

# Respite Park



Changing Therapy with Community and Architecture



“Architecture is a social activity that has to do with some sort of communication or places of interaction, and that to change the environment is to change behavior.”

- Thom Mayne, *Architect*



## The Premise



## The Change



The Who



Research

"...feelings and emotional response are predicted on thoughts that are derived from cognitions, or the ways one perceives a situation"

– Robert Schachter, *Licensed Psychologist NYC*

# Cognitive Behavioral Therapy

"... is a form of psychological treatment that has been demonstrated to be effective for a range of problems including depression, anxiety disorders, alcohol and drug use problems, marital problems, eating disorders, and severe mental illness."

APA Divison 12, Society of Clinical Psychology

"CBT is an approach for which there is ample scientific evidence that the methods that have been developed actually produce change."

APA Divison 12, Society of Clinical Psychology

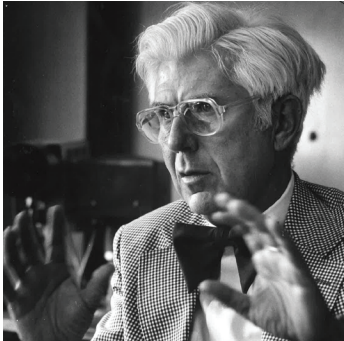


# Cognitive Behavioral Therapy



1924

Unlearning of Fear



1950's

Behavioral Therapy

1950's

Cognitive Therapy

1980's

Cognitive Behavioral Therapy

# Cognitive Behavioral Therapy

"Observation and analysis provide emotional distance that allows for realistic assessment."

"The concept of replacing a thought is the most important."

- Robert Schachter, *Licensed Psychologist NYC*

# Cognitive Behavioral Therapy

"The group is a microcosm of reality."

– Robert Schachter, *Licensed Psychologist NYC*

# Healing Architecture



Bridgepoint Active Healthcare

# Healing Architecture



Bridgepoint Active Healthcare



Nuuk Psychiatric Clinic

# Sensory Design

Space: The Architecture of the Invisible

The ocular centric profession is  
“... prioritizing visual impact over engagement of  
the other senses.”

– Barbara Erwine, Design and Research Consultant at UW



## Light Space

“The quality and shape of light in a place sets its character. The flow of light spaces, as they change either gradually or abruptly, can draw us forward, make our hearts leap”

– Barbara Erwine, Design and Research Consultant at UW

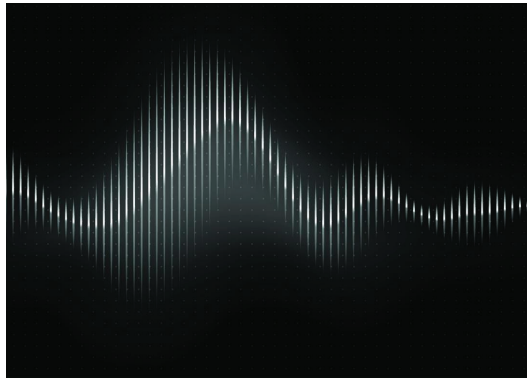


## Somatic Space

“We don’t register a simple feeling of ‘touch’. Instead, we experience an intricate combination of stimuli”

– Barbara Erwine, Design and Research Consultant at UW

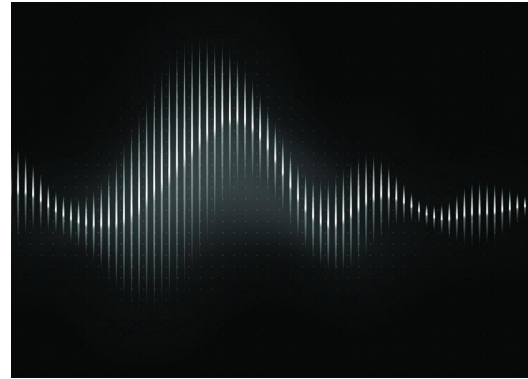




## Acoustic Space

“Sound may be invisible or only unconsciously perceived, but that doesn’t make it any less of an architectural material than wood”

– Barbara Erwine, Design and Research Consultant at UW



# Interactive Design



Tomas Saraceno



Yayoi Kusama

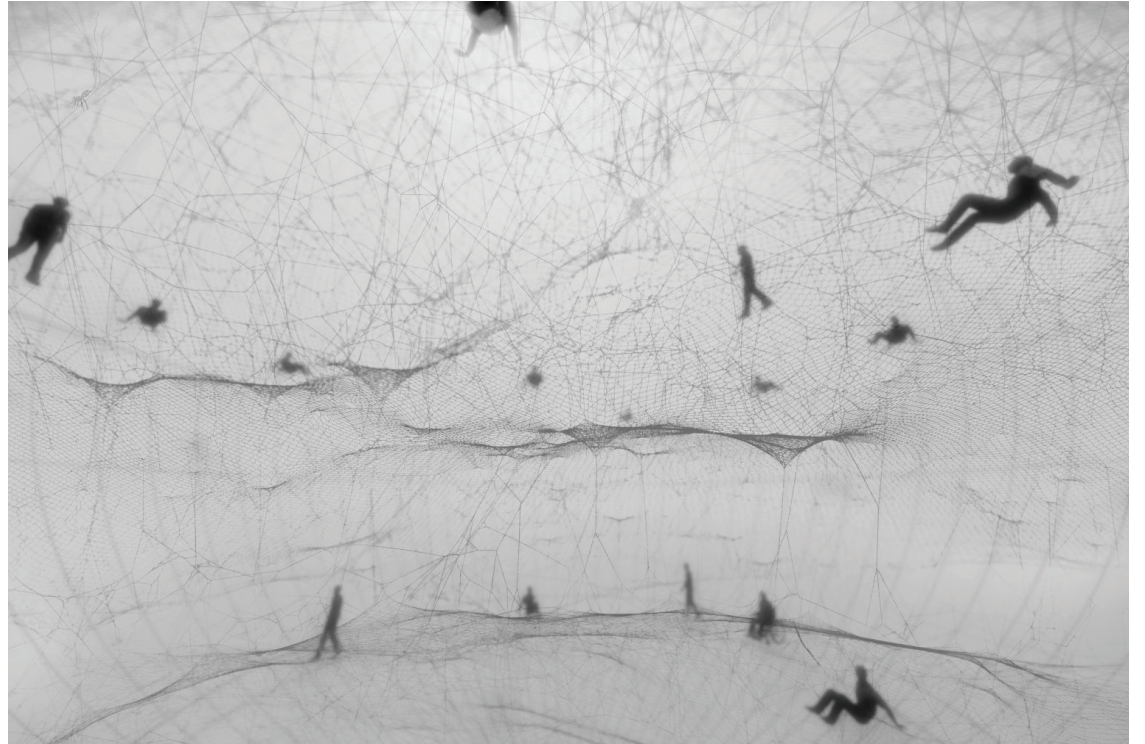
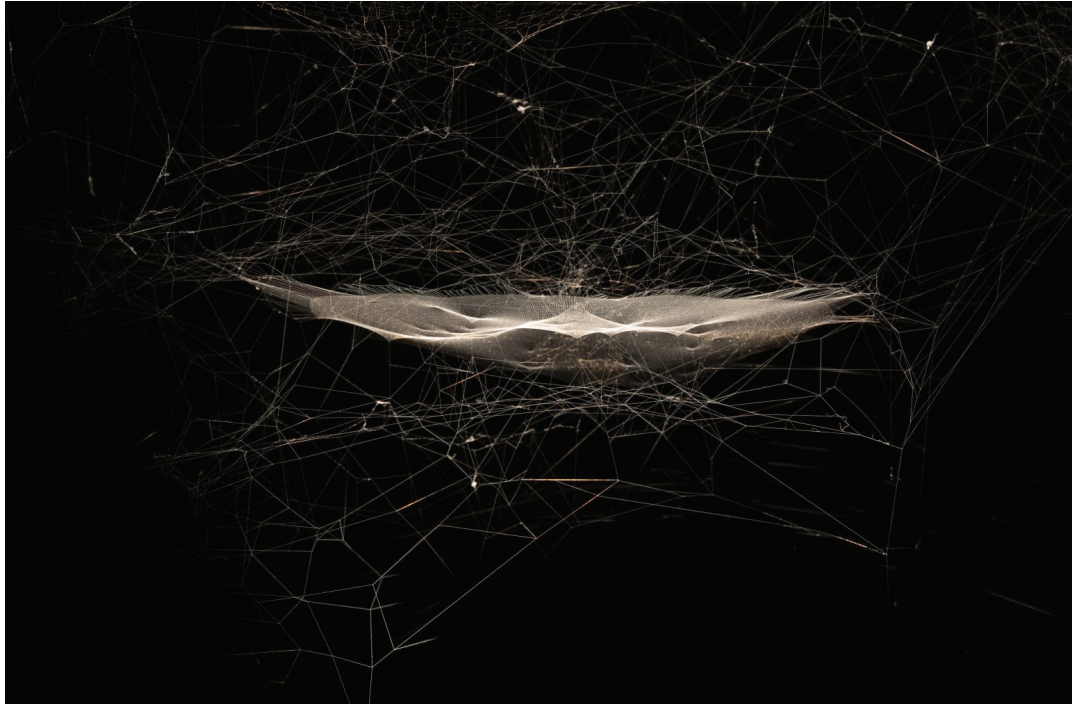
# Interactive Design



Tomas Saraceno

“ And they exist in what Saraceno prefers to call the Aerocene era in which interspecies-cooperation and clean air are required”

-Roberta Smith, New York Times



# Interactive Design

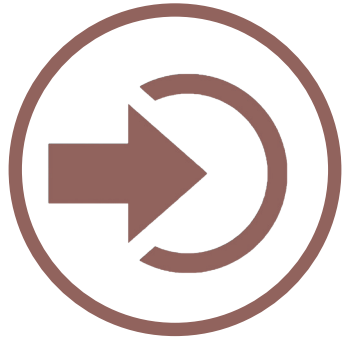
“ I fight pain, anxiety, and fear every day, and the only method I have found that relieved my illness is to keep creating art”

