

LEGACY GIFT

Takiwasi Center

Including a donation to charity in your last will and testament is an act of generosity through which, in addition to looking after your family and loved ones, you can choose to leave part of your inheritance to the Takiwasi Center and thus contribute to improving the lives of thousands of people, from those whose existence has been directly or indirectly affected by addictions, to the indigenous communities who are the guardians of the Peruvian Amazon.



WHAT DOES IT MEAN DONATING IN YOUR LAST WILL AND TESTAMENT?

You can choose to donate a part of your inheritance or legacy to NGOs, programs and social and humanitarian projects, by indicating it in your last will and testament. You can leave what you want. From material things such as a property, jewelry, a piece of art, for example, to a percentage of assets, money or shares. It is a way to contribute to leaving a better world, without harming the rights of your heirs.

If you want to leave a part of your legacy in favor of Takiwasi, you do not need to notify us of your intention, but if you wish to do so, we assure you that all the information will be treated confidentially. The most important thing is that in this way you will express your commitment to improve the lives of the most disadvantaged people.

WHY INCLUDING A DONATION TO TAKIWASI IN YOUR LAST WILL?

1. Because of the guarantee provided by almost 30 years of social work.

We are committed in favor of our neighbor, by taking care of the health of the population, the social well-being and the conservation of the environment. For this great effort we have been rewarded with prestige and recognition at a national and international level.

2. Because our action has concrete results backed by scientific studies.

Being a pioneering center in combining the use of psychotherapy and medicinal plants for the treatment of addictions and mental health, we have been demonstrating every day that the ancestral practices of traditional Amazonian medicine, when correctly used, are an effective means to combat diseases of modern society, like addiction, depression, stress and anxiety.

3. Because ancestral medicines have helped you somehow and this is an opportunity to give something back to life.

Our effort to ensure that traditional medicines are recognized at the same level as conventional medicine leads us to promote ambitious and revolutionary self-financed research projects. With your support we will be able to continue this mission until we reach the goal.

5. Because we are committed to the side of indigenous communities.

Takiwasi develops projects for the protection of biodiversity and the Amazon rainforest, rescue of ancestral knowledge and revaluation of medicinal plants, sustainable local development and fair trade in partnership with indigenous communities of the region, in addition to supporting the education of indigenous children, adolescents and youth.

7. Because creating a better future depends on you.

Your heritage can help make the world a better place for future generations. No need to have a great fortune or heritage, what is important is your desire to help. Every grain of sand matters.



4. Because you are sensitized to the subject of addictions for personal, family or social reasons.

The addict population, that is growing year after year in an impressive way, is stigmatized and marginalized, without the chance of accessing to effective treatment solutions. The "drug addicts" are the "outcasts" of modern society. Institutions like Takiwasi do not receive financial support from the Government nor from large foundations that shy away from this problem perceived as complicated and with no easy way out.

6. Because we are transparent.

Your legacy will be used directly for the benefit of our drug addict patients with limited economic resources and the local indigenous communities so that they can strengthen their knowledge and capabilities aimed at the conservation of the Amazon and sustainable development. Please let us know your wishes on how to use your legacy and we will ensure that these are fulfilled in due course. Being a legally registered institution, our finances are controlled by the Peruvian government.

HOW CAN YOU INCLUDE A DONATION TO TAKIWASI IN YOUR LAST WILL AND TESTAMENT?

