

Hope

an environment for revitalization

Contents

The Statement of Intent

- problem statement
- theoretical premise
- typology
- justification

The Goals

The Research

- the needs
- the built environment
- the natural environment

The Design

- site
- designing for the needs

The Statement of Intent

Problem Statement

Can the built environment, in connection with the natural environment, promote psychological healing in those who are dealing with a traumatic experience?

Problem Statement

Can the built environment, in connection with the natural environment, promote psychological healing in those who are dealing with a traumatic experience?

Theoretical Premise

The built and natural environments can be designed in a way to aid in the psychological healing and recovery of those experiencing trauma.

Problem Statement

Can the built environment, in connection with the natural environment, promote psychological healing in those who are dealing with a traumatic experience?

Theoretical Premise

The built and natural environments can be designed in a way to aid in the psychological healing and recovery of those experiencing trauma.

Project Typology

Cancer Support Center

Justification

Being diagnosed with a disease such as cancer creates a great strain on people not only physically but psychologically. The issue though, is that more often than not in today's health care system there is not the time nor the effort available by the medical caregivers to address the full psychological needs of the individual with cancer. Emotions and behavior of anxiety, concern, panic, hopelessness and isolation are common after hearing the diagnosis of cancer. Leaving these issues untreated can have a negative effect on the physical wellbeing of a person. This in turn makes it tougher to combat the disease to a person's full ability. It becomes imperative to address these feelings experienced to aid in a person's fight against cancer. People in this situation need to experience hope and their environment needs to reflect that.

Project Goals

Focus on the person as an individual and design for their personal experience.

Explore the psychological healing and wellbeing of those struggling with cancer.

Understanding the hierarchy of needs (physiological, security, social, esteem, self-actualizing) and how they are changed by cancer.

Designing with respects to the needs of people in a way to help people fulfill them.

Inspire hope.

The Research

The Needs

The goal in life is not to simply survive but to live to live life to the fullest extent.

In 1943 A.H. Maslow published a paper titled *Theory of Human Motivation* that outlined the needs that people have to reach a state of self-actualization.

Self-Actualization is a state of being where “the desire for self-fulfillment, namely, to the tendency for him to become actualized in what he is potentially. This tendency might be phrased as the desire to become more and more what one is, to become everything one is capable of becoming” (Maslow, 1943)

The needs are: **physiological needs, security needs, social needs, esteem needs, self-actualizing needs**

These needs are arranged in a hierarchy starting with those most basic to survival.

Physiological Need

The need:

This is the need for the most basic elements to survival such as food, water, sleep and air.

How cancer effects the need:

Cancer causes a item to be added to the list for survival which is medical treatment.

Basic architectural elements associated with the need:
a place, hearth, focus,

Architectural response:
Identification of Place



Identification of Place



vs.



Security Need

The need:

All people need to feel safe and secure. This includes the need for physical and psychological security.

How cancer effects the need:

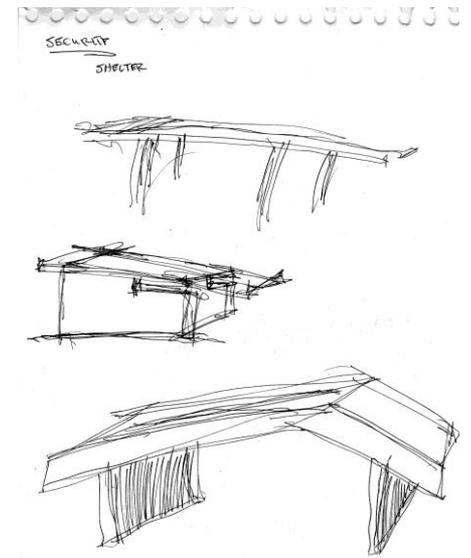
Being diagnosed with cancer eliminates all perceived securities and leaves a person feeling helpless and vulnerable.

Basic architectural elements associated with the need:

barrier, shelter, roof, structure, enclosure

Architectural response:

Building skin and structure



Research on Security

Answers to the question.....what makes you feel secure?

hugs	permanence
clothing	home
smaller areas	strength
familiar areas	being with people
knowledge	seatbelts
good foundation	big guns
shelter	family/friends
large strong things	sunshine
being held	not being alone
warm and cuddly things	

Answers to the question.....what makes you feel insecure/ not safe?

not knowing	unbalanced
exposure	no openings or escape
very small/big spaces	artificial
big groups	being with someone you don't know
heights	no control
forced	helpless
lost	weakness

Research on Security

Answers to the question.....what makes you feel secure?

hugs

clothing

smaller areas

familiar areas

knowledge

good foundation

shelter

large strong things

being held

warm and cuddly things

permanence

home

strength

being with people

seatbelts

big guns

family/friends

sunshine

not being alone

Research on Security

Answers to the question.....what makes you feel insecure/ not safe?

not knowing

unbalanced

exposure

no openings or escape

very small/big spaces

artificial

big groups

being with someone you don't know

heights

no control

forced

helpless

lost

weakness

Social Need

The need:

This includes a need for belonging, love and affection. Relationships such as friends, family, romantic attachments and social groups help fulfill the need.

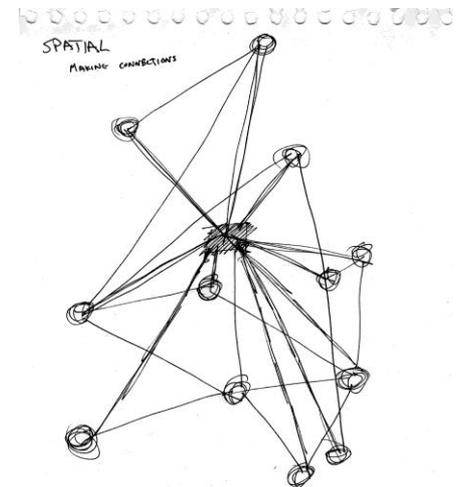
How cancer effects the need:

The social stigma surrounding cancer stresses current relationships leaving those with cancer feeling alone.

