

17P340

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Name:

Reg. No.

THIRD SEMESTER M.Sc. DEGREE EXAMINATION, NOVEMBER 2018

(Regular/Supplementary/Improvement)

(CUCSS - PG)

**CC15P CP3 C08 - A COMBINED INDIAN AND 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. Empirical self and spiritual self.
2. Holistic Psychology.
3. Three Gunas.
4. Purusha.
5. Zen.
6. Yoga Sutra.
7. Yoga Psychology.
8. Ahimsa.
9. Niyama.
10. Asanas.
11. Prakriti.
12. Pranayama.
13. Karma.
14. Sufi.

(14 x 1 = 14 Weightage)

PART B

Answer any *seven* questions. Each question carries 2 weightage.

15. Notions of east west combined approach.
16. Limitations of western psychotherapy.
17. Explain holistic approach from Humanistic perspective.
18. States of consciousness.
19. Pranic healing.
20. Classification of Yoga in general.
21. Yoga breathing for relaxation and therapeutic purpose.
22. Limitations of Yoga.
23. Reike.
24. Yoga Meditations.

(7 x 2 = 14 Weightage)

PART C

Answer any *two* questions. Each question carries 4 weightage.

25. Discuss the alternate therapeutic methods in Holistic Clinical Psychology.
26. Explain the aim of Patanjala Yoga and the eight steps in Patanjala Yoga.
27. Describe Psychotherapy in India and the feature of Psychotherapy in India.
28. Discuss the aim of Western Psychotherapies and explain the notions of Holistic Clinical Psychology from Existential and phenomenological perspectives.

(2 x 4 = 8 Weightage)
