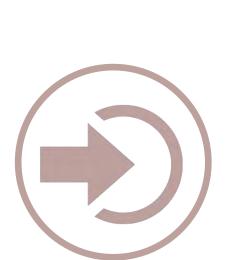


Architecture is more than just a group of walls defining space; Architecture is a blank canvas that is painted with strokes of human connection, interaction, and experience. It is in these gestures that architecture gains meaning and power. This power is to influence human thought and perception through experience and interaction. Using this influence to allow for a positive change in mental health is what this design response is founded on. Architecture can become an active tool in modern cognitive behavioral therapy, through the design of interactive social experiences.

Enter Respite Park, a project that changes ideas about modern cognitive behavioral therapy. Located on the edge of downtown Boston, Respite Park introduces new experiences to a wide range of community members. Through connected pavilion structures that house interactive sensory experiences and are interwoven with nature, people can experience a mental and physical distance from the everyday stressors which can heighten many mental health disorders. This separation allows for self-reflection and focus on the body and mind. Within this overall experience, both the self and the community would have access to a new





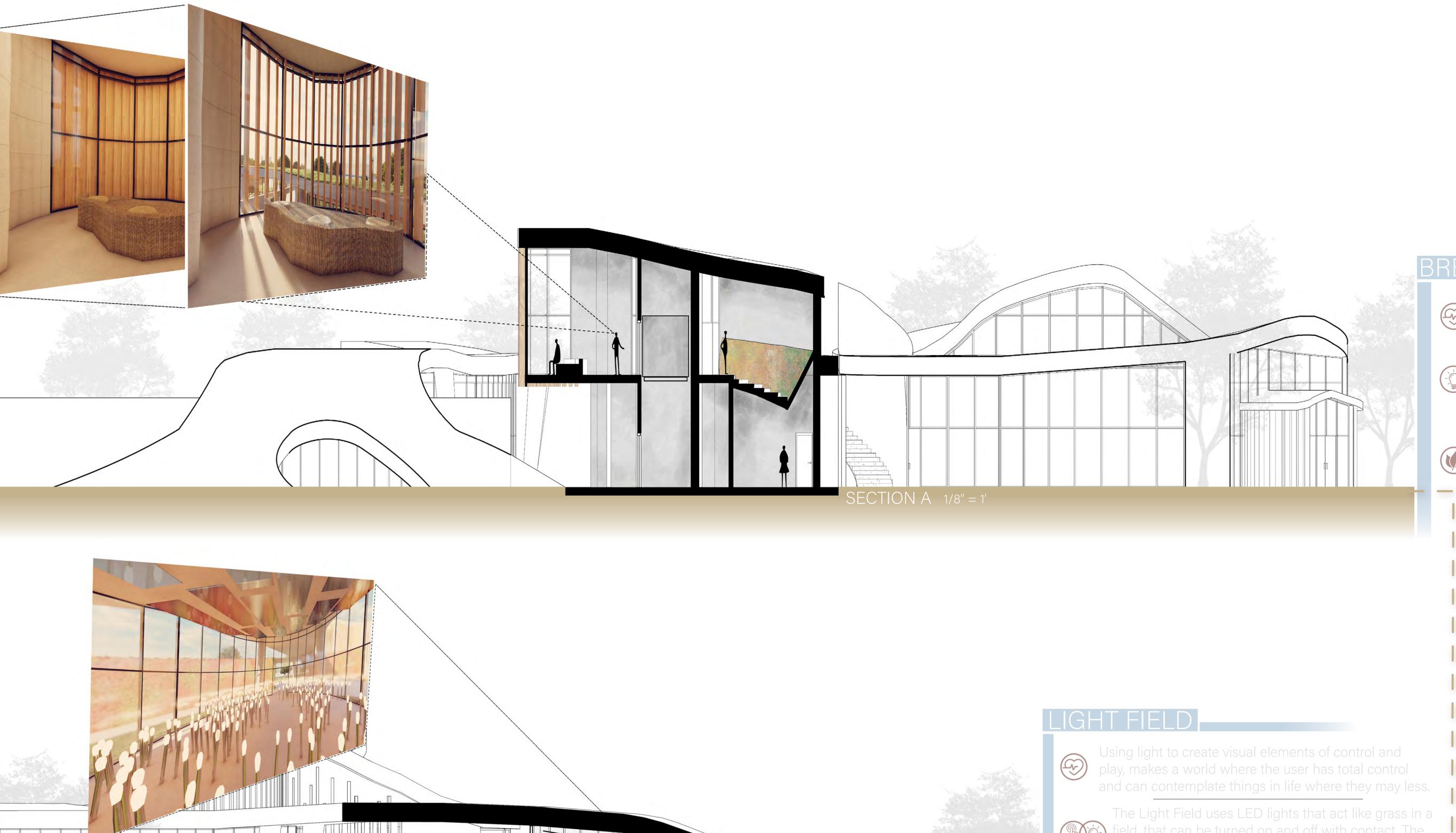




















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