

## **INFORMATION AND RECOMMENDATIONS FOR TAKIWASI VISITORS**

TAKIWASI is a Center for the Rehabilitation of Drug Addicts and Research on Traditional Medicines, legally registered as NGO, apolitical, non-denominational and non-coercive.

Our first priority is the treatment of patients with drug addiction, whom are admitted on average for a period of 9 to 12 months. The duties required in order for TAKIWASI to function well are varied and numerous: daily accompaniment of patients, psychological consultations, treatments with plants, workshops, administrative duties, accounting, personnel management, preparation of research articles and reports, daily necessities supply, maintenance, kitchen, etc. On any given day at TAKIWASI there can be more than 40 employees, 15 residential patients, out-patients and visitors, and as such a necessary level of discipline is required to keep all activities functioning, and to maintain the necessary peace in the environment.

Within the framework of training and dissemination activities, TAKIWASI also welcomes visitors from Peru and around the world who are eager to learn about traditional medicines and to experience Amazonian healing plants.

In order not to disturb the work and to allow TAKIWASI to remain a place for exchanges and meetings, visitors are kindly requested to take note of and obey to the following instructions:

### **✓ INTERACTION WITH RESIDENTIAL PATIENTS**

Without prior consent from the therapeutic team, it is prohibited to interact with residential patients, in group or individually, to buy them things or to give them gifts or money, offer them cigarettes (they are not allowed to smoke), to exchange email addresses, social networks contacts, telephone numbers and to pass on letters or messages to them.

The patient living and co-habitation areas are reserved for patients only; as such we ask that visitors do not enter these spaces without being accompanied by a therapist.

Visitors must absolutely abstain from engaging in therapeutic activities/giving advice to patients unless they have been invited to do so by one of the therapists.

### **✓ BEHAVIOR AND DRESS CODE**

Takiwasi welcomes patients with drug addiction problems and as such it would be completely inappropriate to be under the influence of psychoactive substances or alcohol while visiting us. In the same way, it is important to maintain a decent conduct while in the city of Tarapoto that does not impact the positive image that the Center enjoys within the local community.

For legal reasons, Takiwasi only accepts male residential patients, whom must observe sexual abstinence during their stay and while working with plants. The treatment awakens sexual energy and it is therefore requested that women avoid provocative attitudes and dress (miniskirts, necklines, tight clothing, etc.) which can facilitate projections and can complicate or interrupt the therapeutic process of the patients. For the same reason, it is necessary to abstain from establishing romantic bonds with the patients as they are in a process of full exploration of their affective relationships and who have very strong emotional charges.

### **✓ ACCESS TO OFFICES**

Access to the offices and use of the computers and email is for staff only. In case you require use of them please coordinate this with in advance with someone in charge.

### ✓ **SECRETARY OFFICE**

We kindly request you not stay in the secretary office unless necessary (when registering into our system, for example) to allow the secretary to work in a peaceful environment. The secretary is not authorized to store your personal belongings and valuables. Nor should therapeutic or medicinal plant consultations be made to this office.

The secretary will be able to support you in some things like flight reservations, check-in, changes of dates, if previous arrangements have been made and the respective payment is made if the procedure demands some payment, as well as the handling of the appointments with managers or therapists.

All services, handicraft goods or medicinal products can be paid for at the desk in the boutique or in the administration office. We recommend that you keep your payment receipt for any services or purchases made.

### ✓ **PAYDESK**

For any payment, please consider the opening hours of the paydesk: 9am – 1pm from Monday to Saturday and 3pm – 6pm from Monday to Friday. The person in charge of the payment system is not authorized to lend you money, nor store valuables. You can make payments with VISA and MASTERCARD with an additional fee of 6% to 8% depending on the type of card; this can only be done in the boutique.

