



# Takiwasi

CENTER FOR THE REHABILITATION OF DRUG ADDICTIONS  
AND RESEARCH ON TRADITIONAL MEDICINES

## Instructions to write the motivation letter

The objective when working with plants in Takiwasi is therapeutic. We ask for a detailed **motivation letter** so we may know you better and to evaluate your request. We would appreciate this letter to be short (maximum 2 pages), and covering the following aspects:

- ✓ Circumstances related to pregnancy and birth (conception; health state of the mother during pregnancy); birth (cesarean section, forceps, normal, premature or not) and aftercare.
- ✓ Life history: childhood, relationship with parents, siblings, grandparents, family history information. Indicate the main problems, traumas, difficulties you have encountered and the solutions you have attempted.
- ✓ Past and present affective life: whether you are in a couple or not, children.
- ✓ Studies and professional life.
- ✓ Emotional knots you think you've worked on and current blockages to work with.
- ✓ Therapeutic record (previous therapies) and spiritual life.
- ✓ The current motivations for undertaking this therapeutic process in Takiwasi.
- ✓ Any kind of trauma (physical and/or psychological) you have experienced during the practice of your job (training, combat deployment, emergency scene or situation, incident resolution - we understand the confidentiality nature of military situations and do not require specifics about location, names or anything which may compromise such confidentiality).

*Takiwasi*