-Yayoi Kusama



Yayoi Kusama

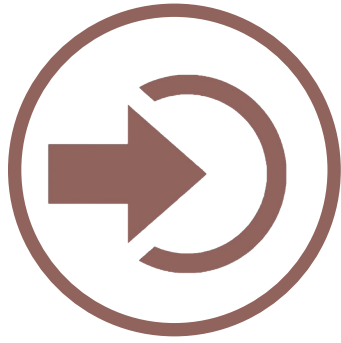




## Project Guidelines

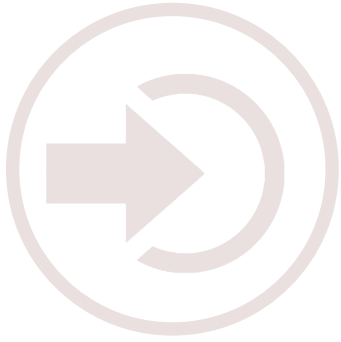






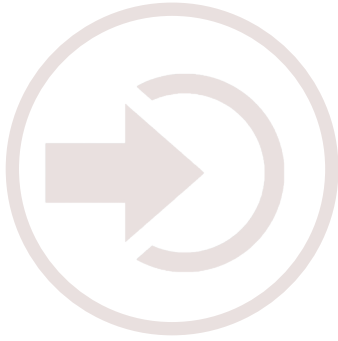
Approachability





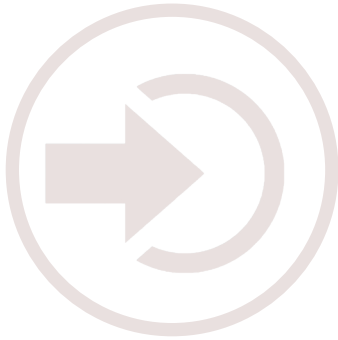
## Healing Environment



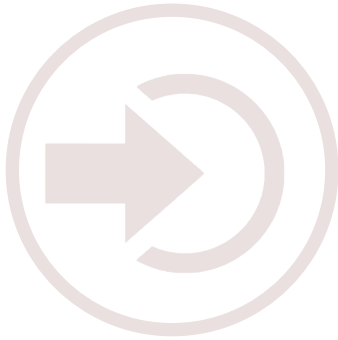


Connection

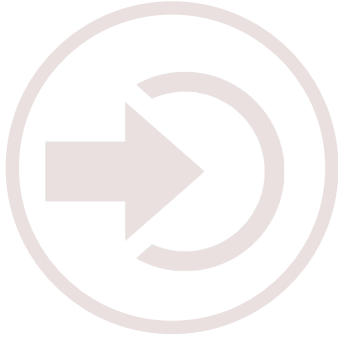




Innteraction



Innovation

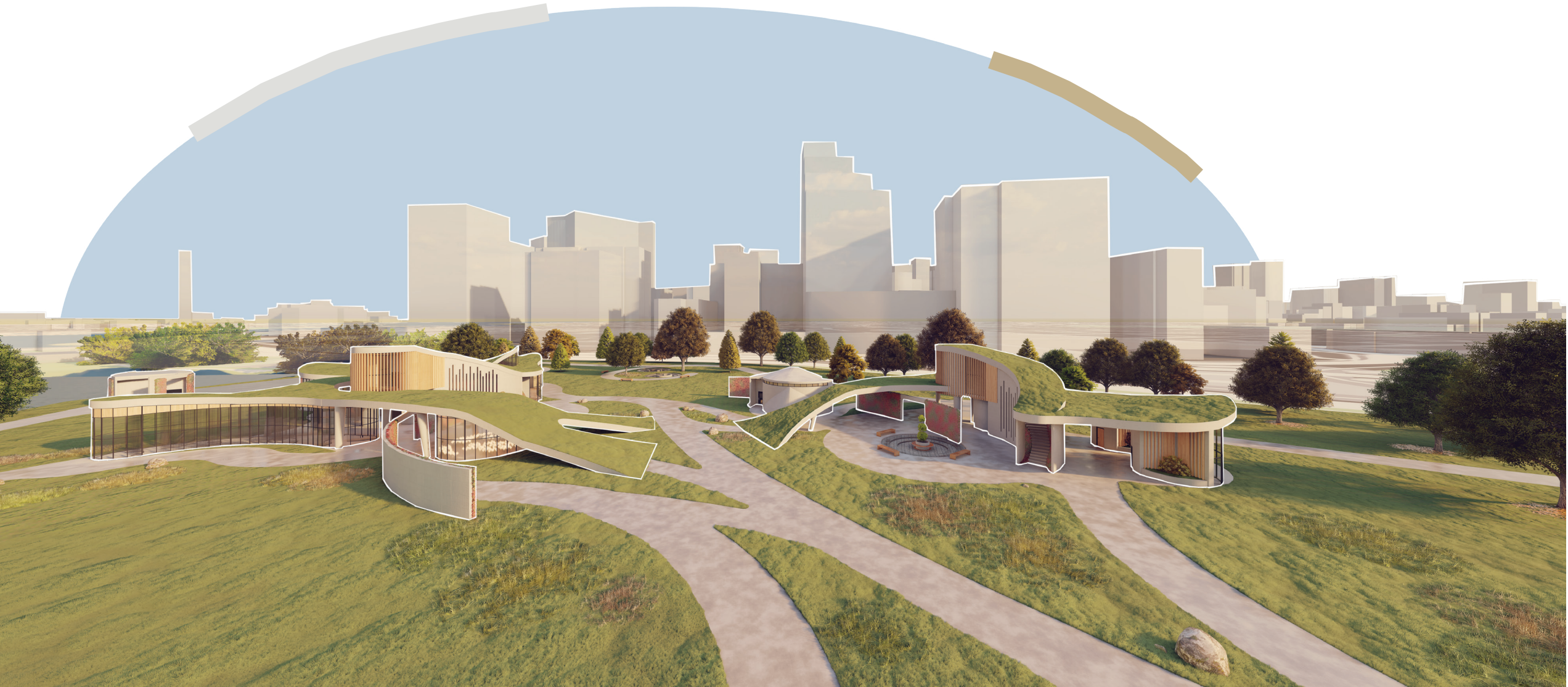


Sustainability



# Design Response

# Program







BOSTON MA



EDUCATIONAL

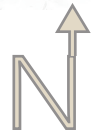


CHARLES RIVER

LONGFELLOW BRIDGE

MASSACHUSETTS ROUTE 28

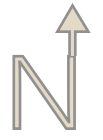
BOSTON MA

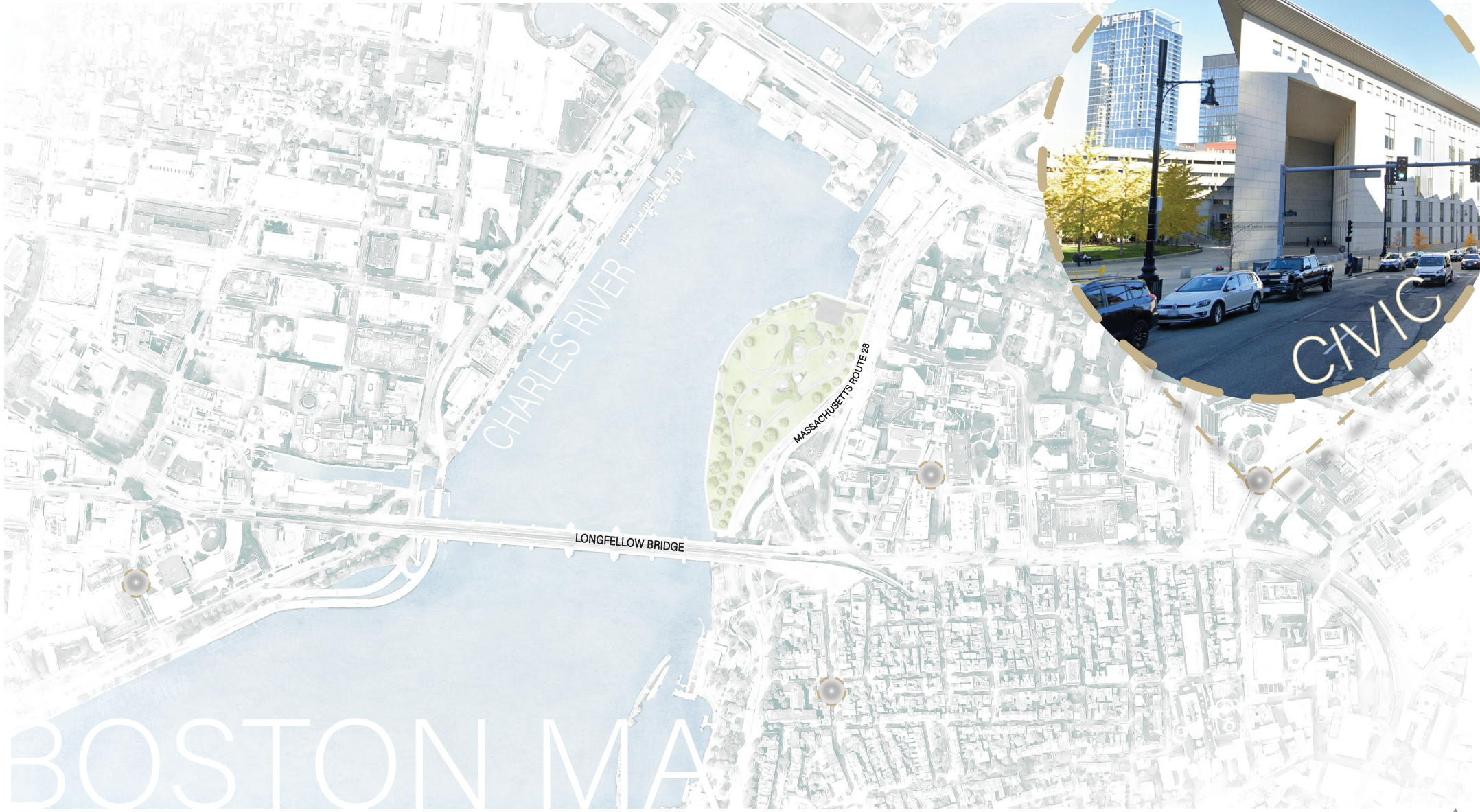




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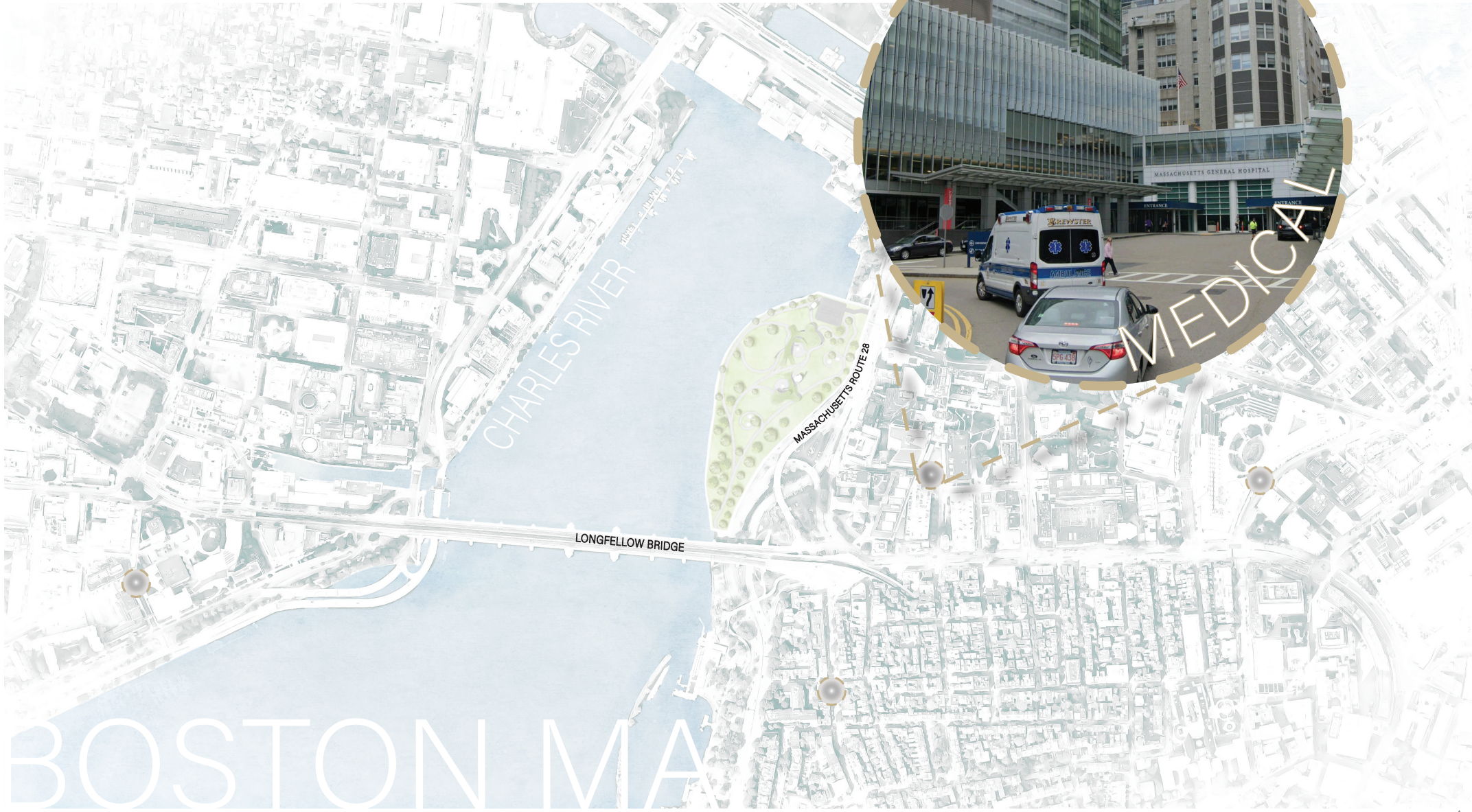
RESIDENTIAL