### ✓ **MEDICINAL PLANTS**

The sessions with plants (purges, ayahuasca, containment plants and psychological interviews) and the diet must be paid for in advance, at the time of registration. In order to participate, your proof of payment must be ready to show to the person responsible for the session or to any therapist who might request it.

### ✓ **NOISE**

During office hours (8 am - 1pm / 3pm - 6pm), please avoid making loud noise or having long conversations in person or over the phone around the entrance or in communal areas.

### ✓ **USE OF MAPACHO TOBACCO AND CIGARETTES**

The use of tobacco or mapachos in Takiwasi is restricted only to therapeutic activities. Visitors must refrain from smoking cigarettes or mapachos in all areas of the Center. Many patients while using drugs mix tobacco with marijuana or cocaine base paste, and as such the smell of tobacco outside of a therapeutic context can impact patients by reactivating memories of drug consumption and the desire of consuming.

Mapacho and traditional Amazonian cigarettes can be purchased in the boutique. Please remember that absolutely under no circumstance can cigarettes or mapachos be given to the residential patients in treatment.

### ✓ **PERFUMES**

Smells interfere with the diet process and the plants intake process, at times with very serious consequences. We regularly have patients at Takiwasi experiencing a post-diet period and thus very exposed and sensitive to smells. Because of this, please do not use perfumes or toiletries with strong smells (deodorants, shampoo, conditioner, essential oils, repellents, etc.).

### ✓ **ACCESS TO LIBRARY**

Access to the library and to the audiovisual archive is possible during office hours. Any document to be loaned (books, tapes, videos) needs to be registered in the logbook at the time of borrowing and return. Books can be borrowed simply by leaving in exchange your ID (identity card, passport, driving

license). Some books and other materials cannot leave the Centre for any reason nor can they be photocopied, this is in order to protect the original.

#### ✓ **TELEPHONE/ E-MAIL**

Use of the phone, fax and email is for Takiwasi staff only, aside from cases of emergency (with authorization from a staff member). Calls can be received at Takiwasi in cases of emergency; however these calls cannot take up too much time to avoid blocking other communications of the Centre.

#### ✓ **VEHICLES**

Vehicles (motorbikes and cars) are exclusively for Takiwasi's activities.

#### ✓ **TELEVISION**

The television is turned on for residential patients only on Saturdays and Sunday evenings. Use of the TV at any other time is subject to pre-approval from the staff.

#### ✓ **TOOLS**

The use of any equipment (tools, blankets, towels, office supplies, etc.) must be requested in advance and permission must be given by one of the staff members beforehand. Items must be returned to where they were found, clean, in good working condition and any damage occurred during use must be reported.

#### ✓ **KITCHEN**

Visitors are not allowed to use the kitchen aside from after meals when dishes need to be washed and the table cleared. Taking provisions from stock supplies in the pantry or store is not permitted. As a courtesy, Takiwasi provides hot water, tea and coffee during breaks, but this is very limited (breakfast is not offered at Takiwasi). Consideration is to be taken before using these services. Takiwasi is in no way obliged to offer this service on a permanent basis.

#### ✓ **BATHROOM**

We ask those using the facilities to help us ensure that the bathrooms be kept clean, toilet paper restocked when it runs out, lids properly shut and that the flushing system in the toilet is working well (and if not, please advise the administration office). Please remember to close the door when leaving the bathroom.

#### ✓ **SALES**

Takiwasi has a small boutique store where you can find postcards, local handicrafts, books, CD's, shirts, medicinal products from our laboratory, etc. Certain tinctures are sold with a prescription from the Medical Director of Takiwasi or a therapist. You can find the store together with the offices at Takiwasi's main entrance.

#### ✓ **HEALTH PROBLEMS**

Each person is expressly invited, prior to beginning their process with the plants, to advise us of any and all health problems not already noted in the personal **Health Form**. Any problem emerging after any plant intake must also be reported to Dr. Jacques Mabit. Some health problems can represent a contraindication with the use of plants.

