

BIO: Gisela Uhl

Gisela Uhl became a certified Focusing teacher in Toronto in 1997 with Mary Armstrong. Her background includes social studies and city planning; she has always been very interested in psychology, social questions, and philosophy, which she studied extensively while living in England, former British Guyana/South America, and Toronto/Canada. She studied Gendlin's philosophy with Rob Foxcroft in Scotland and became a friend of Gene Gendlin, with whom she was especially close during the last two years of his life. Gene introduced her to Dave Young, and the two of them enjoyed regular discussions, which led to hosting Roundtables at TIFI about the relationship between Focusing and Politics.