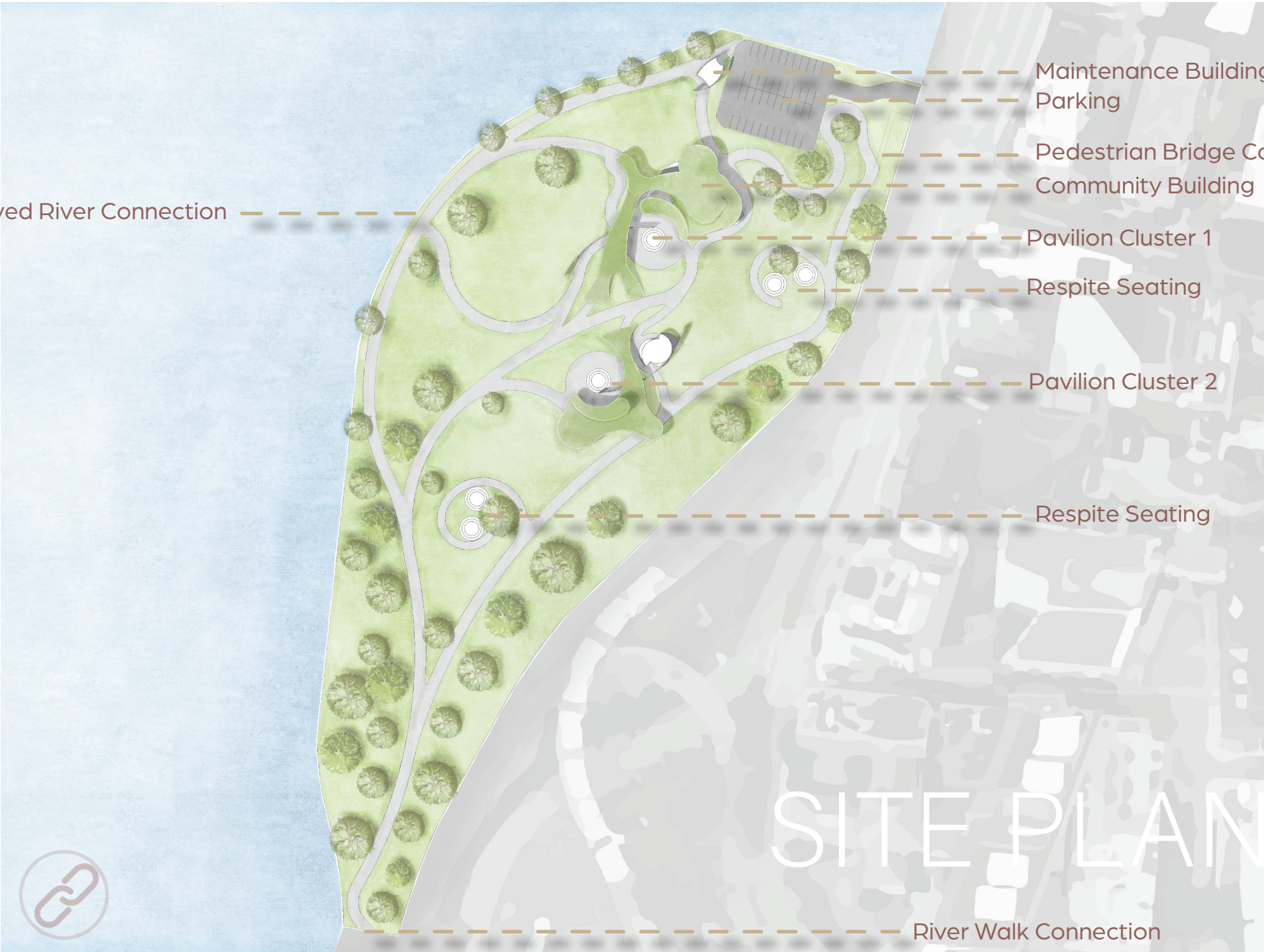
BOSTON MA





BOSTON MA





Improved River Connection

Maintenance Building  
Parking

Pedestrian Bridge Connection  
Community Building

Pavilion Cluster 1  
Respite Seating

Pavilion Cluster 2

Respite Seating

# SITE PLAN

River Walk Connection





USER CHOICE



**KEY**

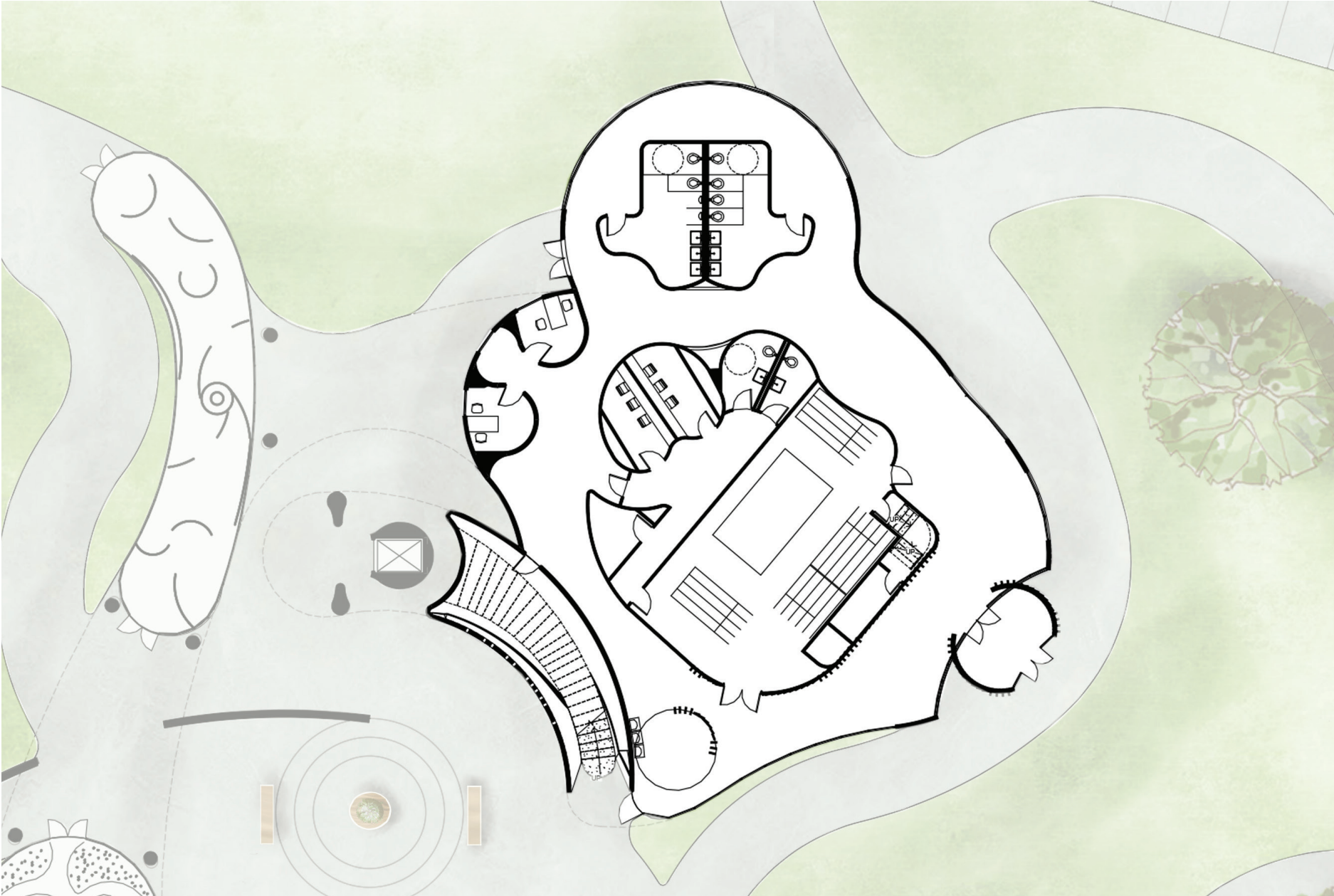
- |                    |                     |
|--------------------|---------------------|
| 1 Entry            | 9 Restrooms         |
| 2 Infocenter       | 10 Lighting Room    |
| 3 Blackbox Theater | 11 String Room      |
| 4 Green Room       | 12 Breathing Room   |
| 5 Storage          | 13 Light Field      |
| 6 Dressing Room    | 14 Rain Room        |
| 7 Offices          | 15 Deprivation Room |
| 8 Mechanical       | 16 Green Wall       |