It is necessary that women inform us if they are menstruating (since it is incompatible with the intake of ayahuasca) or if they are pregnant.

Conventional treatments, consultations, medical tests and exams can be done at Dr. Isabel Suarez Ramos's Health Clinic (Clinica Sagrada Familia) located at: Avenida Vía de Evitamiento # 663 - Tarapoto; e-mail: tulenaisabelsuarezramos@gmail.com; phone: +51 925758568.

Being a visitor at Takiwasi (as a volunteer, practitioner, researcher, for diet, etc.) does not entitle you to free services at the Clinic, and all payment must be made directly there, as it is separate to Takiwasi.

### ✓ ACCOMMODATION

Takiwasi does not offer accommodation nor food to visitors.

### ✓ STAY IN THE CENTER

We wish to clarify that Takiwasi is a place of work (not a community or ashram) and that the staff is not always available to talk, chat, tours, etc. All services with plants or psychological consultations are by appointment only, arranged directly with therapist or with the secretary. In the case that you wish to visit the Center or need not-agreed-upon care, you still need to ask for an appointment, with the understanding that our first priority are our residential patients.

It is important to understand that the therapists have their time organized according to their appointments and activities with the residential patients.

We ask that you please avoid staying in Takiwasi without an express purpose, this can disturb the normal development of activities and the daily life of patients.

### ✓ SUPPORT/ASSISTANCE

Many visitors offer to support the activities at Takiwasi out of good will. Every offer is welcome and we are grateful in advance. However, we need to evaluate case by case. The service must correspond to specific needs, capabilities and availability of the Center.

Therapeutic intervention performed to residential patients must be coordinated in advance and correspond to a specific training and clinical experience.

Before beginning any activity, the staff needs to be aware of and have approved the activity, in addition to determine its conditions (time, place, etc). These collaborations are considered as volunteering, without any financial reward or exchange. Depending on the case, Takiwasi may pay for expenses incurred as part of the development of the activity.

Takiwasi reserves the right to not accept any offer. We ask, in this case, for your understanding, as some offers may come at the wrong time.

All financial support, including support with our self-funding strategy, is welcome.

### ✓ DISSEMINATION

Takiwasi has a developed Communications area that is in charge of disseminating projects and our philosophy (via articles, magazines, newsletters, conference participations, congresses, etc.)

For your family, friends and acquaintances that wish to visit us, we ask that you please contact us before arrival. This way we can offer a suitable prior appointment to help avoid frustrations.

Takiwasi offers services and therapeutic spaces with plants, such as diets and seminars (for French speakers): all requests for service need to be in the context of these services, outside of these contexts, service is almost impossible. No plant can be taken without prior approval granted to your **Health Form** and the **Motivation Letter**.

We recommend checking out our webpage [www.takiwasi.com](http://www.takiwasi.com) for all information and the dates of our retreats/diets and seminars. To request information please consider the following contacts.

- General information: [takiwasi@takiwasi.com](mailto:takiwasi@takiwasi.com)
- Request for addiction treatment: [terapia@takiwasi.com](mailto:terapia@takiwasi.com)
- Request for investigation/research: [matteo.politi@takiwasi.com](mailto:matteo.politi@takiwasi.com)

- Request for retreats/diets: [terapia@takiwasi.com](mailto:terapia@takiwasi.com)

✓ **PHONE CALLS TO THE THERAPISTS OF THE CENTER**

Takiwasi employees are prohibited from giving out to anyone the therapists' phone numbers and personal addresses, be those who ask patients or not.

All requests are to be made directly to the Center in writing, not via phone and definitely not to the therapists' homes, being these private spaces.

In case of emergency, ask the watchman to contact the therapist in charge.

Takiwasi phone number: +51 942023915

✓ **ACCEPTANCE OF THE RULES**

As a sign of compliance with the basic rules of the Takiwasi Center, I hereby sign the present document:

Date .....

Name .....