

## PERSONAL INFORMATION



## Mariana Caplan, PhD, MFT, E-RYT 500

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## EDUCATION

### PhD in Psychology (2001); concentration in the Psychology of Contemporary Spiritual Traditions

Union Institute and University, Cincinnati, OH

### MA in Counselling Psychology (1994)

The California Institute of Integral Studies, San Francisco, CA

### Yoga Teacher (E-RYT 500)

Yoga Alliance Certified. 23 years of study, and 12 years of teaching studio asana classes, workshops, children, youth in crisis, workshops, universities, and major retreat centres worldwide.

### BA in Cultural Anthropology, Honours (1991)

The University of Michigan, Ann Arbor, MI

Award-winning undergraduate thesis: "Education as Process of Cultural Preservation and Transformation in Indigenous Costa Rica"

## 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). Won 5 national awards for Best Spiritual Book of 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)
- Books are translated into over 15 languages

## WORK EXPERIENCE

2010-Present

**Psychotherapist, private practice**

- Specialization in psychological support on the spiritual path
- Individuals, Couples, Families, Religious Organizations
- Clients include religious and spiritual teachers and leaders in need of psychological support
- Psychological consultant to religious and spiritual groups in crisis and transition

1997-Present

**Public Speaking, Workshops, Retreats, and Yoga Trainings**

- Since my first book was published in 1996, I have travelled and taught workshops extensively throughout the United States, Canada, and many countries throughout the world including Mexico, Spain, France, Italy, Germany, and India based on the various topics of my books, teaching at Buddhist centers, yoga studios, universities, and retreat centers
- Since 2006, I have been teaching Yoga & Psyche workshops and trainings at venues including the Somatic Experiencing Institute, the California Institute of Integral Studies (yearly trainings), JFK, Sophia, and Naropa Universities, Esalen (2006, 2007, 2009, 2012 2013), Omega (2013), Namaste Yoga & Wellness, The Yoga Tree, and other San Francisco Bay Area yoga studios, and the Nalanda Institute, as well as at a variety of yoga studios around the United States
- Regular guest on television and web-based programs on subjects of spirituality, psychology, yoga, and wellness.

2001– 2016

**Adjunct Faculty. The California Institute of Integral Studies, San Francisco, California**

- Taught Masters and Doctoral level courses in East-West Psychology Department, Transformative Leadership Development Program, and School of Consciousness and Transformation
- Taught courses on transpersonal psychology, research, transformative leadership, writing, science and consciousness, and somatic psychology
- Study Abroad Programs:
  - Initiated and taught CIIS's first graduate study abroad program in India, and travelled with students in 2002, 2004, 2006, 2007
  - Initiated and taught CIIS's first graduate study abroad program in Costa Rica in 2005

2001-2016

**Public Programming Developer. The California Institute of Integral Studies, San Francisco, CA**

- Organized 5 large lecture series on subjects of psychology and spirituality, including: Spiritual Authority, Enlightened Duality, Embodied Spirituality, and Psychology and Spirituality
- Founded The Yoga & Psyche Conference: The Future of Psychology, 2014. The first academic conference in the Western world dedicated to the integration of Western psychology and yoga
- Created and taught in Yoga Philosophy Certificate Program (2007-2008)

2001-2010

**Adjunct Faculty (online), Naropa University, Boulder, CO**

- Taught courses in advanced transpersonal psychology and dissertation supervision

2002-2010

**Adjunct Faculty, John F. Kennedy University, Pleasant Hill, CA**

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

- 2001-2008 **Adjunct Faculty. Sofia University, Palo Alto, CA**
- Taught courses in transpersonal psychology and writing

- 2007-2014 **Yoga Instructor. Yoga Mountain Studio, Fairfax, CA**
- Yoga Alliance Certified (RTY-500)
  - Taught classes in asana (physical yoga), yoga philosophy, and yoga psychology

- 2001-2004 **Doctoral Committee Member for CIIS, Sophia, Naropa, JFK and Union Institutes.**
- Served in dissertation committees for doctoral candidates

## LANGUAGE SKILLS

Mother tongue(s) English

Other language(s)  
Spanish

UNDERSTANDING: EXCELLENT		SPEAKING: EXCELLENT		WRITING : GOOD
Listening: Excellent	Reading: Good	Spoken interaction: Excellent	Spoken production: Excellent	

## ACADEMIC ACHIEVEMENTS

- Winner of 5 publishing awards for *Eyes Wide Open: Cultivating Discernment on the Spiritual Path* (2010), including COVR Visionary 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 2004-2009
- Published 6 books translated into 15 languages on areas in psychology and spirituality

## ACADEMIC PUBLICATIONS (PEER REVIEWED)

- 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.

## MAGAZINE PUBLICATIONS

- More than 30 published articles in US and International magazines, including Shambhala Sun, Tricycle, and ReVision. Articles translated and reprinted in over 12 languages
- *Death Don't Have No Mercy: A Memoir of a Mother's Death* (Shambhala Sun, 2006) was selected for Best Buddhists Writings of 2006 (Shambhala Publications, 2007)

## PUBLICATIONS, OTHER

- Huffington Post blog: regular contributor to the Huffington Post on various subjects related to psychology, spirituality, yoga, and culture

#### ARTISTIC ACHIEVEMENTS

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

#### CONFERENCES

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- 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