



# Mariana Caplan

## PhD, L-MFT

Author, Psychotherapist, Consultant, Humanitarian

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Experienced Psychotherapist serving Individuals, Couples, Families, and Religious Organizations, specializing in Trauma with over 20 years of experience incorporating traditional and alternative approaches to psychotherapy. Published author of 10 books translated in over a dozen languages. Dedicated humanitarian supporting international organizations globally.



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[www.OceaniaInternational.com](http://www.OceaniaInternational.com)  
[www.YogaandPsycheInternational.com](http://www.YogaandPsycheInternational.com)



Bilingual - English and Spanish

### Experience

#### **1997–Present**

International Speaker, Educator and Consultant • Real Spirituality International: Supporting Humanitarian Organizations Globally

#### **2010–2020**

Psychotherapist • Private Practice • Fairfax, California (USA)  
• Mentored Psychologists and Medical Professionals on Trauma, Addiction, Organizational Development, and Leadership

#### **2001–2016**

Adjunct Faculty/Public Programming Developer • The California Institute of Integral Studies • San Francisco, California (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 • Sophia University • Palo Alto, California (USA)

#### **2007–2014**

Yoga Instructor • YogaWorks • San Francisco, California (USA)

#### **2001–2004**

Doctoral Committee Member • The California Institute of Integral Studies, Sophia, Naropa, John F. Kennedy, and Union Institute and University (USA)



## Education

**Union Institute and University** • Cincinnati, Ohio (USA)

• **PhD in Philosophy and Psychology (2001)**

**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 Teacher Master Certification** • Yoga Hanalei, Hawaii (USA)

• **E-RYT 500 (2007)**

## 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 Journal of Humanistic 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

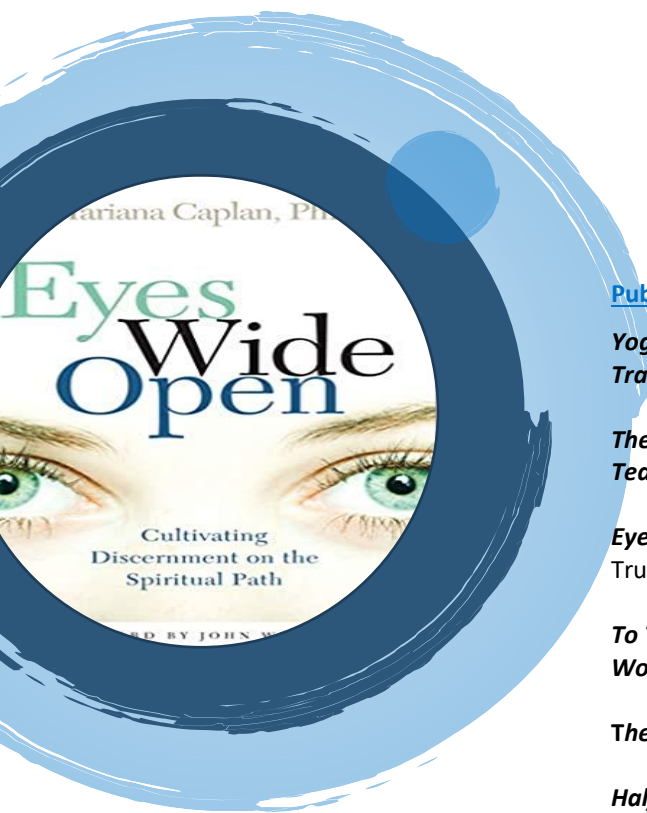
## Conferences

**Keynote Speaker:** The Association of Transpersonal Psychology 50th Anniversary Conference, Carmel, California, 2019

**Founder and Curator:** The Yoga & Psyche International Conference, San Francisco, CA, 2014

**Moderator and Speaker:** Science and Nonduality Conference, San Jose, CA, 2011, 2012, 2019

**International Speaker:** Presented at numerous events on Topics of Activism, Social Change and Global Peacemaking (1997 – Present)



### Published Books

***Yoga & Psyche: Integrating the Paths of Yoga and Psychology for Healing, 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)

***Proceedings of the Yoga & Psyche Conference*** co-edited with Gabriel Axel, (Cambridge Scholars Press, 2015)

Anthology Chapter: **“Death Don’t Have No Mercy: A Memoir of My Mother’s Death”** in McLeod, M. in *Best Buddhist Writings of 2006* (Shambala Publications, 2006)

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

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)

### Achievements

**Winner of Five Publishing Awards for Eyes Wide Open:** *Cultivating Discernment on the Spiritual Path* (2010), including Gold Independent Publisher’s Award, and Silver Nautilus Award

**Zen Boyfriends: A Musical Comedy:** adapted from an article in *Tricycle Magazine* - USA Tour (2006-2017)

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