FLOOR PLAN



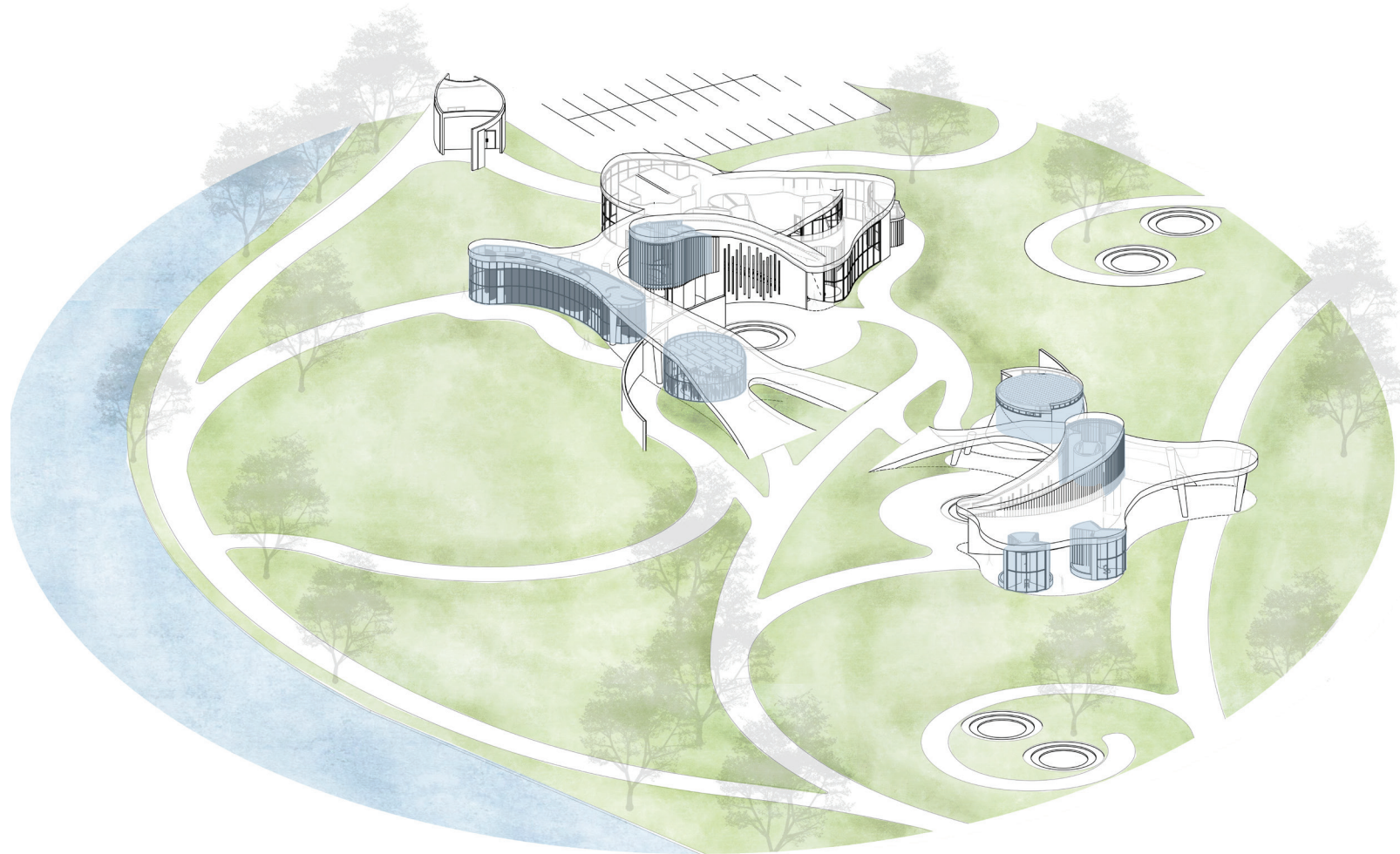


# Community Building

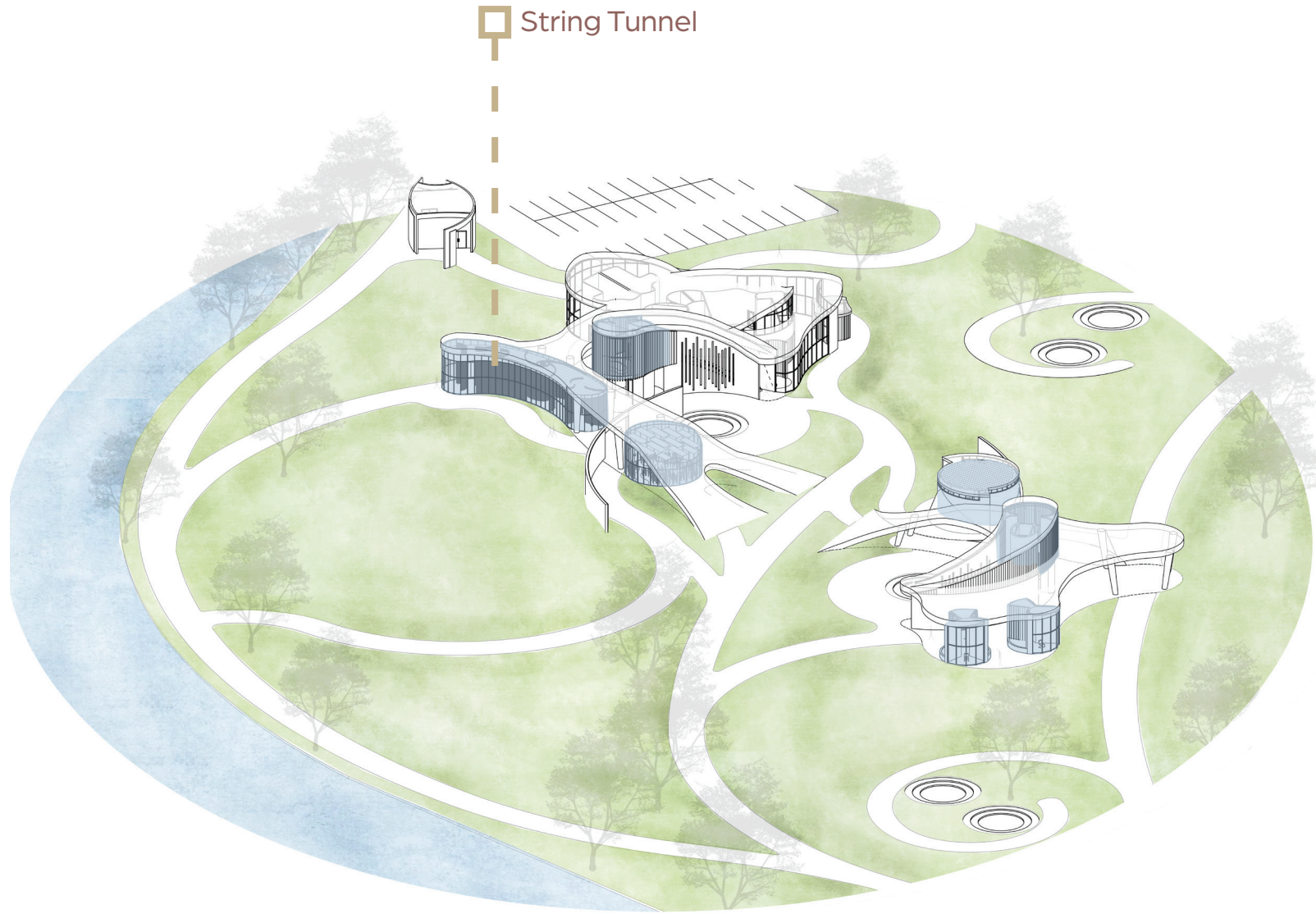


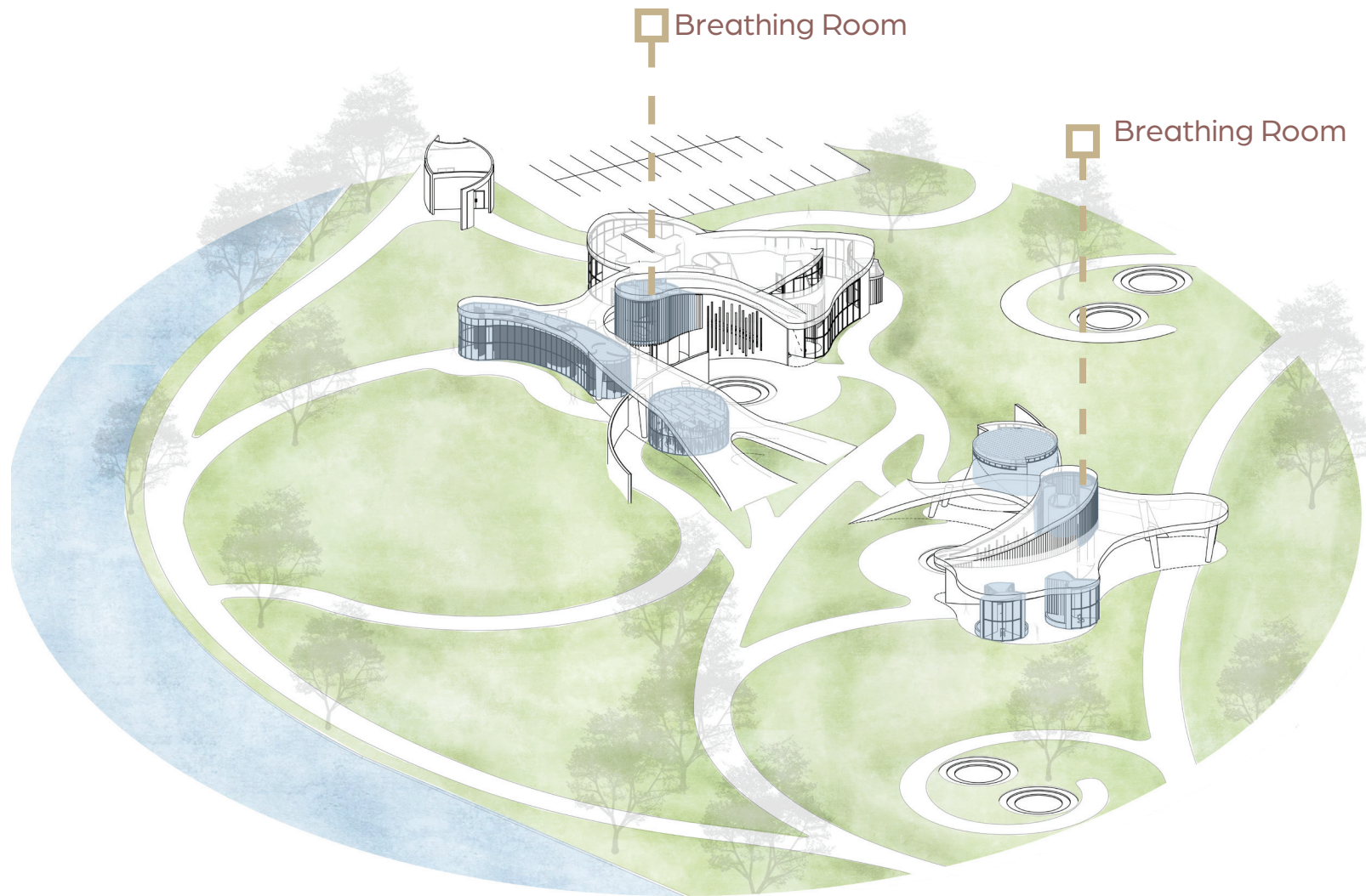


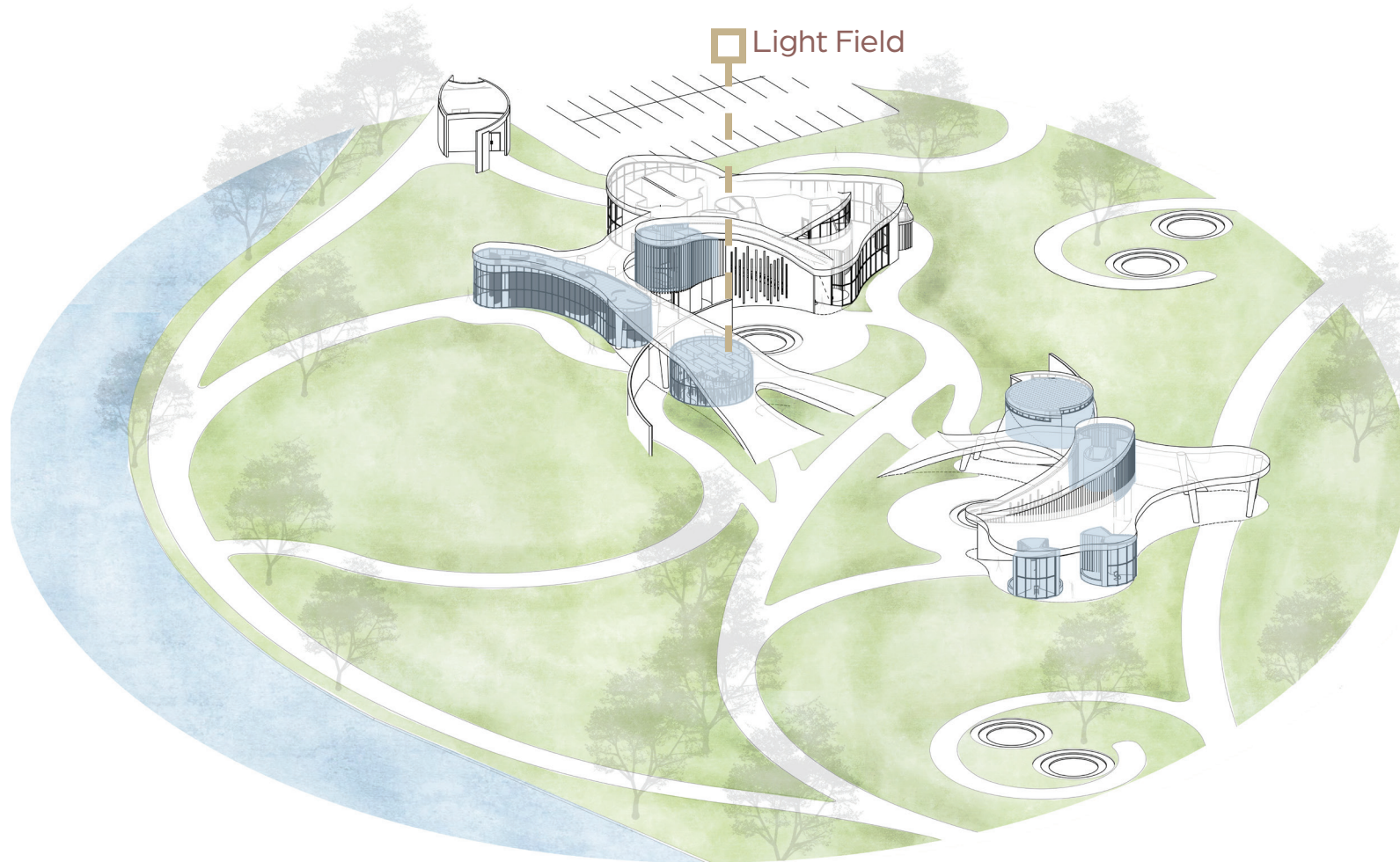