Basic architectural elements associated with the need:
space, movement, scale

Architectural response:

Spatial planning/organization



Esteem Need

The need:

We all need to have a good self image, a high self-esteem, personal worth and sense of accomplishment.

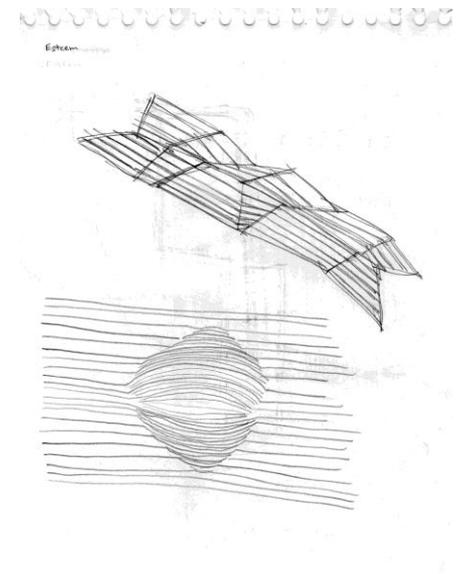
How cancer effects the need:

A person perceived self-worth diminishes as they feel they have only become a burden to their family, healthcare system, and society.

Basic architectural elements associated with the need:
connections, materials, perception

Architectural response:

Details and controllability



Self-Actualizing Need

The need:

This is the need we have to be self-aware and to be concerned with fulfilling our perceived full potential.

How cancer effects the need:

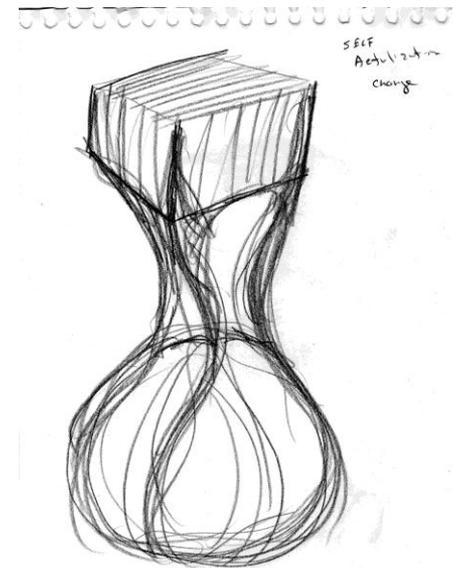
Being diagnosed with cancer derails a person's life and changes their life vision. This often will leave people confused and searching for meaning to their lives.

Basic architectural elements associated with the need:

time, hierarchy, journey/path

Architectural response:

Experience and interaction.



When the Needs Are Not Met

Maslow concluded that when one of the needs is not met, it not only does it block people from reaching self-actualization but it also cause frustration.

The frustration leads to a psychological disorder called Neurosis.

Neurosis is defined as behaviors that “are characterized by anxiety, depression, or other feelings of unhappiness or distress that are out of proportion to the circumstances of a person’s life. They may impair a person’s functioning in virtually any area of life, relationships, or external affairs.”

(psychoneurosis,2010)

The physical effects of neurosis is an irregular heartbeat, fatigue, insomnia, tremors, headaches, and physical aches with no apparent source.

It is documented that neurosis wear on the immune system as “constant stress can make you more likely to get sick and more often. And if you have a chronic illness...stress can make your symptoms worse” (Stress Management Health Center, 2009)

The Built Environment

It is a commonly held fact that the environment around us effects our mental health and wellbeing.

When a person enters a built space they immediately, consciously or not, begin to interacting with the space. This interact leads to a reaction and a specific experience while in that space which is remember.

We understand space through our body-image. Our body-image forms as we “unconsciously locate our bodies inside a three dimensional boundary... by our using our haptic system” (Bloomer & Moore, 1977)

Meaning is then derived for each space we interact with by referencing and remembering similar past haptic experiences and applying it to the current situation.

Our meanings are co developed through the experience of being born human, our collective life experiences, our background, and the world in which we live. This is the basis for the branch of theory phenomenology.

The Natural Environment

Humans have been immersed in nature for most of our existence. We were apart of the environment and we became hard wired to interact with it.

The connection we have with nature lead to a the creating of a branch of psychology called Eco psychology. A fundamental concept behind Eco psychology states that it is psychologically damaging for humans to live disconnected from their ecological context, as most of us do in contemporary urban industrial cultures.

An interaction with nature holds many benefits for people. 'People with access to nearby natural settings have been found to be healthier overall than other individuals. The longer-term, indirect impacts (of 'nearby nature') also include increased levels of satisfaction with one's home, one's job and with life in general' (Kaplan and Kaplan, 1989).

Having that connection with nature has also proven to have healing effects also. Environmental psychologist Roger Ulrich, found that patients who had gallbladder surgery recovered faster and needed fewer strong painkillers when they had a view of trees through their hospital window than when they looked out on a brick wall.

Case Studies-Maggie's Centers



Maggie's London



Maggie's Edinburgh



Maggie's Fife



Maggie's Dundee



Maggie's Highlands



Maggie's Glasgow

Summary of Research

The research gave me....

...an understanding of the needs that we all have and those specific to people dealing with cancer.

...what architectural elements can be associated with each of the needs.

