


About Gene Gendlin



Eugene Gendlin was born in 1926, in Vienna, Austria. He and his family escaped the Nazis and migrated to the US while Gendlin was a child. He studied under Carl Rogers during the 1950's. He received a PhD in Philosophy from the University of Chicago. Gendlin's theories impacted Roger's own beliefs and played a role in Roger's view of psychotherapy. Gendlin became a professor of philosophy and psychology at the University of Chicago, where he worked until 1995. His philosophy is called "The Process Model"

In 1986, he founded the Focusing Institute which aim was to facilitate training and education in Focusing.

The Concept of focusing is based upon Gendlin's research, that found, that clients who focused internally were more likely to succeed in therapy. He developed his 6-step process to help clients do this. He also ran groups called "Changes" where people came together to focus in partnerships, with one focuser and one listener and then you swapped roles.

Gendlin coined the phrase "felt sense". This refers to the sense a person gets about the whole issue they are concerned about. It is at first, unclear or fuzzy and hard to articulate. However, as you pause and spend time with it in a caring way (or at least curious way) your mind/body shows you more. This can lead to a "felt shift" where you get some relief. You can also discover more than you already knew.

His philosophical work is concerned especially with the relationship between logic and experiential explication. Implicit intricacy cannot be represented, but functions in certain ways in relation to philosophical discourse. The applications of this "Philosophy of the Implicit" have been important in many fields.

They include *Experiencing and the Creation of Meaning*, (in paperback) and *Language Beyond Post-Modernism: Saying and Thinking In Gendlin's Philosophy* (edited by David Levin) , both from Northwestern University Press, 1997 and *A Process Model*.

Gendlin has been honored four times by the American Psychological Association for his development of Experiential Psychotherapy. He received the first "Distinguished Professional Psychologist of the Year" award from the Clinical Division, an award from the Philosophical Psychology Division, and he and The Focusing Institute received an award from the Humanistic Division in August of 2000. Division 24 is giving him (2010) their highest award for Distinguished Theoretical and Philosophical Contributions to Psychology. In 2008 he was awarded the Viktor Frankl prize by the city of Vienna and the Viktor Frankl Family Foundation.

He was a founder and editor for many years of the Clinical Division Journal, *Psychotherapy: Theory Research and Practice*. His book, *Focusing*, has sold over 500,000 copies and is translated into 17 languages. His other books include, *Let Your Body Interpret Your Dreams*, and *Focusing-Oriented Psychotherapy*. *He is internationally recognized as a major American philosopher and psychologist.*