# Therapeutic Experiences



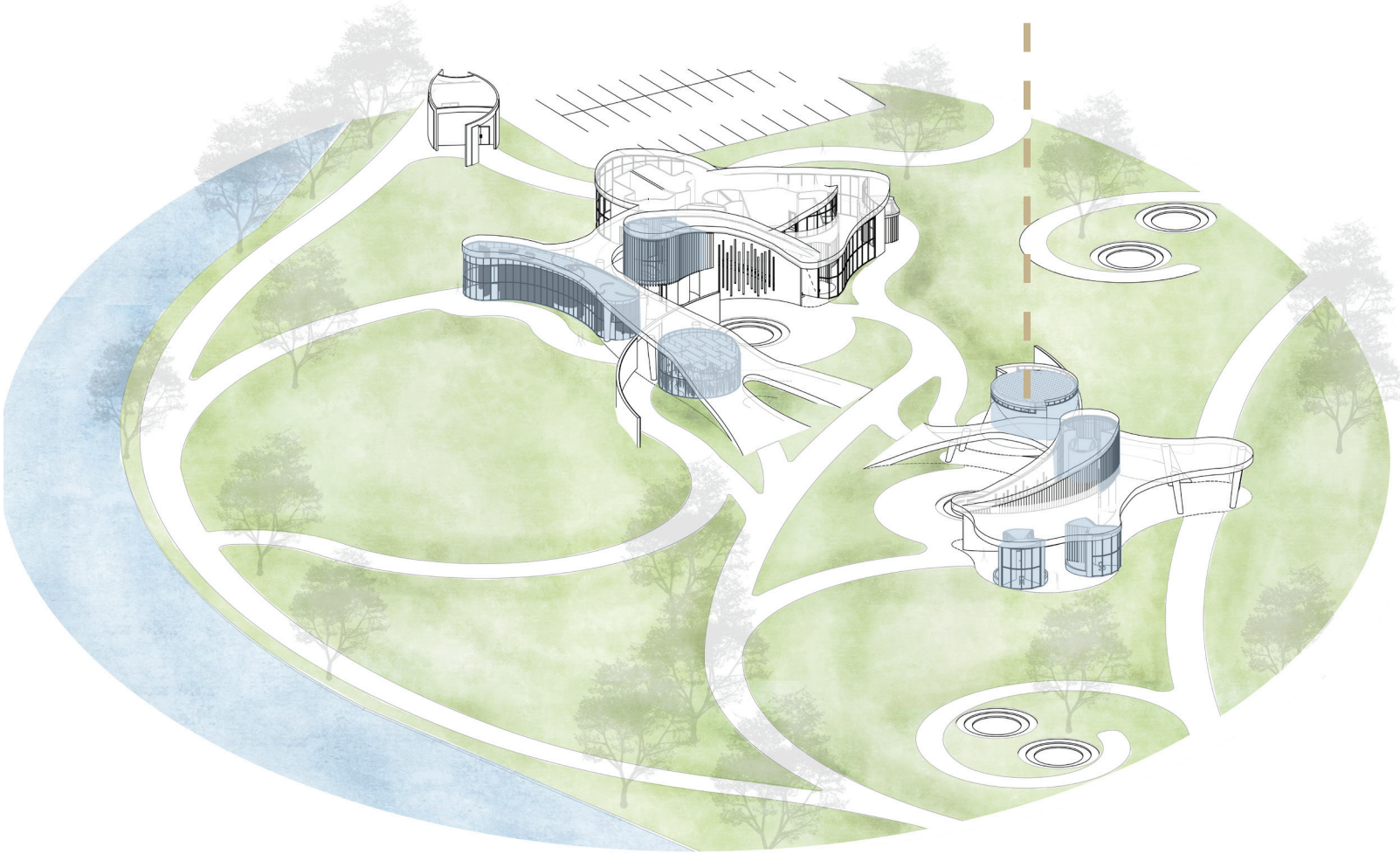
String Tunnel

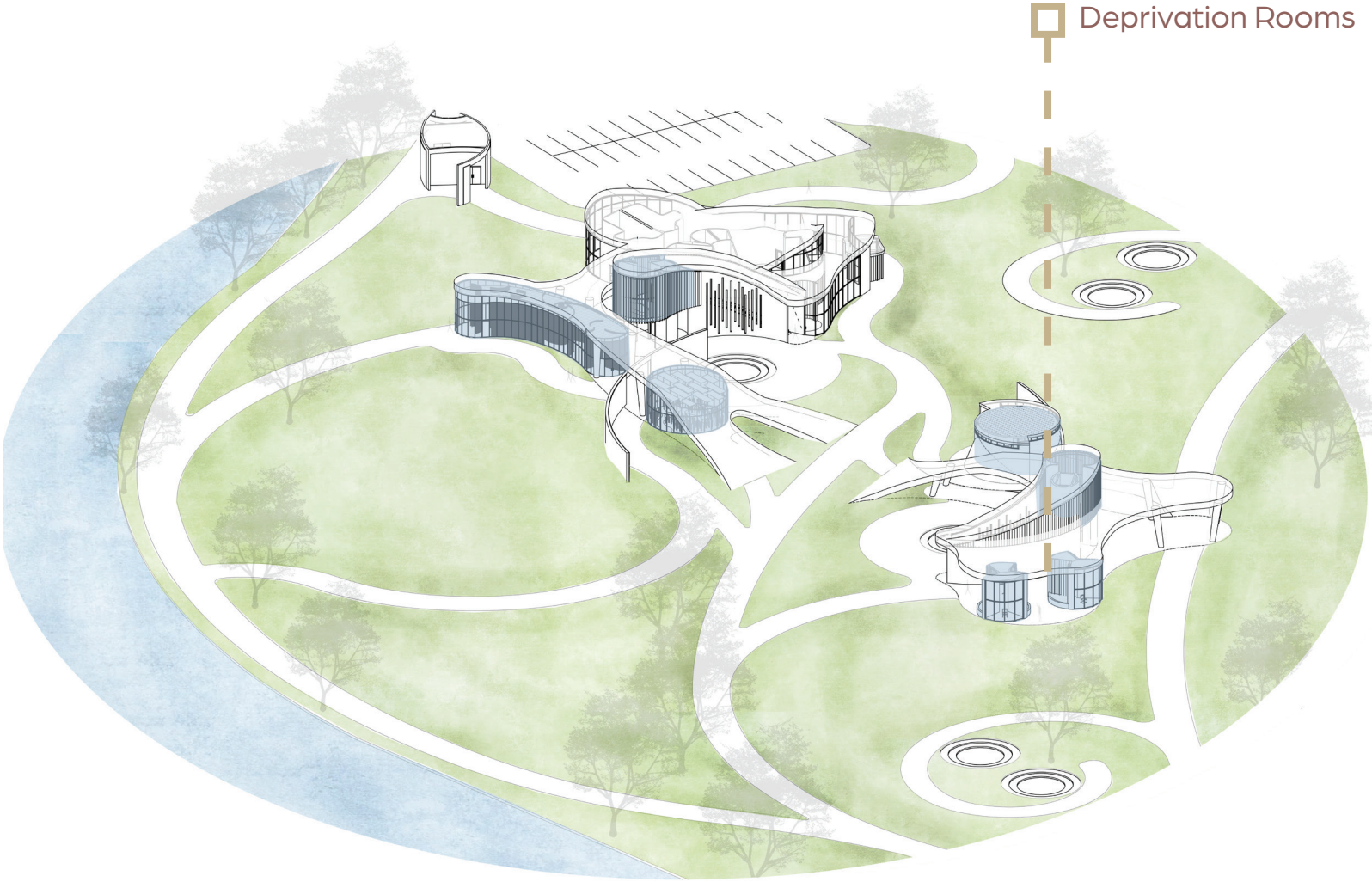






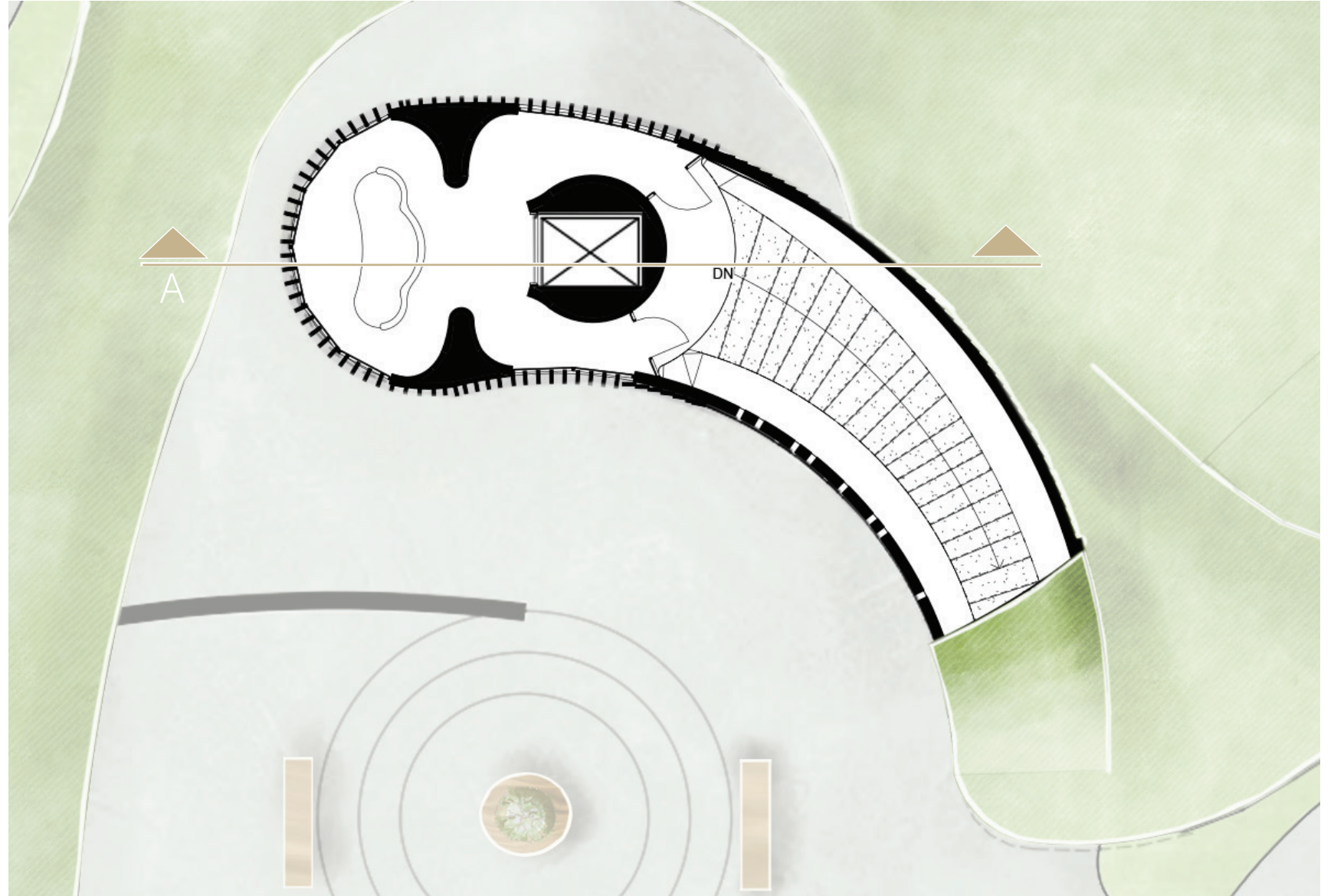