If you decide to include Takiwasi in your last will, simply communicate the following information to your notary:

- Company Name: Centro de Rehabilitación de Toxicómanos y de Investigación de Medicinas Tradicionales TAKIWASI
- RUC (Peruvian National Tax Number): 20172245065
- Legal address: Jr. Prolongación Alerta 466, Tarapoto, San Martín, Peru
- Public Records Registration: Ficha 249, asiento 030709, date 25 August 1992
- Regional Health Directorate Authorization: 006-2017-GRSM/DIRES-SM/DIREFISSA

If you have further questions or need more information about how to include our NGO in your last will, don't hesitate to contact us: administracion@takiwasi.com



TAKIWASI CENTER

Takiwasi, or "The Singing House" in Quechua language, is a Peruvian non-profit civil association, located in the city of Tarapoto, in Peruvian High-Amazon region. It was created in 1992 by Dr. Jacques Mabit as result of a research work started in 1986 on the thousands-years-old practices of Traditional Amazonian Medicine, in one of the regions of Peru with the greatest richness in terms of ancestral knowledge related to the use of medicinal and sacred plants that contribute to physical, mental and spiritual healing.

Since its beginnings, Takiwasi is dedicated to improving the health conditions of the population and to the conservation of the environment, developing innovative techniques and intervention models that preserve traditional Amazonian knowledge and articulate it with modern health science, always taking into account therapeutic, scientific, ecological, cultural and humanitarian concerns.

Takiwasi is considered to be the oldest and most renowned institution in combining the use of psychotherapy and medicinal plants for the treatment of mental health. With almost three decades of experience in this field, our model that harmoniously balance medicine, psychology and spirituality, has been the object of study of more than 60 international research projects, articulating an interdisciplinary academic community integrated by scientific institutions of global excellence.

Takiwasi has been self-financing for over 28 years through the offer of care services, such as personal development seminars and retreats-diets, and the sale of natural products. Our activities are also carried out thanks to the small individual contributions of generous people, committed to our work and who have personally experienced the transforming power of traditional Amazonian medicine.

OUR RESULTS IN THE TREATMENT OF ADDICTION

Studies that have focused on evaluating the efficacy of our treatment model show strong positive results.

The internal self-evaluation carried out by Dra. Rosa Giove¹, co-founder and responsible for the biomedical monitoring of Takiwasi, on some 200 former patients has shown a recovery rate of 54%, reaching 67% considering only patients who have completed the whole treatment receiving medical discharge from our therapeutic team.

Researcher Anne Denys² has based her survey on the use of the international standard Addiction Severity Index or A.S.I., conducting interviews with 15 former patients and concluding that 53% of them had perceived a significant improvement in their general well-being.



¹ Giove, R. 2002. *La liana de los muertos al rescate de la vida*. Tarapoto: Takiwasi.

² Denys, A. 2013. Des plantes médicinales au service d'une action thérapeutique dans la prise en charge de l'addiction. *Ethnopharmacologia*, 50:69-78.

A PhD research by David O'Shaughnessy³ has shown improvement throughout treatment in conditions known to dramatically influence rehabilitation such as stress and craving.

The recent naturalistic study carried out by Berlowitz et al.⁴ has investigated the short-term therapeutic effects of Takiwasi's treatment protocol, registering significant improvements after treatment completion for almost all the factors examined, including: severity of addiction symptoms (drug use, alcohol consumption, psychiatric state, social/family relationships), craving, emotional stress (anxiety and depressive symptoms), as well as overall quality of life.



RESEARCH PROJECTS

Since its beginnings, the Takiwasi Center has promoted scientific research on its therapeutic protocol for the treatment of addictions, whose originality and efficacy has interested researchers in Anthropology, Ethnology, Medicine, Psychology and Psychiatry, among other fields of science.

To improve the evaluation accuracy of our therapeutic proposal and contribute to a broader understanding of addictions, Takiwasi Center has developed a computerized system for collection, systematization, management and evaluation of therapeutic and clinical information called Plus⁵. This project is mainly intended to promote and facilitate scientific research, but it also supports therapists in their daily monitoring activities and to improve the accuracy of documentation of their clinical cases.

To ensure adequate dissemination of the results and findings, Takiwasi presents its research work and clinical experience in conferences⁶ in the field of health, participates in scientific media spaces around the world, and organizes scientific forums⁷ of international significance.

