

PERSONAL INFORMATION



Mariana Caplan, PhD, MFT

18 Meernaa Avenue, Fairfax, CA 94930

(415)320-5966

mariana@realspirituality.com

www.realspirituality.com

AWARD APPLIED FOR

Fulbright-Nehru Academic and Professional Excellence Award:
5451

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

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 (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
-
- 2001–Present **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-Present **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
-
- 2007-2010 **Psychotherapy Intern. Novato and Petaluma, CA**
- Provided psychotherapy (in Spanish) to Latino individual, couples, and families
 - Initiated programs in two middle schools offering yoga and group therapy as a treatment for adolescent girls in gangs and other high-risk groups
-

- 2007-2012 **Yoga Instructor. Yoga Mountain Studio, Fairfax, CA**
- Yoga Alliance Certified (RTY-200)
 - Taught classes in asana (physical yoga), yoga philosophy, and yoga psychology

- 2001-2004 **Doctoral Committee Member. Union Institute and University, Cincinnati, OH**
- 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: Excellent	Spoken interaction: Excellent	Spoken production: Good	

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. The first international, academic conference in the Western World on yoga and Western psychology (San Francisco, 2014). Over 150 attendees
- Guest editor for Cambridge Scholars academic journal [in press, to be published Fall, 2015] entitled *Yoga & Psyche*, including most important papers submitted to the Yoga & Psyche Conference, 2014
- Creator of California Institute of Integral Studies Graduate Study Abroad Program 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
- *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

- *Zen Boyfriends*, an article published by Tricycle magazine in 2002, was adapted to a musical production in 2006, and toured the West coast

CONFERENCES

- 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

RADIO AND TELEVISION

- Appeared in over 100 television and radio programs include WABC, WOR and WGY in New York; Public Radio International; NPR special segments