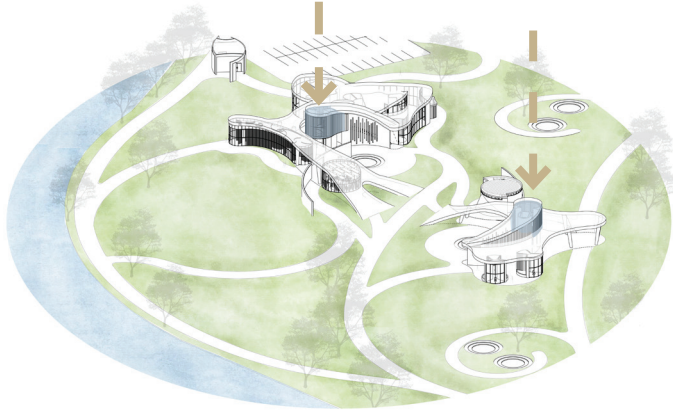
□ Rain Room



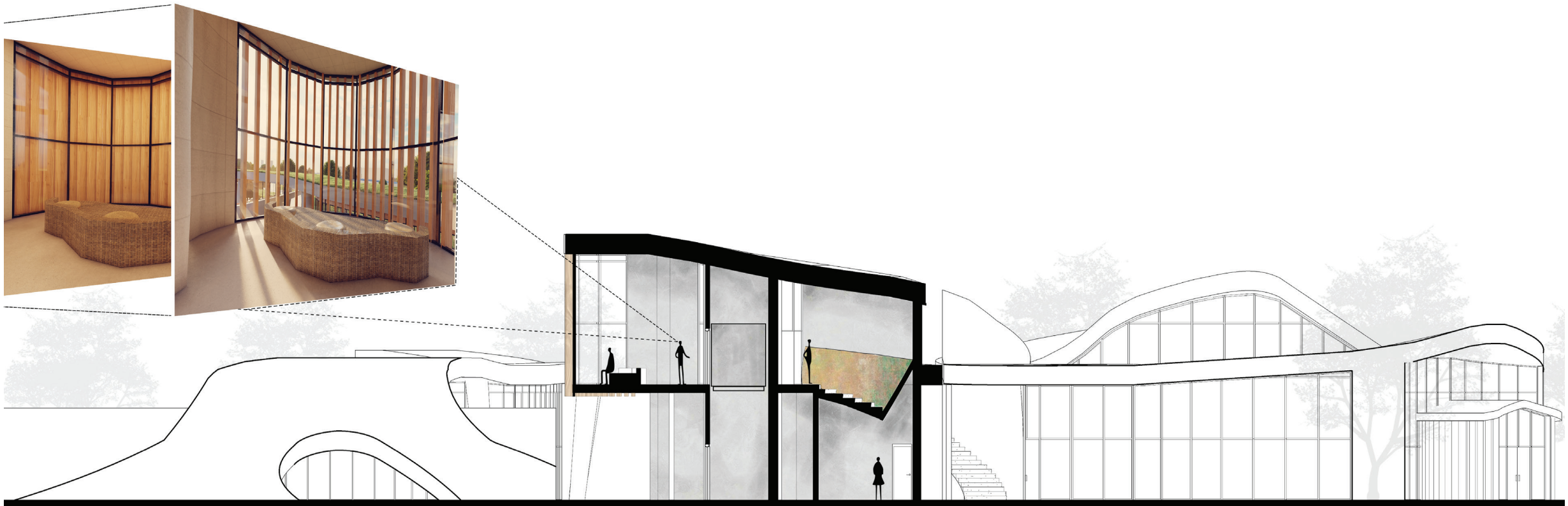




# Breathing Room

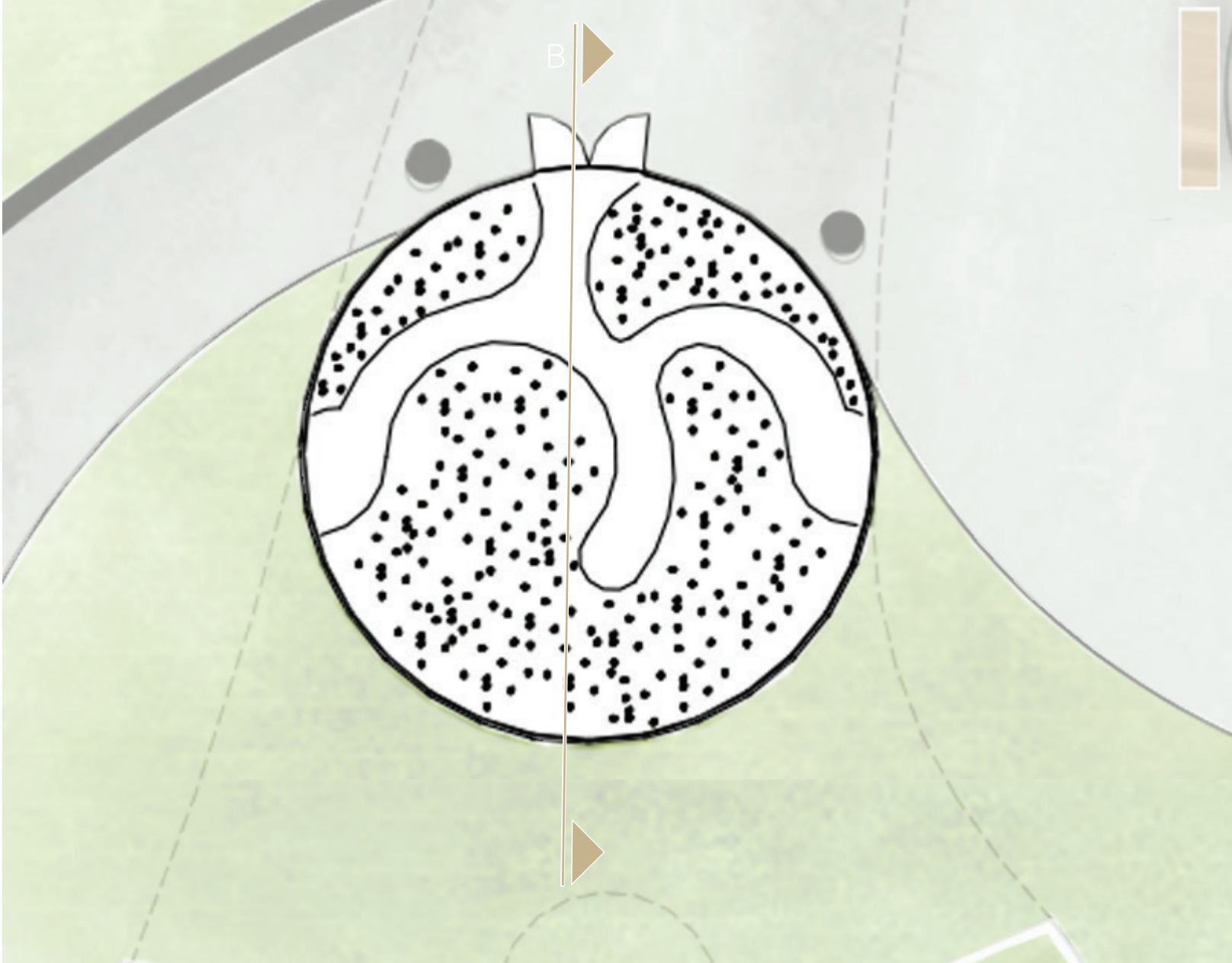
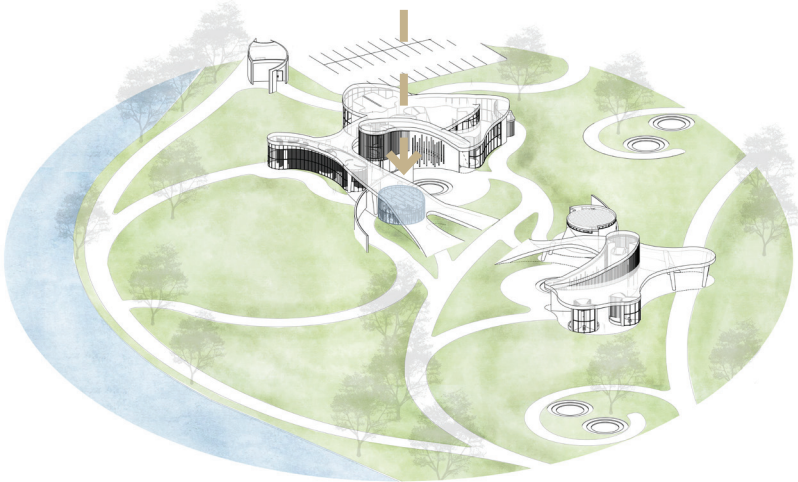


