

Veronica S. Urioste

This is my new name. You might have known me as Veronica Toescu.

I was born in La Paz, Bolivia and left my country in 1976 and now, I am settled in Birmingham, UK. I speak Spanish, English and Romanian. My life has giving me the opportunity to live and reside in several countries, cultures experiencing this diversity has enriched my life.

Ever since I encountered Focusing, this way of attuning to our living in a forward way of being in the world has become an integral part of who I am bringing and has taught me to interact with all folks I meet from a deeply listening place.

I learnt Focusing with the team at the London Focusing Institute and after my training for a period I was part of the teaching team introducing Focusing to students, some of them becoming Focusing-Oriented Therapists.

Central to my practice of Focusing is the different Focusing partnerships I have, some longstanding others more recent. More recently I have been learning TAE and continue to benefit from several workshops that the International Focusing Institute offer, connecting in this way with people from all over the world.

If you would like to connect with me, please get in touch, my email is: psychotherapy.indialogue@gmail.com