...an understanding for how we experience space

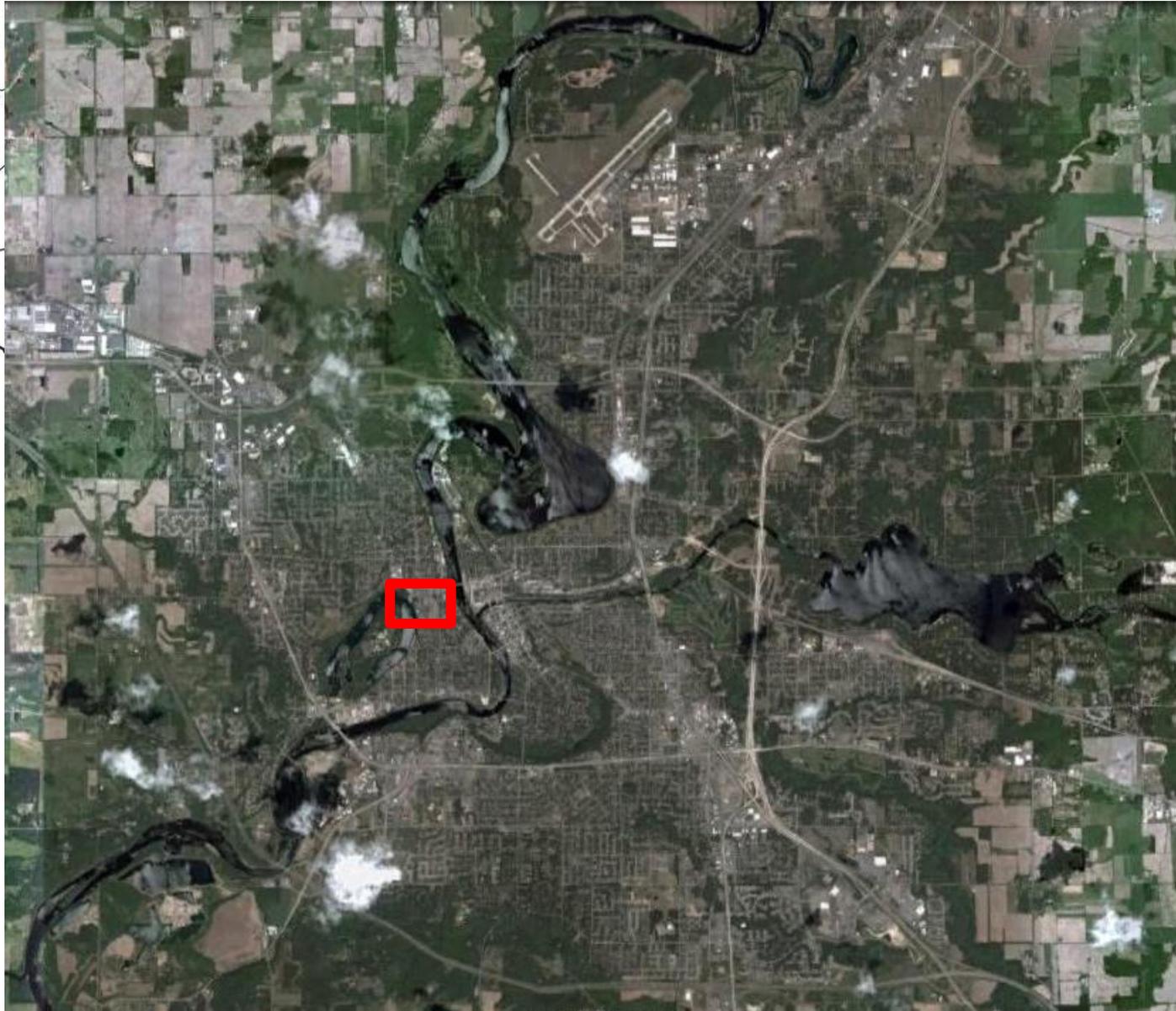
...information on our connection with nature

...the foundation for my design.

The Site



Location: Eau Clair, WI



The Site



The Site



Site Analysis



1. Luther Hospital
2. Apartment building
3. Changing room
4. House
5. Residential neighborhood
6. Senior center
7. Half Moon Lake

Site Analysis

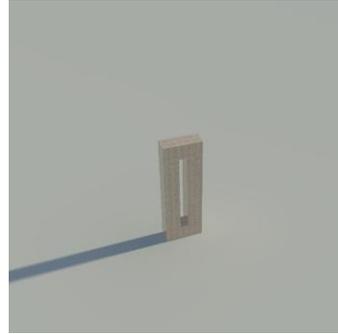
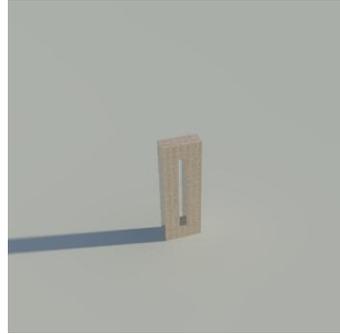
winter

spring

summer

fall

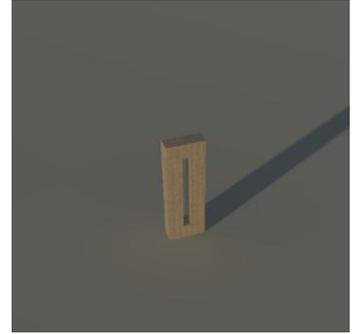
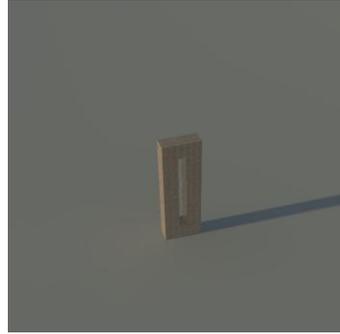
am