# Breathing Room

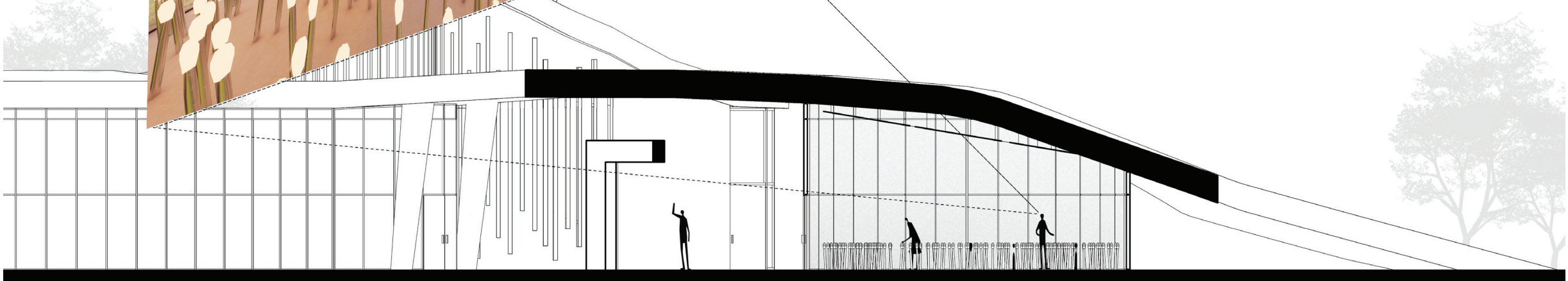
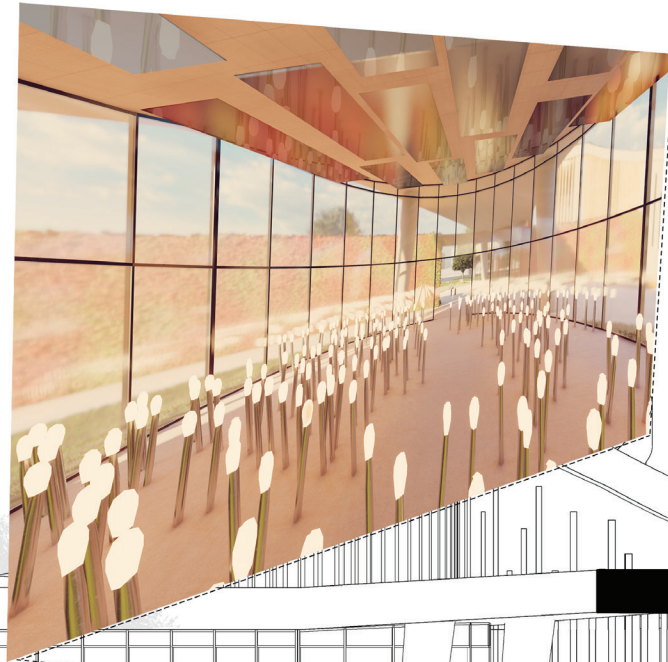




# Light Field

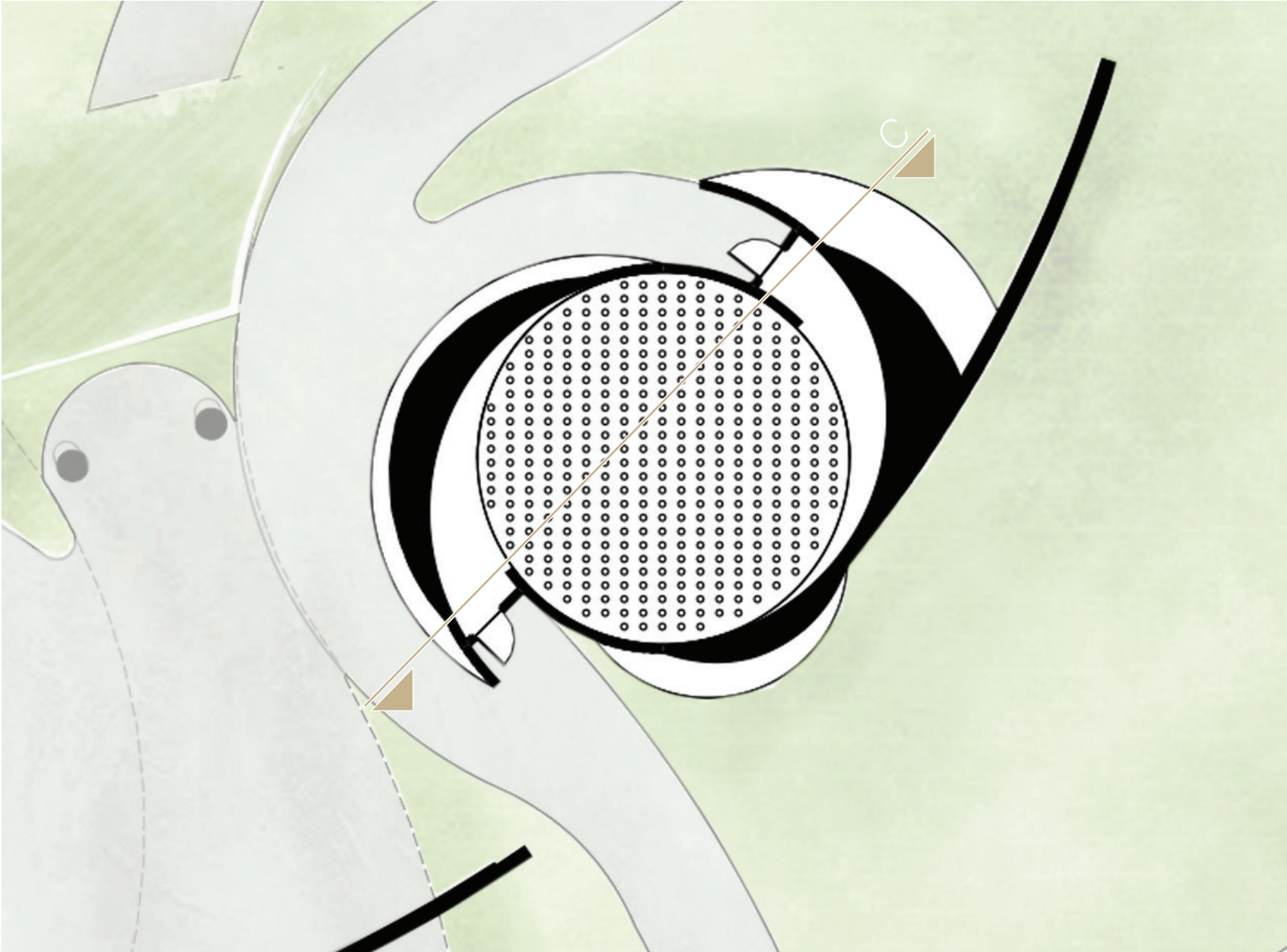
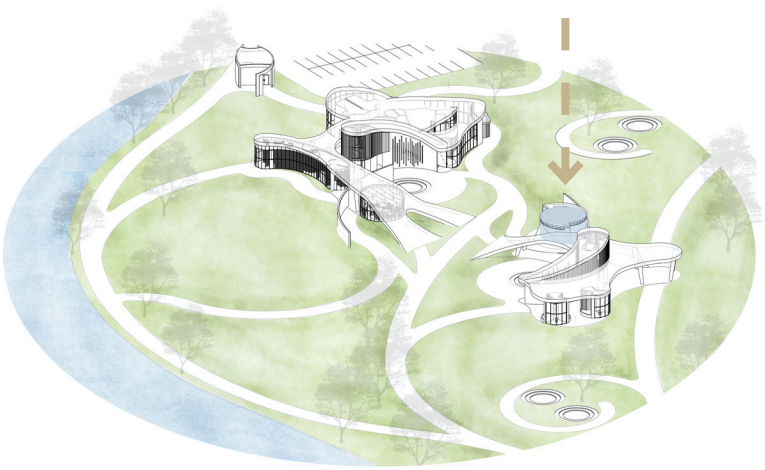


