Short Bio **27 May 2022**

Veronica Toescu

I am based in Birmingham, UK and although my surname is Romanian in origin, I am from La Paz, Bolivia but have settled to live in UK, at least for the time being. I speak Spanish, English and Romanian fluently. My life has taken me to live in many countries experiencing several cultures and ways of living and being.

Ever since I have encountered Focusing, this way of attuning to a forward way of being and living in the world has become an integral part of who I am, not only professionally, but equally in my personal life.

I learnt Focusing with the team at London Focusing Institute, which has now become my base for my professional practice of Focusing supporting new students to become Focusing-Oriented Therapists.

Central to my practice of Focusing is the partnerships I have, some longstanding others more recent. I have benefit from several workshops offered by the International Focusing Institute and have made very special connections with people from all over the world.

Currently, I am on sabbatical leave until the end of June, planning to resume my Psychotherapy practice and Focusing Guidance from July 2022.

If you would like to know more about me, please get in touch, my email is:
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