



# Mariana Caplan

## Phd, MFT, E-RYT 500

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**Experienced Psychotherapist serving Individuals, Couples, Families, and Religious Organizations, specializing in Trauma with over 20 years of training incorporating traditional and alternative approaches to psychotherapy. Published author and dedicated humanitarian supporting global organizations**

### Experience

#### **2010–2020**

Psychotherapist • Private Practice • Fairfax, California (USA)

#### **1997–Present**

Public Speaker/Trainer/Teacher • Real Spirituality International • (USA)

#### **2001–2016**

Adjunct Faculty/Public Programming Developer • The California Institute of Integral Studies - CIIS (USA)

#### **2001–2010**

Adjunct Faculty • Naropa University • Boulder, Colorado (USA)

#### **2001–2010**

Adjunct Faculty • John F. Kennedy University • Pleasant Hill, California (USA)

#### **2001–2010**

Adjunct Faculty • Sofia University • Palo Alto, California (USA)

#### **2007–2014**

Yoga Instructor • Yoga Mountain Studio • Fairfax, California (USA)

#### **2001–2004**

Doctoral Committee Member • CIIS/Sofia/Naropa/JFK and Union Institutes • (USA)

- Taught Masters and Doctoral courses on writing, dissertation supervision, transpersonal psychology, body-centered psychotherapy

- Mentored Psychologists, Yoga Therapists, and Medical Professionals on subjects of trauma, addiction, organizational development, and leadership



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Bilingual - English and Spanish



### Education

**Union Institute and University** • Cincinnati, Ohio (USA) • **PhD in Psychology (2001)** • Concentration in the Psychology of Contemporary Spiritual Traditions

**The California Institute of Integral Studies** • San Francisco, California (USA)  
• **MA in Counseling Psychology (1994)**

**The University of Michigan** • Ann Arbor, Michigan (USA) • **BA in Cultural Anthropology with Honours (1991)**

**Yoga Certification** • (USA) • **E-RYT (1994)**

### Conferences

Curator: The Yoga & Psyche Conference, San Francisco, CA, 2014

Speaker: Matter & Psyche Symposium, Joshua Tree, CA (Spring, 2015)

Founder: The Yoga & Psyche Conference, San Francisco, CA 2014

Speaker: Science and Nonduality Conference, San Rafael, CA, 2011, 2012

Speaker : Nondual Wisdom and Psychotherapy Conference, Palo Alto, CA, 2009

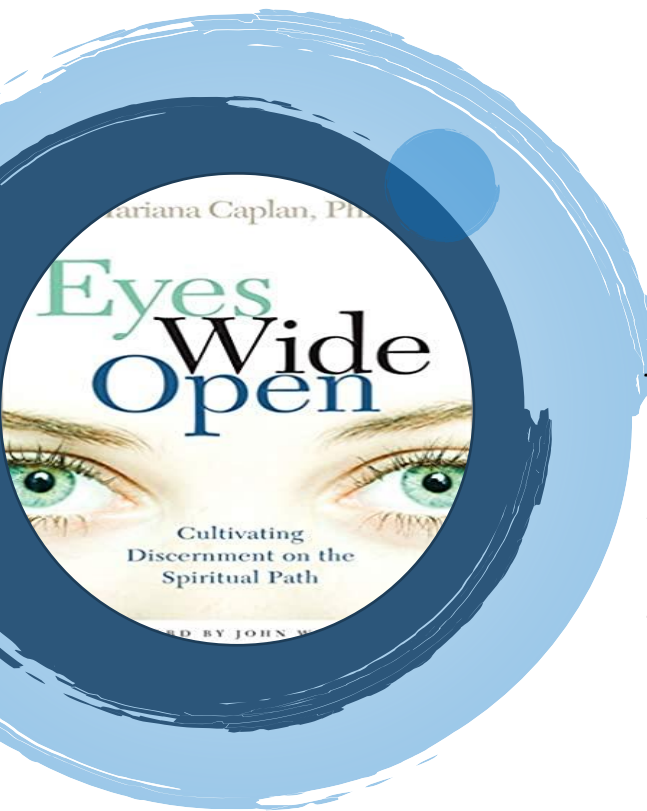
### Published Articles

Caplan, M., Portillo, A., and Seely, L. (2014) Yoga Psychotherapy: The Integration of Western Psychological Theory and Ancient Yogic Wisdom. *The Journal of Transpersonal Psychology*, Volume 45, No. 2.

Caplan, M., Hartelius, G., and Rardin, M. (2007). Transpersonal Psychology: Defining the Past, Divining the Future. *The Humanist Psychology*, Volume 35, No. 2.

Caplan, M., Hartelius, G., and Rardin, M. (2003). Contemporary Viewpoints on Transpersonal Psychology. *Journal of Transpersonal Psychology*, Volume 35, No.2.

Caplan, M. (2001). Where are We Going?: The Fate and Failings of Contemporary Spirituality. *Revision Magazine*, Volume 26, No. 2.



### Published Books

***Yoga & Psyche: Integrating the Paths of Yoga and Psychology for Healing, Transformation, and Joy*** (Sounds True, 2018)

***Transformation and Joy*** (Sounds True, 2018)

***The Guru Question: the Perils and Rewards of Choosing a Spiritual Teacher*** (Sounds True, 2011)

***Eyes Wide Open: Cultivating Discernment on the Spiritual Path*** (Sounds True, 2009).

***To Touch is to Live: the Need for Genuine Affection in an Impersonal World*** (Hohm Press, 2002)

***The Way of Failure: Winning Through Losing*** (Hohm Press, 2001)

***Halfway Up the Mountain: The Error of Premature Claims to Enlightenment*** (Hohm Press, 1999)

***When Holidays are Hell!: A Guide to Surviving Family Gatherings*** (Hohm Press, 1997)

***When Sons and Daughters Choose Alternative Lifestyles*** (Hohm Press, 1996)

Anthology chapter: ***“Walking the Talk: The Principles and Practices of Embodied Nonduality”*** in Prendergast, J. and Bradford, K. *Listening from the Heart of Silence* (Paragon House, 2007)

Anthology chapter: ***“Zen Boyfriends”*** in Dinan, S. *Radical Spirit: Spiritual Writings from the Voices of Tomorrow* (New World Library, 2002)

### Achievements

Winner of 5 publishing awards for *Eyes Wide Open: Cultivating Discernment on the Spiritual Path* (2010), including Coalition of Visionary Resources Book of the Year, Gold Independent Publisher’s Award, and Silver Nautilus Award

Founder of the Yoga & Psyche Conference: The Future of Psychology at the California Institute of Integral Studies (2014). Representatives from over a dozen countries presented at the conference

Co-editor of the academic volume *Proceedings of the Yoga & Psyche Conference, 2014*, (Cambridge Scholars Press, 2015)

Creator of California Institute of Integral Studies Graduate Study Abroad Programs in India and Costa Rica. Conducted 5 graduate level travel/study trips from 2002-2007

*Zen Boyfriends* (Caplan, Tricycle magazine, 2002) was adapted to a musical production in 2006, and toured the West coast, and currently being reproduce