

# New Focusing Institute in Poland

Focusing continues to spread around the world with the creation of a new Polish Focusing Institute in Warsaw, Poland. The establishment of this new Institute is thanks to the long-term cooperation of the INTRA psychotherapy school with Claude Missiaen, who has been teaching the practice of Focusing for almost 10 years. Through his valuable workshops attended by dozens of therapists, four have obtained an FOT certificate with Darek Tkaczyk acting as the FOT Coordinator.

Those involved in the creation of the Institute are Joanna Kaczmarek, Darek Tkaczyk, Krzysztof Górski, Irek Kaczmarczyk, Katarzyna Kawka, Sonia Ruszkowska and Piotr Wardawy with Claude's assistance invaluable here as well. Renata Wasik supports the Institute organizationally.

Inspiring the creation of the Institute is a desire to spread Focusing in Poland and enable the largest possible groups of people to develop the ability to use bodily knowing. With the first of these groups already identified, Joanna Kaczmarek says, "My personal dream is that it will eventually spread in schools."

We welcome you to visit our new website: [\*\*https://osrodekintra.pl/instytut-focusingu/co-to-jest-focusing/\*\*](https://osrodekintra.pl/instytut-focusingu/co-to-jest-focusing/)

There is more information and further coming soon including: Two certification paths for FOTs and trainers, a Focusing skills list, a library and more. We will also create a Facebook group to build up the Focusing society.