3. Asanas | 10. Yama and Niyama |
| 4. Sufi | 11. Moksha |
| 5. Kundalini yoga | 12. Samadhi |
| 6. Superconscious | 13. Reiki |
| 7. Zen | 14. Yoga Sutras |

(14 x 1 = 14 Weightage)

Part B

(Answer any *seven* questions. Each question carries 2 Weightage)

15. Basic assumptions of Patanjala Yoga.
16. Rationale and purpose of a combined East-West approach in Clinical Psychology
17. Briefly describe the classification of yoga
18. Write a note on the meaning and aim of Patanjala Yoga according to Patanjali and Vyasa.
19. Describe Yoga breathing for relaxation and therapeutic purpose
20. Explain the factors contributing towards combined East-West approach.
21. Explain Citta and states of consciousness.
22. Write a note on different Niyamas in Patanjala Yoga.
23. The therapeutic value of yoga
24. Describe the limitations of Western Psychotherapies.

(7 x 2 = 14 Weightage)

Part C

(Answer any *two* questions. Each question carries 4 Weightage)

25. Explain in detail about the eight steps in Patanjala Yoga.
26. Discuss the Alternate eastern therapeutic approaches in Holistic Clinical Psychology
27. Write an essay on Indian (Eastern) cultural values and the therapeutic approach in India.
28. Explain holistic approach from Humanistic, Existential, and Phenomenological perspectives.

(2 x 4 = 8 Weightage)