noon



pm



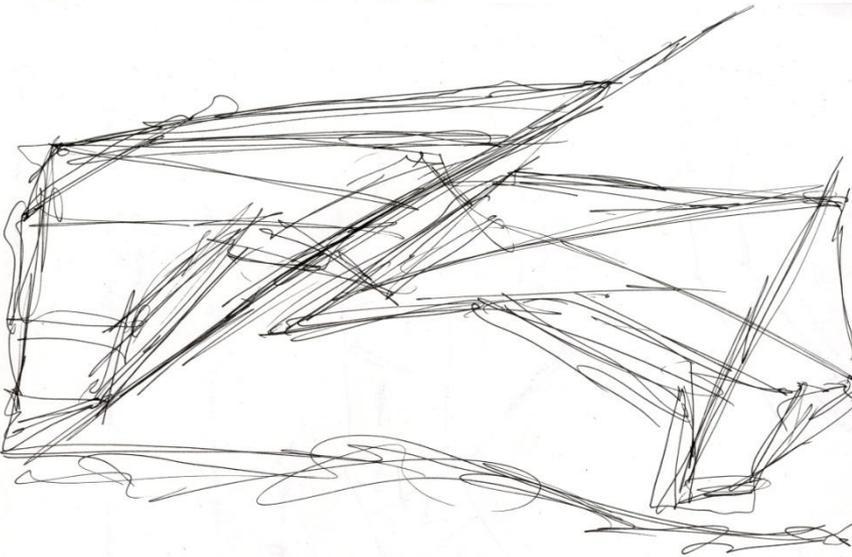
The Program

Entry	100 sq. ft.
Commons	400 sp. ft.
Kitchen	250 sq. ft.
Large Group Meeting	675 sq. ft.
Small Group Meeting	450 sq. ft.
Meditation Space	400 sq. ft.
Private Rooms (2)	100 sq. ft.
Overnight Rooms (6)	1150 sq. ft.
Office (2)	185 sq. ft.
Library	150 sq. ft.
Media Center	200 sq. ft.
Gathering Area	325 sq. ft.
Nooks	100 sq. ft.
Rest rooms	100 sq. ft.
Mechanical/storage space	<u>165 sq. ft.</u>
	4750 sq. ft.
Other:	
Entry Plaza	
Outdoor Meditation	
Outdoor Garden	
Dock	

