Module title Psychology of Spirituality, Religion and Wellbeing
Level Six
Time allowed Two hours

Instructions to students:
- Enter your student number **not** your name on all answer books.
- Answer **two** questions: **one** from **Section A** and **one** from **Section B**.
- All questions are equally weighted.
- Begin each question in a separate answer book; label each answer book clearly with the number of the question you are answering.
- Neither books nor notes may be taken into the examination.
Section A

Answer one out of three questions.

1. Washburn, Ferrer, Heron and others critique the notion of the perennial philosophy (especially as advanced by Wilber). How do their counter-proposals address the perceived ontological problems with perennialism?

2. Why is mindfulness meditation recommended in the treatment of depression? Your answer should indicate the mechanisms by which mindfulness meditation is thought to work and present a critique of this recommendation.

3. Assess the claim that Parapsychology and Transpersonal Psychology do not need to be overlapping domains.
Section B

Answer **one** out of **three** questions.

4. Critically trace the development of the notion of religiosity, starting with Gordon Allport’s notion of mature and immature religiosity.

5. Critically examine the notion of ‘spiritual emergency’. Your answer should address how to recognise it, clarifying the differences between spiritual emergency and psychosis.

6. Theories of religious conversion have often followed the approach taken in Lofland & Stark’s (1965) seminal paper *On Becoming a World Saver* and adopted a staged account. What are the strengths and limitations of such stage models, and what alternatives can be considered?