

## **Hanspeter Mühlethaler**

I am a physicist with a PhD in Atomic Physics and Astrophysics, I worked as an engineer in Electric Power Industry and as a scientific agent and manager in Railway Administration. In 1989 I found Focusing, or should I say Focusing found me? I picked up a book in a shop and while reading it with enthusiasm, I saw the announcement of a course introducing Focusing by the Swiss/German Focusing Netzwerk (FN).

Beginning of an intensive training period:

- Full Focusing training program of FN
- 3 years of education in psychotherapy at Institute GFK (Christiane Geiser, Ernst Juchli)
- Sommerschule at Achberg 1992 and 1994 with Gene Gendlin
- TAE course at Stony Point with Gene and Mary 2001

I attended many International Focusing Conferences. For the International 2013 in Switzerland I was a member of the organizing committee.

In 2010 I was certified as a Focusing Professional by TIFI and at the same time as a Focusing Trainer by the FN.

My main concern for Focusing is to integrate Focusing and a "TAE kind of thinking" into everyday life as a philosophical practice. I try to teach Focusing/TAE based thinking to persons who are not Focusers and do not necessarily have a background in psychotherapy. I feel a need to share my experience of how colorful and touching many aspects of life can become with Focusing.

I use many different modes to demonstrate the power of focusing, like listening to music, observing art, reading stories, being in nature etc., all in a Focusing attitude.

2008 I started to offer TAE workshops with Donata Schoeller in various places:

- ETH Zürich (Department of Humanities, Social and Political Sciences)
- University of Zurich (Program for PhD students and at the department for Continuing Education)
- In private settings
- As webinars on occasion

Since 2014 I have been offering "Focusing hikes" in the Swiss Alps with Elisabeth Zeller, a Swiss colleague. A way to more intensive experience nature and oneself while walking.

Last Spring, following a Round Table Talk on TAE, Wendi Maurer and I started "A Taste of TAE", monthly webinars to offer a playful way to approach TAE.

Occasionally I have private clients for counseling.

Hanspeter Mühlethaler, Olten Switzerland, September 2017