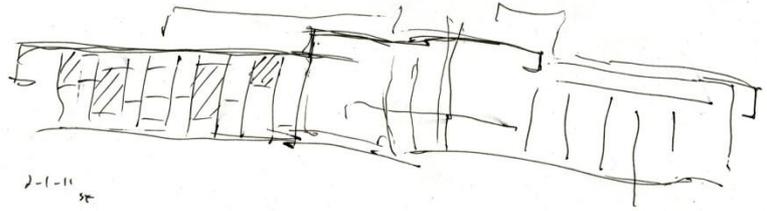
The Design

Process

the first sketch

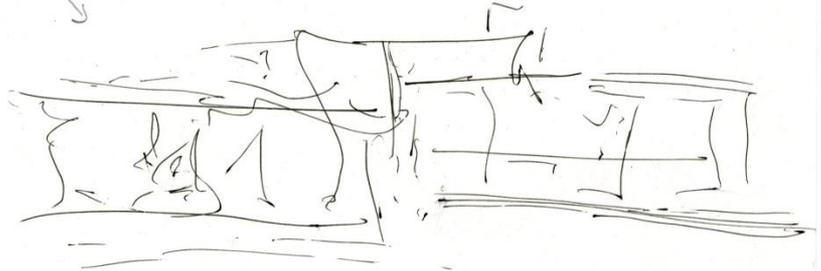


2-7-11 sk

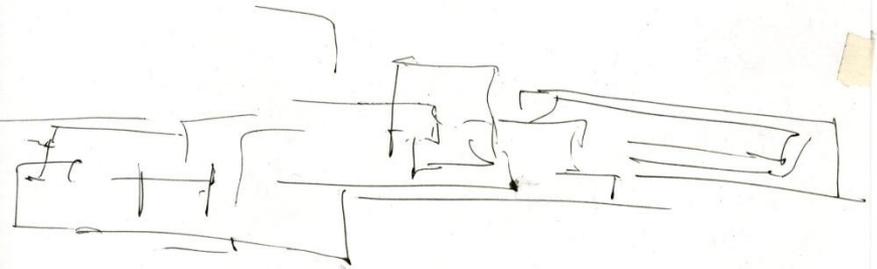


2-1-11 sk

look at for scheme 1



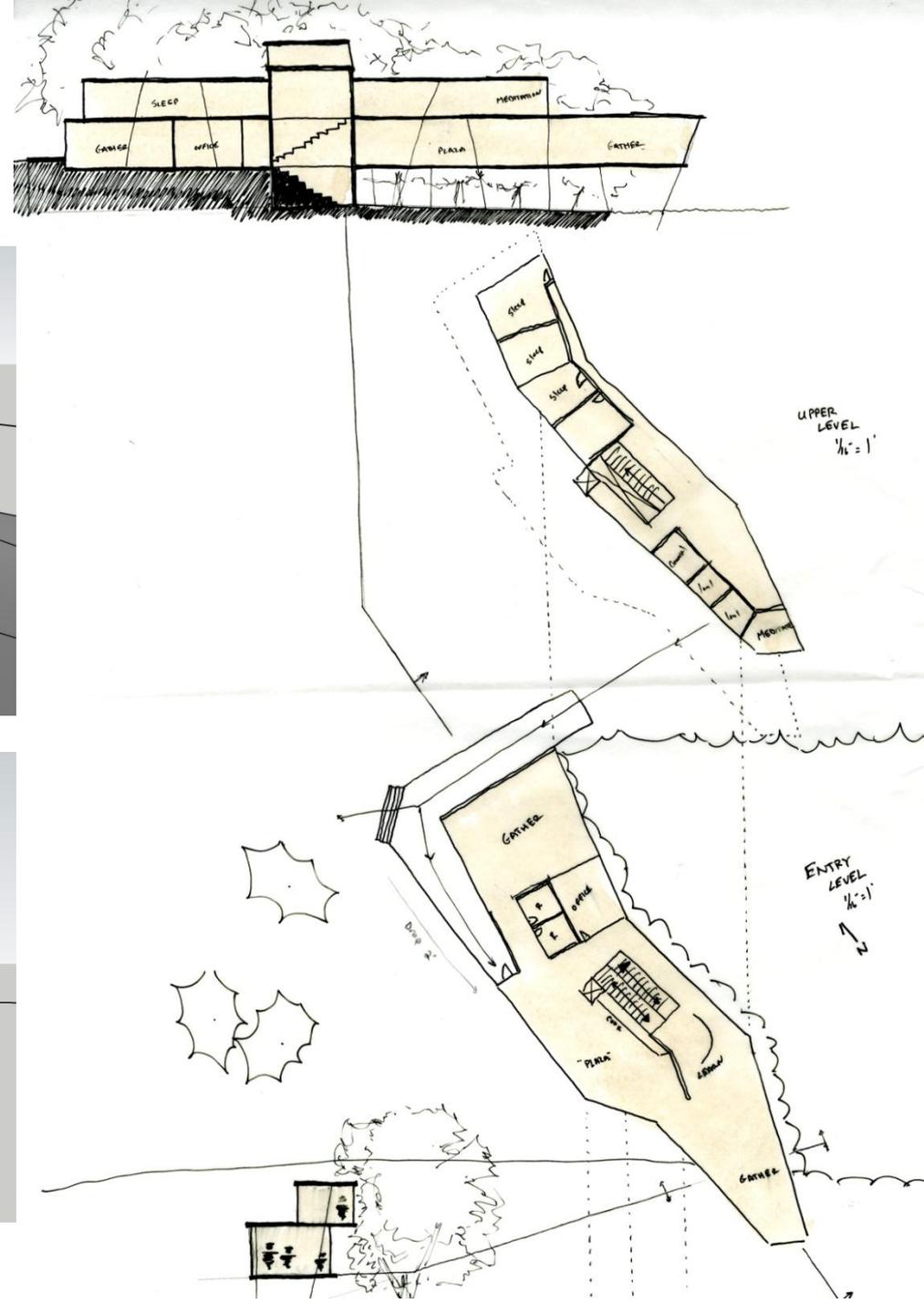
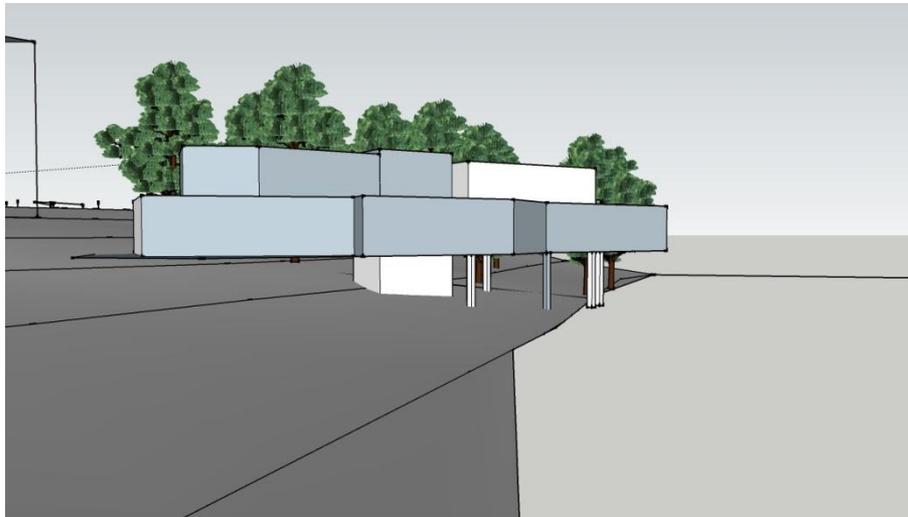
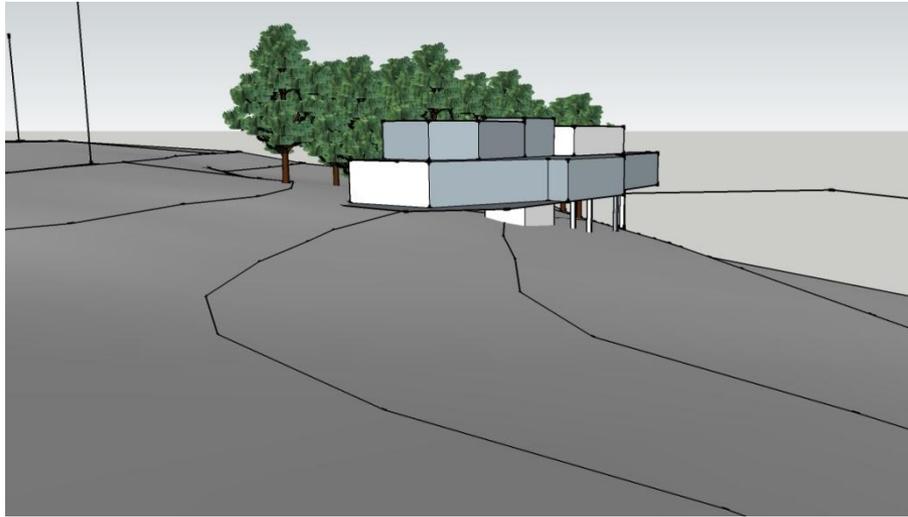
2-2-11 sk