We believe that there are hundreds of researchers interested in studying psychotropic plants and thousands of people interested in alternative treatment approaches to mental health conditions and addiction. These users could greatly benefit from the integration of alternative practices in conventional health system.

As of January 2016, in Takiwasi formal recruitment of patients has begun under the international research project Ayahuasca Treatment Outcome Project – ATOP⁸, an ambitious and revolutionary study led by the Centre for Addiction and Mental Health (CAMH) of Toronto, Canada, which aims to evaluate the efficacy of addiction treatment based on the integration of traditional Amazonian medicine and psychotherapy using an academically validated methodology.

³ O'Shaughnessy, D. (2017). Takiwasi: Addiction Treatment in the "Singing House", James Cook University, p. 286.

⁴ Berlowitz, I., et al. (2019). Short-Term Treatment Effects of a Substance Use Disorder Therapy Involving Traditional Amazonian Medicine. *Journal of Psychoactive Drugs*, 51 (4):323-334.

⁵ Saucedo, G., F. Friso, J. Torres, and M. Politi. 2018. Uso de tecnologías de la información en la gestión de un centro de medicina integrativa especializado en adicciones. *Revista Peruana de Medicina Integrativa* 3 (3):123-31.

⁶ <https://takiwasi.com/en/conferencias01.php>

⁷ <https://takiwasi.com/en/congresos01.php>

⁸ <https://takiwasi.com/en/atop.php>

COMMITMENT TO INDIGENOUS COMMUNITIES AND THE PROTECTION OF BIODIVERSITY



Located at the crossroads between various academic disciplines and human needs, Takiwasi develops projects aimed at research, training, dissemination, protection of biodiversity, rescue of ancestral knowledge and sustainable local development. From there, the institution tries to build bridges between representatives of different cultures, spiritualities, societies and knowledge, with a spirit open to dialogue.

Takiwasi works with 74 families of agroforestry producers, in 21 indigenous and rural communities, training them in sustainable management of forest resources and guaranteeing them a fair payment for the harvest and care of medicinal plants, while trying to distribute the economic benefits according to gender equality. Through this strategy of articulation of the value chain of medicinal plants, Takiwasi also promotes the valuation and conservation of 19,655 hectares of Amazonian forest. It also works to ensure that native communities retain control over their ancestral knowledge related to the use of medicinal plants. Since 2006, we accompanied 180 indigenous therapists in the registration of 236 medicinal plant-based recipes in the National Registry of Collective Knowledge of Indigenous Peoples.

Since 2015, Takiwasi Laboratory, in partnership with the NGO Conservation International, has been implementing cooperation projects for the benefit of the Awajún native community of Shampuyacu, focusing especially on the recovery of ancestral knowledge linked to medicinal plants and their uses. In this way, a nine-hectare space known as "Forest of the Nuwas" has become a successful example of the process of recovery of biodiversity and ancestral knowledge. Thanks to this accompaniment, the Nuwas (women) of Shampuyacu have managed to identify and register 110 species of medicinal and aromatic plants. The next step will be to convert this knowledge into a line of aromatic herbal teas with medicinal properties, following a Biotrade approach, and thus guaranteeing a fair price to the community for their work.

Takiwasi also collaborates with the project CIANAH: Indigenous Center for Support of Abandoned and Orphaned Children. This project has been promoted by José Petsa, a young man belonging to the Awajún ethnic group, in the remote native community of Yutupis, to welcome disadvantaged indigenous children and support them in basic needs such as health, education, food, and clothing. Takiwasi regularly awards study scholarships to young indigenous leaders and since a couple of years the collaboration with a private foundation allows CIANAH members and the Awajún and Wampis youth of the Yutupis community, to benefit from scholarships for college studies in the cities of Lima or Iquitos, to specialize in careers such as nursing, pedagogy, accounting, administration and fine arts.



*Center for the Rehabilitation of Drug Addicts
and for Research on Traditional Medicines*
TAKIWASI

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