

Detlef Girke, born in 1965, Focusing trainer and coach, electrical engineer (since 1995), and consultant for accessible IT (since 2002).

I also own a small publishing house (since 2019, <https://zks-medien.de>, mainly German-language), where we publish many books, media, and tools related to Focusing, in addition to books from the psychosocial field and on clinical social work. Almost all of the tools are based on TAE, Thinking at the Edge, and are designed not only to facilitate an easier introduction to Focusing but also to help it gain traction beyond therapeutic contexts—such as in corporate leadership. Fortunately, my experience as an accessibility consultant has already given me practice in this area.

I have been practicing Focusing since 2005 and have been offering Focusing-oriented workshops since 2019.

Since the age of six, I have been visually impaired (Retinitis Pigmentosa). Back then, doctors told me that I would go blind within the next few years. But even though my visual field kept shrinking, I can still see a little. Not much, but enough to work on a computer without assistive technology, for example. This small difference has helped me pay closer attention—to details in everyday life, because I had no other choice, and to people, because it taught me to listen.

Early on, I read psychological literature and books on Eastern wisdom traditions. I was always—and still am—curious about what happens within me. And I am equally interested in what happens within the people I interact with.

When I read Gendlin's book on Focusing in 2004, I felt that someone was finally putting into words what I had sensed my entire life. That was a real shift—one of many that followed, and hopefully, many more will come.