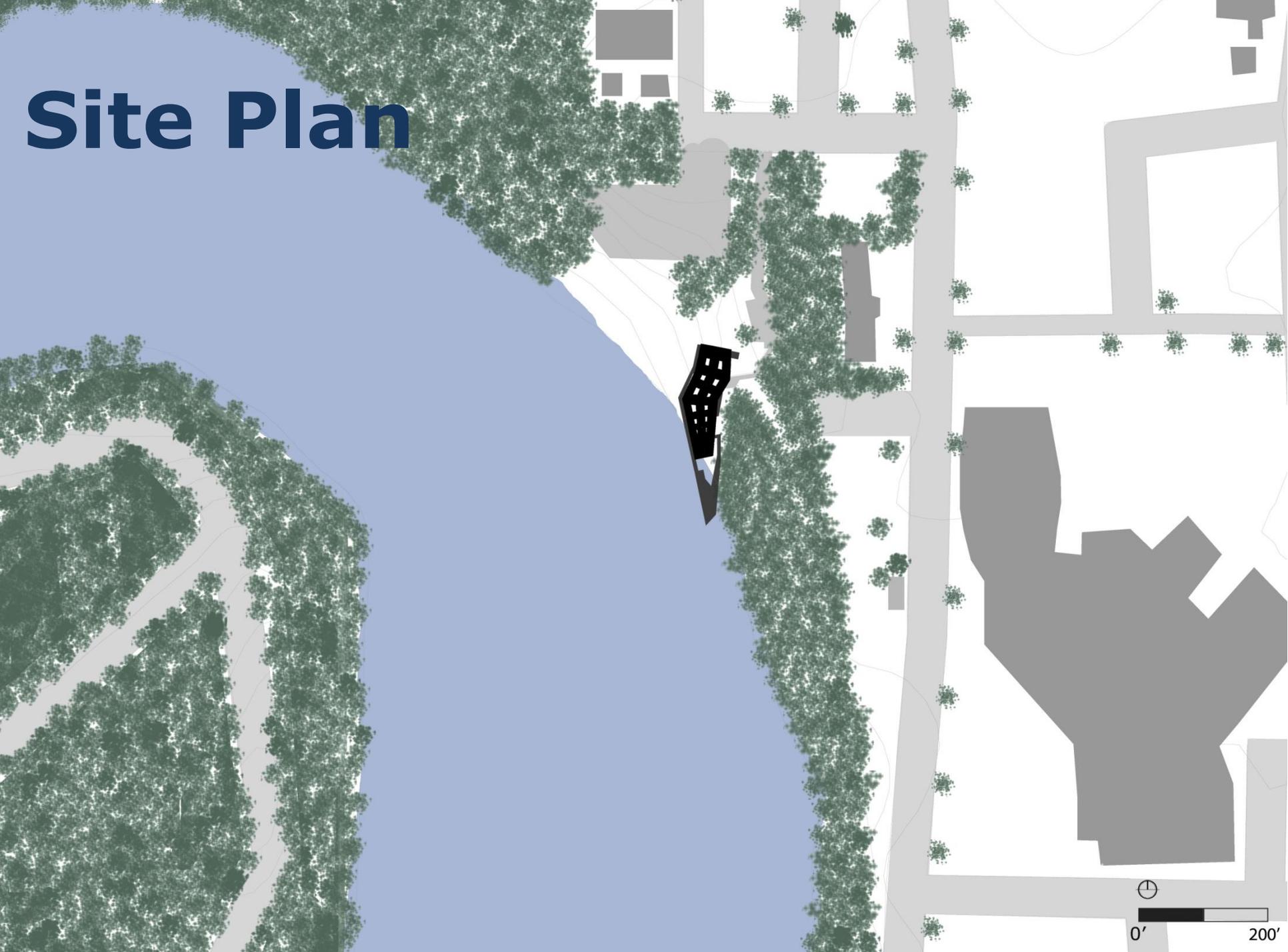
2-3-11 sk

Process

midterm



Site Plan



Designing for the Needs

Physiological

identification of place



Physiological

identification of place



Security

building skin and structure

A feeling of security was achieved in two ways.

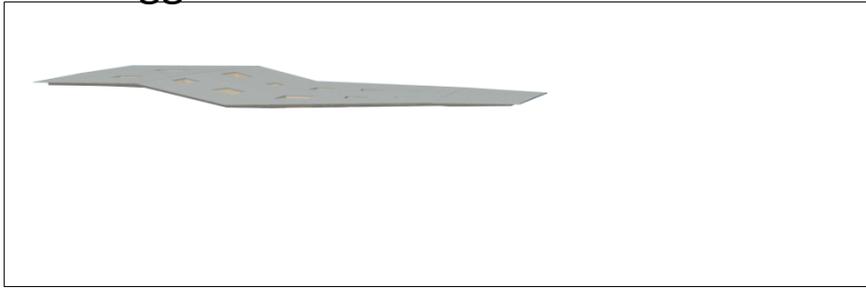
1. An exaggeration of shelter
2. Familiarity of elements and scale



Security

building skin and structure

An exaggeration of shelter



roof



roof + structure



roof + structure + foundation



roof + structure + foundation + walls

Security

building skin and structure

An exaggeration of shelter



Security

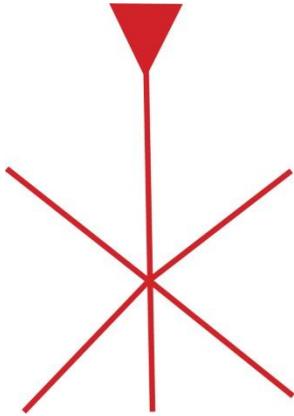
building skin and structure

Familiarity of scale and elements

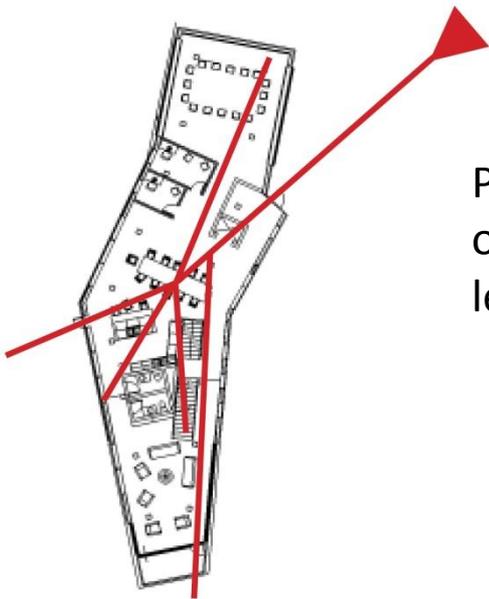


Social spatial planning

Pinwheel organization

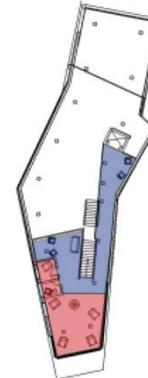
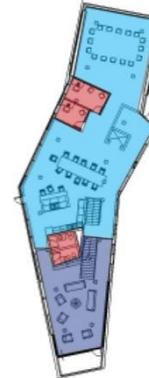


