Instructions to write the motivation letter

The objective when working with plants in Takiwasi is therapeutic. We ask for a detailed **motivation letter** in order to get to know you better and to evaluate your request.

We would appreciate this letter to be short (maximun 2 pages), and covering the following aspects:

- ✓ Circumstances related to pregnancy and birth (information related to 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 tried.
- ✓ 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.

Takiwasi