

16P331

(Pages:1)

Name.....

Reg. No.....

THIRD SEMESTER M.Sc. DEGREE EXAMINATION, OCTOBER 2017

(Regular/Supplementary/Improvement)

(CUCSS - PG)

CC15P CP3 C08 - A COMBINED INDIAN & WESTERN APPROACH IN HOLISTIC CLINICAL PSYCHOLOGY

(Clinical Psychology)

(2015 Admission Onwards)

Time : Three Hours

Maximum : 36 Weightage

Part A

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

- | | |
|------------------------|----------------------|
| 1.Holistic psychology | 8. Yoga Psychology |
| 2 .Meditations | 9. Zen |
| 3.Karma yoga | 10. Yoga Sutras |
| 4.Vedas | 11. Sufi |
| 5.Reike | 12. Self realization |
| 6.Relaxation technique | 13. Ashtanga Yoga |
| 7.Laya yoga | 14. Purusha |

(14 x 1 = 14 Weightage)

Part B

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

15. What are the important classifications of yoga?
16. Describe the therapeutic value of Patanjala Yoga.
17. Explain the major objectives of East-West approach in Holistic Clinical Psychology.
18. Briefly describe the western approaches in psychotherapy.
19. Describe the techniques and process of theory in an East-West approach as complementary.
20. Explain Yoga breathing for relaxation and therapeutic purpose
21. Write down the important steps in Pranic healing
22. Explain Yoga stages and levels of consciousness.
23. The limitations of Western Psychotherapies.
24. Write a note on different Psychotherapies in India.

(7 x 2 =14 Weightage)

Part C

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

25. Explain the meaning and aim of Patanjala Yoga. Explain the eight steps in Patanjala Yoga.
26. Discuss the alternate therapeutic methods in Holistic Clinical Psychology.
27. Write an essay on the notions of Holistic Clinical Psychology from Humanistic, Existential, and Phenomenological perspectives.
28. Define east-west approach and Holistic Psychology. Explain the Rationale and purpose of a Combined East-West approach in Clinical Psychology.

(2 x 4 = 8 Weightage)