Pinwheel organization overlay on the entry level floor plan



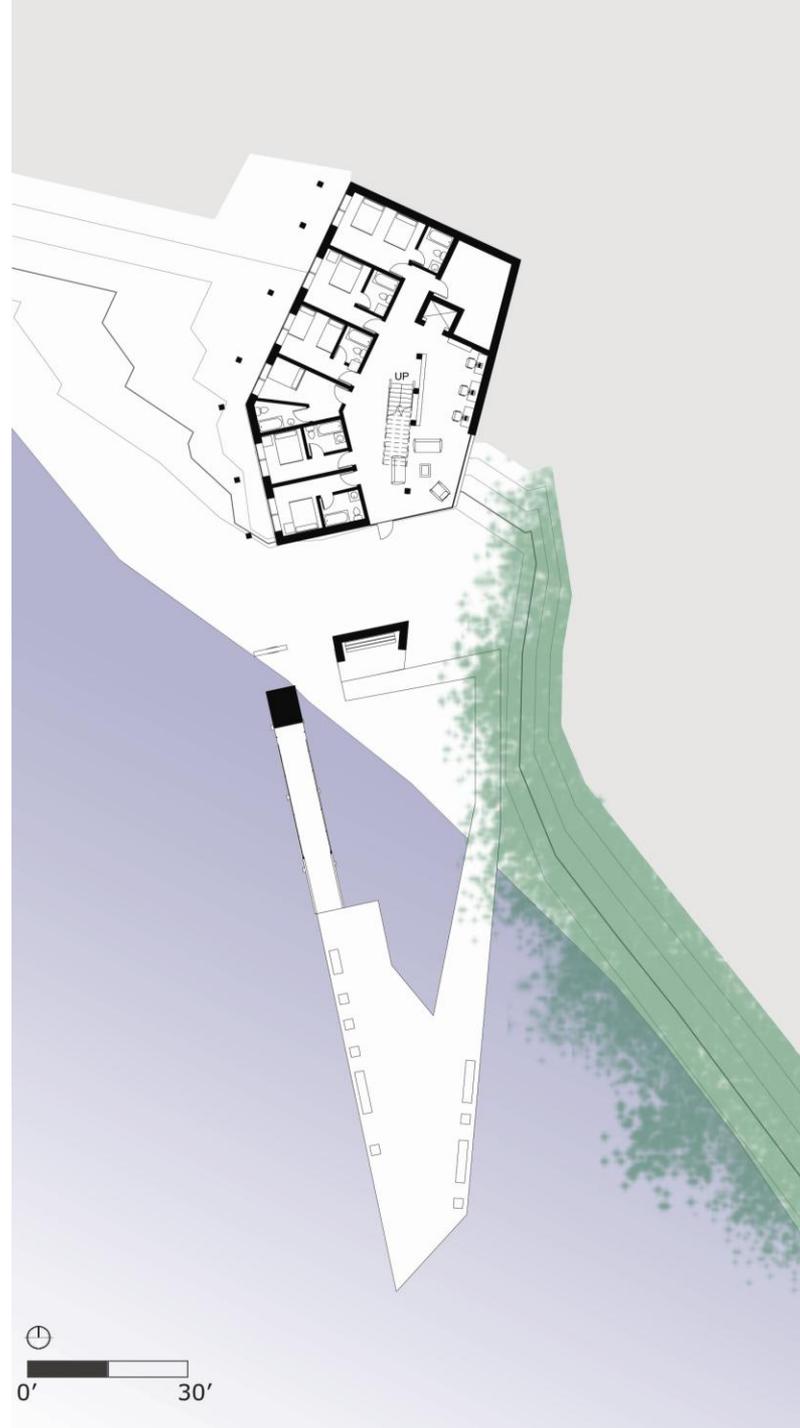
- Public
- Semi- Private
- Private

Diagram of the levels of privacy throughout the building



Social spatial planning

Lower level



Social spatial planning

Main level



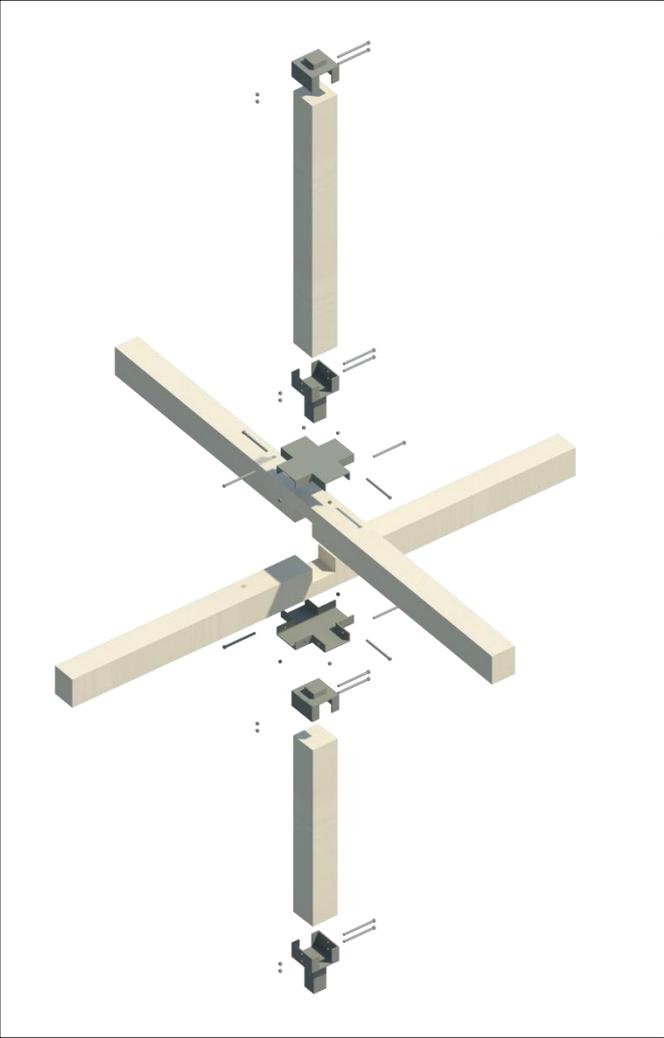
Social spatial planning

Lower level



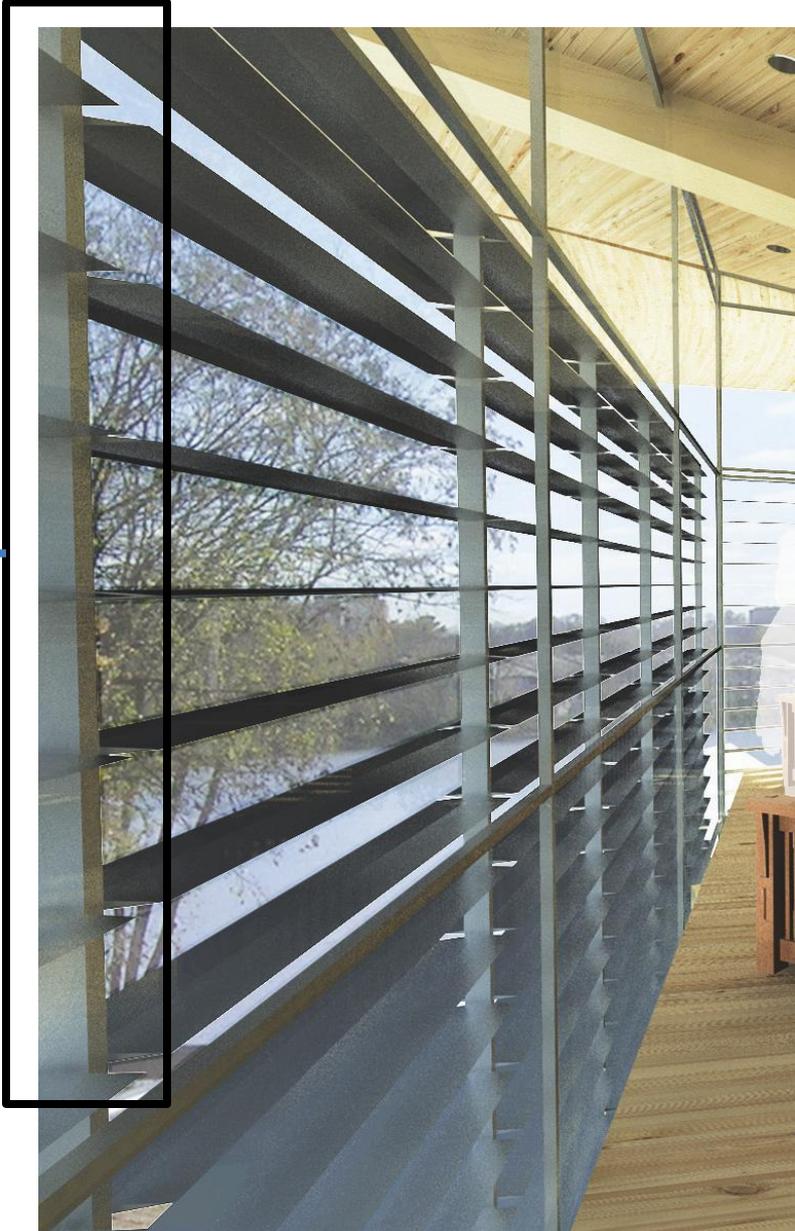
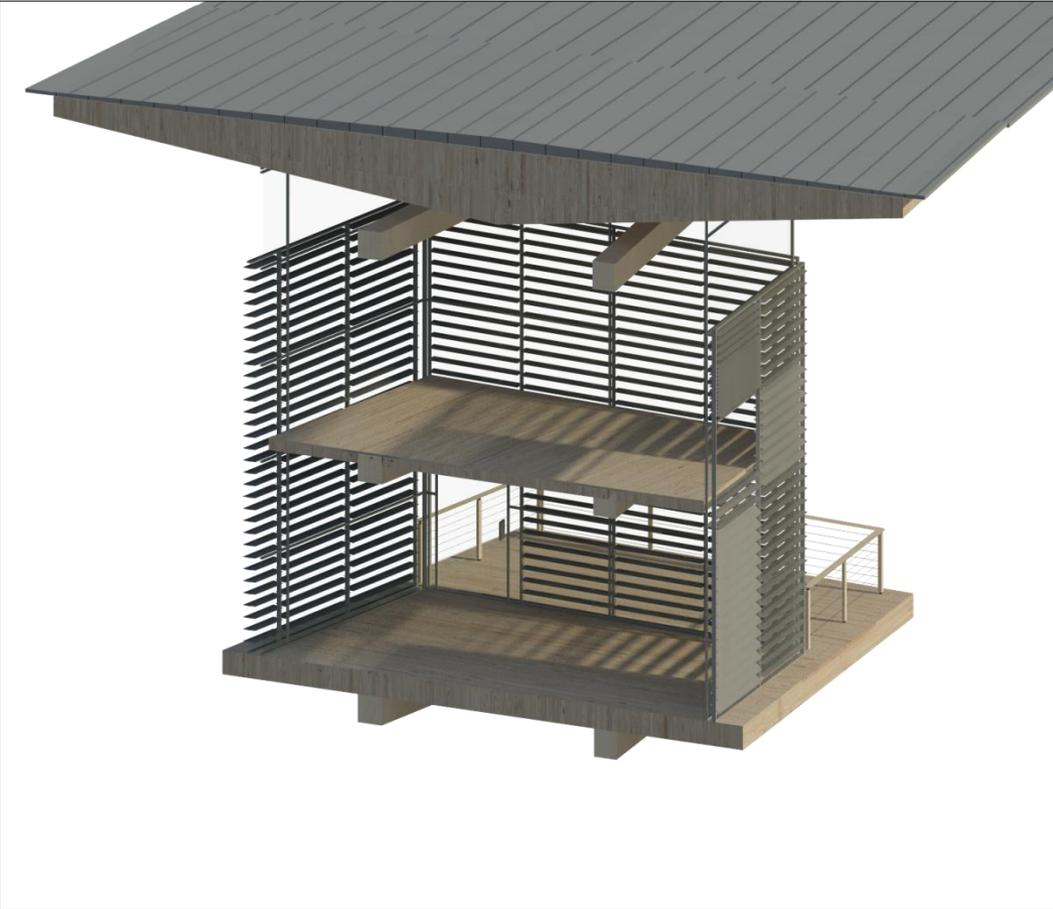
Esteem

details and control



Esteem

details and control



Self-Actualizing

experience and interaction



Self-Actualizing

experience and interaction



In Closing

Focus on the person as an individual and design for their personal experience

Explore the psychological healing and wellbeing of those struggling with cancer

Understanding the hierarchy of needs (physiological, security, social, esteem, self-actualizing) and how they are changed by cancer.

Designing with respects to The Needs in a way to help people fulfill them.

Inspire hope.

thank you