



Mariana Caplan

PhD, L-MFT

Author, Psychotherapist, Consultant, Humanitarian

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.

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)



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Bilingual - English and Spanish



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

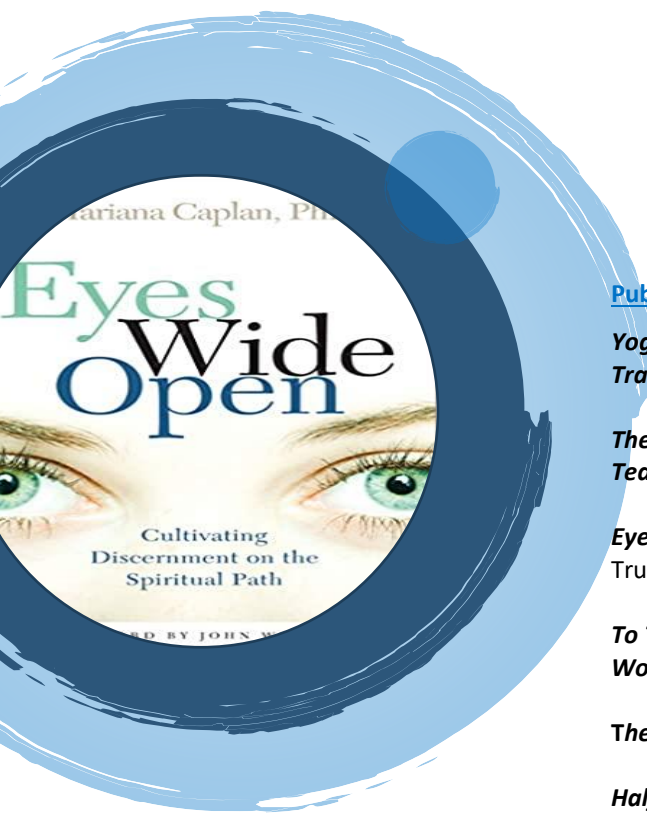
Conferences

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)