

**Akira Ikemi, Ph.D.** has taught full-time at Kobe College; Okayama University; the University of Occupational and Environmental Health, School of Medicine; and is currently professor of psychotherapy at Kansai University Graduate School of Psychology in Japan. Double-majoring in philosophy and psychology as an undergraduate at Boston College, he was introduced to Professor Eugene Gendlin through one of his philosophy professors. Akira received his MA from the University of Chicago, studying with Gene Gendlin at the time the book *Focusing* was first published from Everest House in 1979. He has since worked to teach and research Focusing and to practice Focusing-oriented psychotherapy in hospitals, corporations and also privately. He is a certifying coordinator, a member of the International Leadership Council and former board member of the International Focusing Institute and has served as a board member of several other organizations including the World Association for Person Centered and Experiential Psychotherapy and Counseling, and the Japanese Society for Humanistic Psychology. He has written many books and articles on Focusing in Japanese and his newest Japanese book is translated into Chinese. He has written many academic papers in English, and some of his works can be found on his website: <http://www.akira-ikemi.net>

Akira travels widely and has given Focusing workshops publicly and as university courses in countries including the USA, UK, Canada, Belgium, Greece, Germany, Australia, Hong Kong, China and Japan.