

Tom Larkin

I found the book, "Focusing" over 30 years ago. I was attracted to it because, at the time, I saw it a cross between meditation and psychology. (I did a degree in psychology and was a long-time meditator). Not long after I found a woman who did two weekend workshops on how to do it. However, she left the country and that was that until 2003. That was when, while engaging in personal therapy as a requisite for a training course in counselling/psychotherapy, I discovered that my therapist was also a Focusing professional. Then my life changed. From 2005 Sr. Mairead O'Brien taught me Focusing and was my mentor while I was a coordinator in training until she died in 2015. Rene Veuglers continued as my mentor and I became a coordinator in 2019.

Over that time, I brought Focusing into my work as a special education teacher and as a therapist and I led a lot of workshops and taught a lot of courses in Focusing. In the early stages of the covid lockdown I helped establish weekly online gatherings for Focusers in Ireland and I participated in the formation of a national organisation for Focusing. In 2019 I was invited to join the 2020 Weeklong team as a supporting/collaborative coordinator and then to join the core team for the next three Weeklongs. Last year, 2023, I was invited to join TIFI's membership committee.