# Light Field

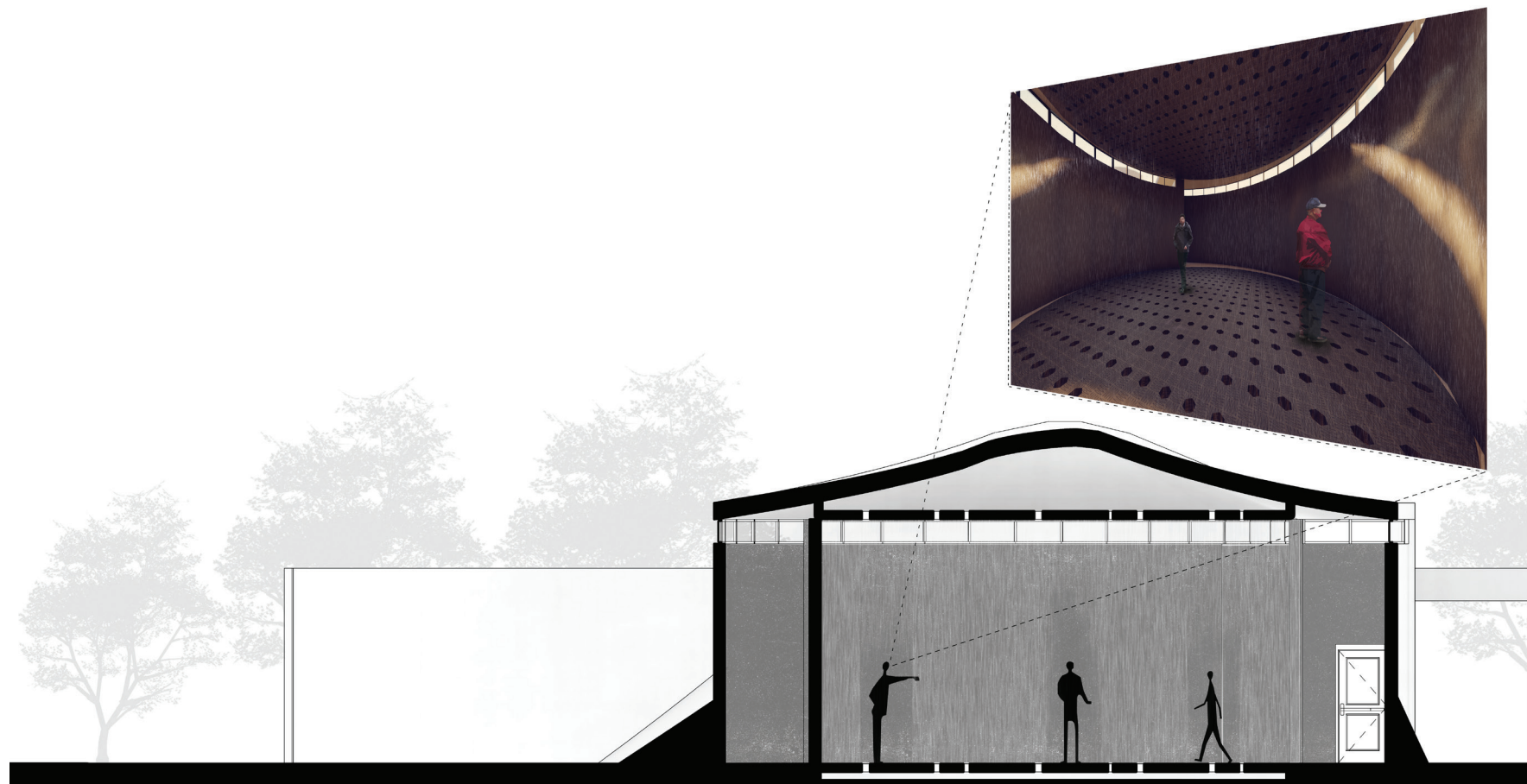




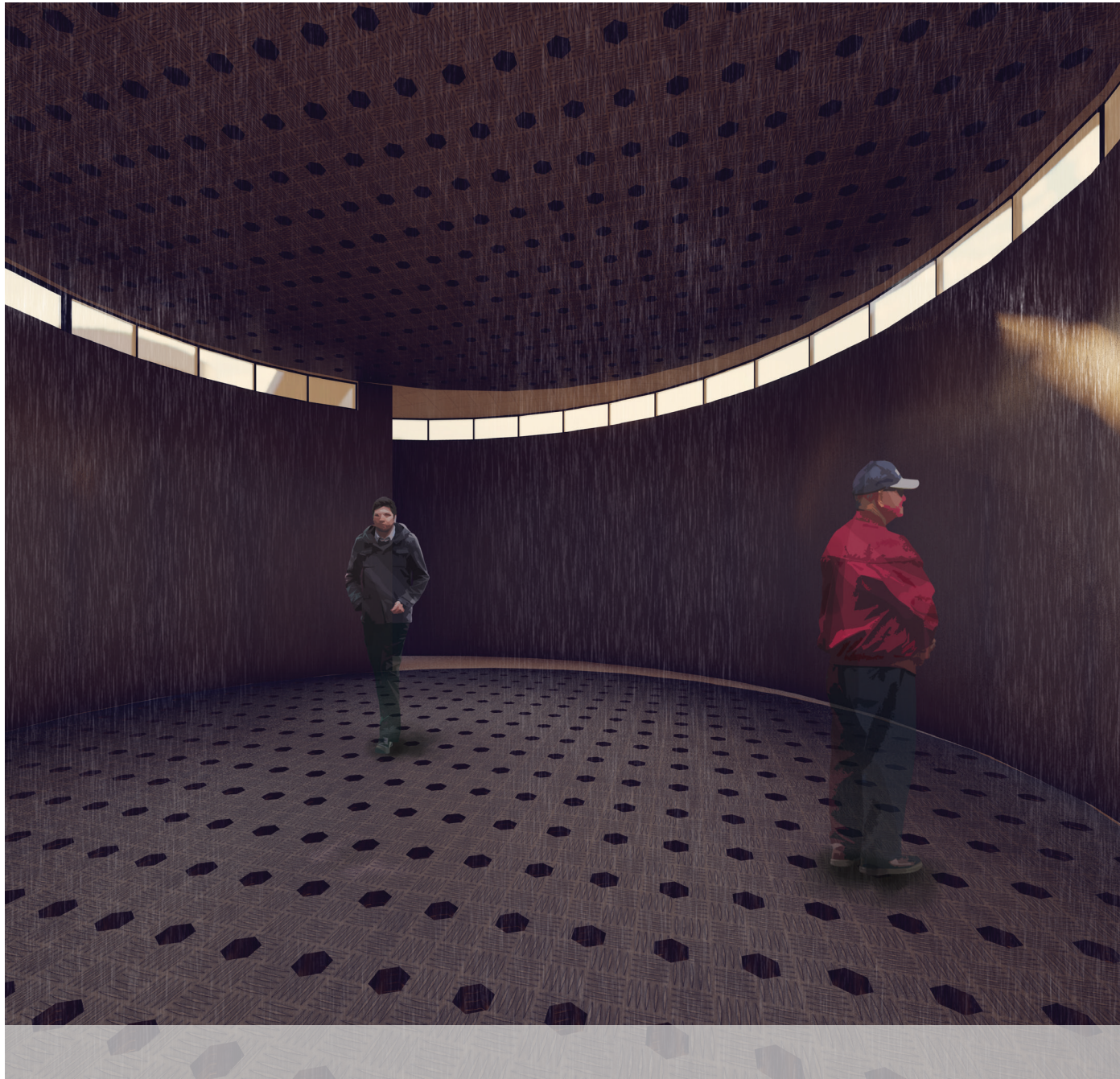
# Rain Room



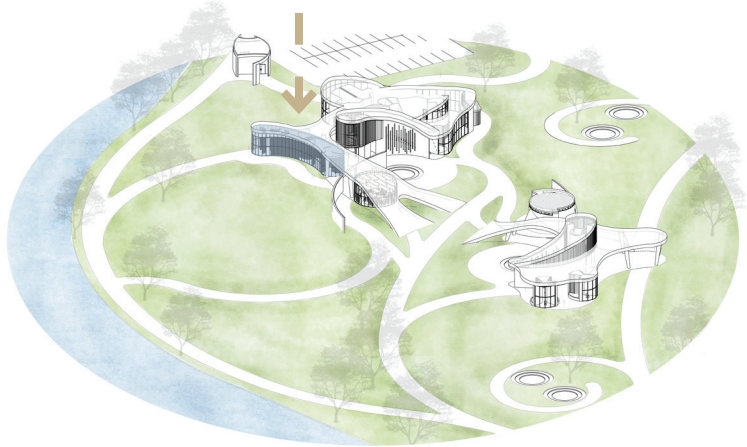
# Rain Room



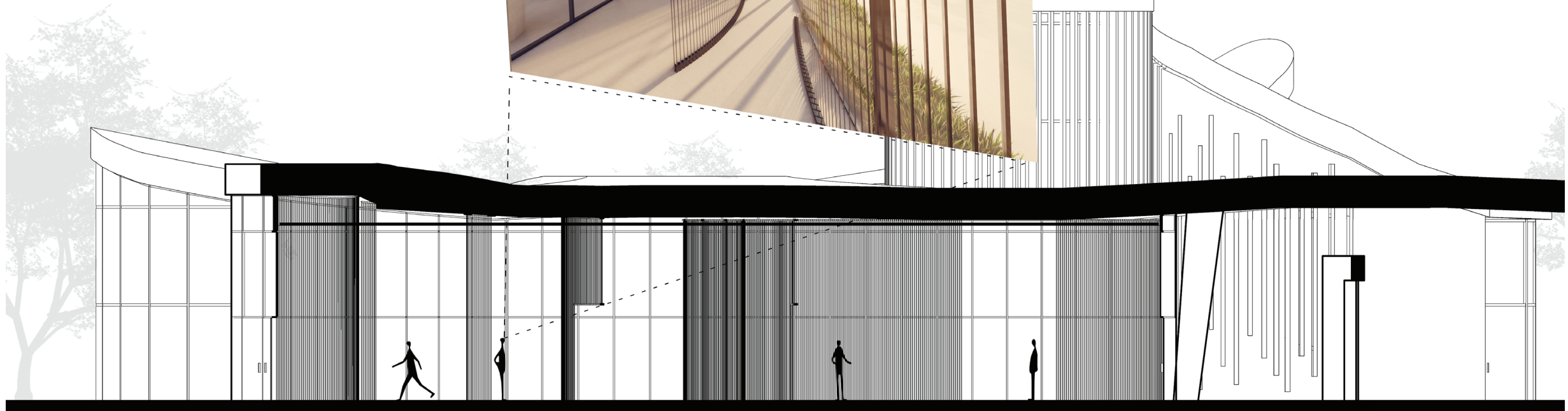


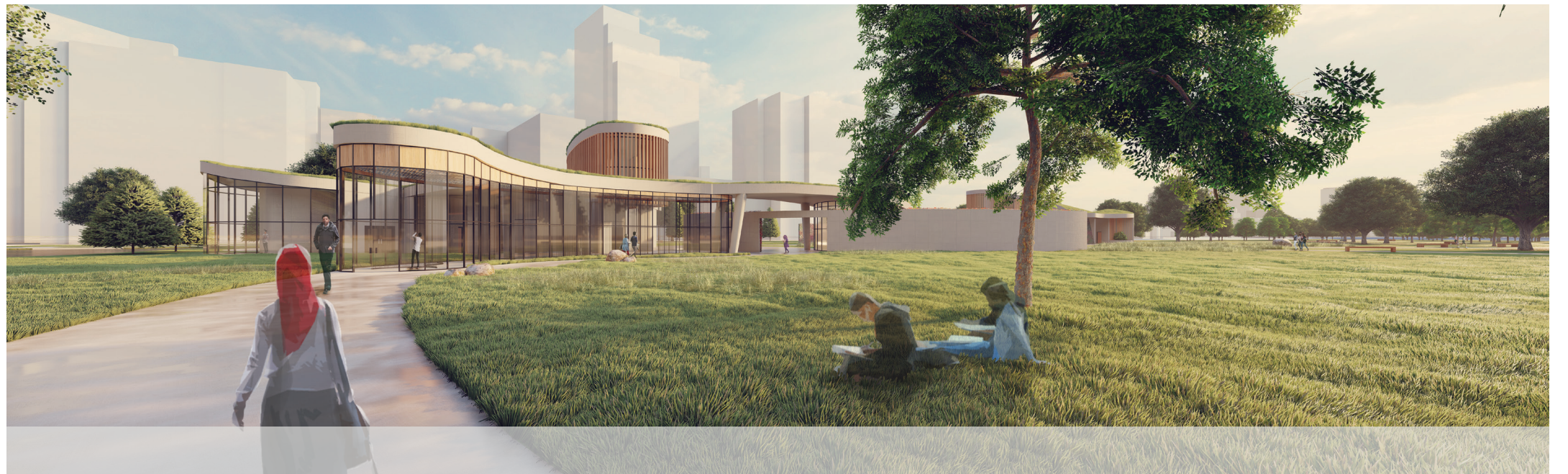
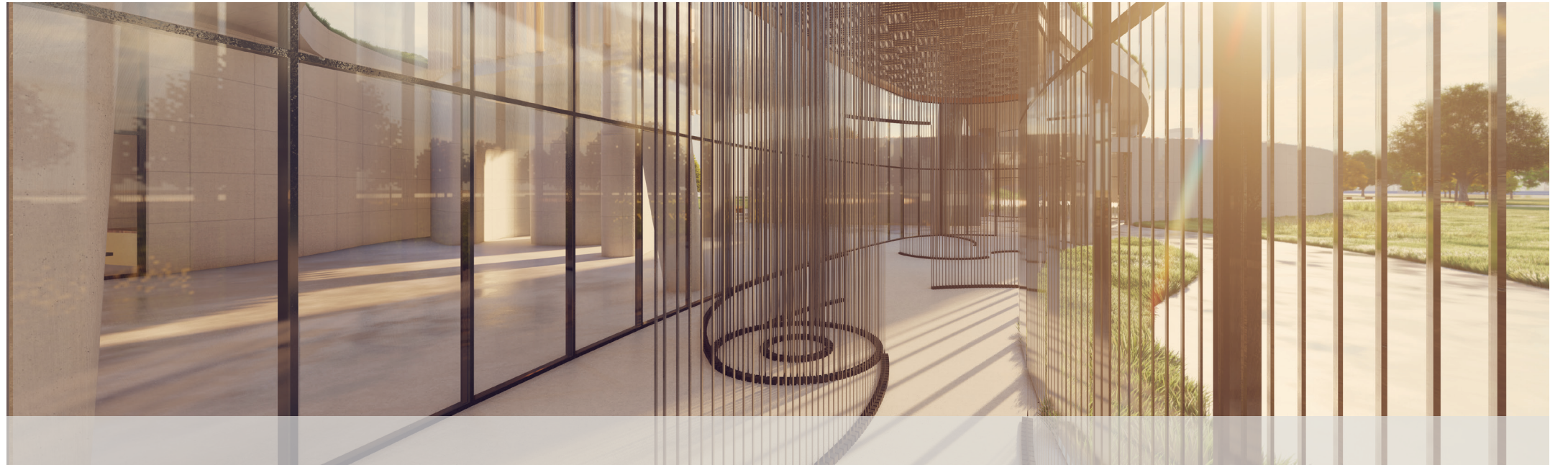


# String Tunnel

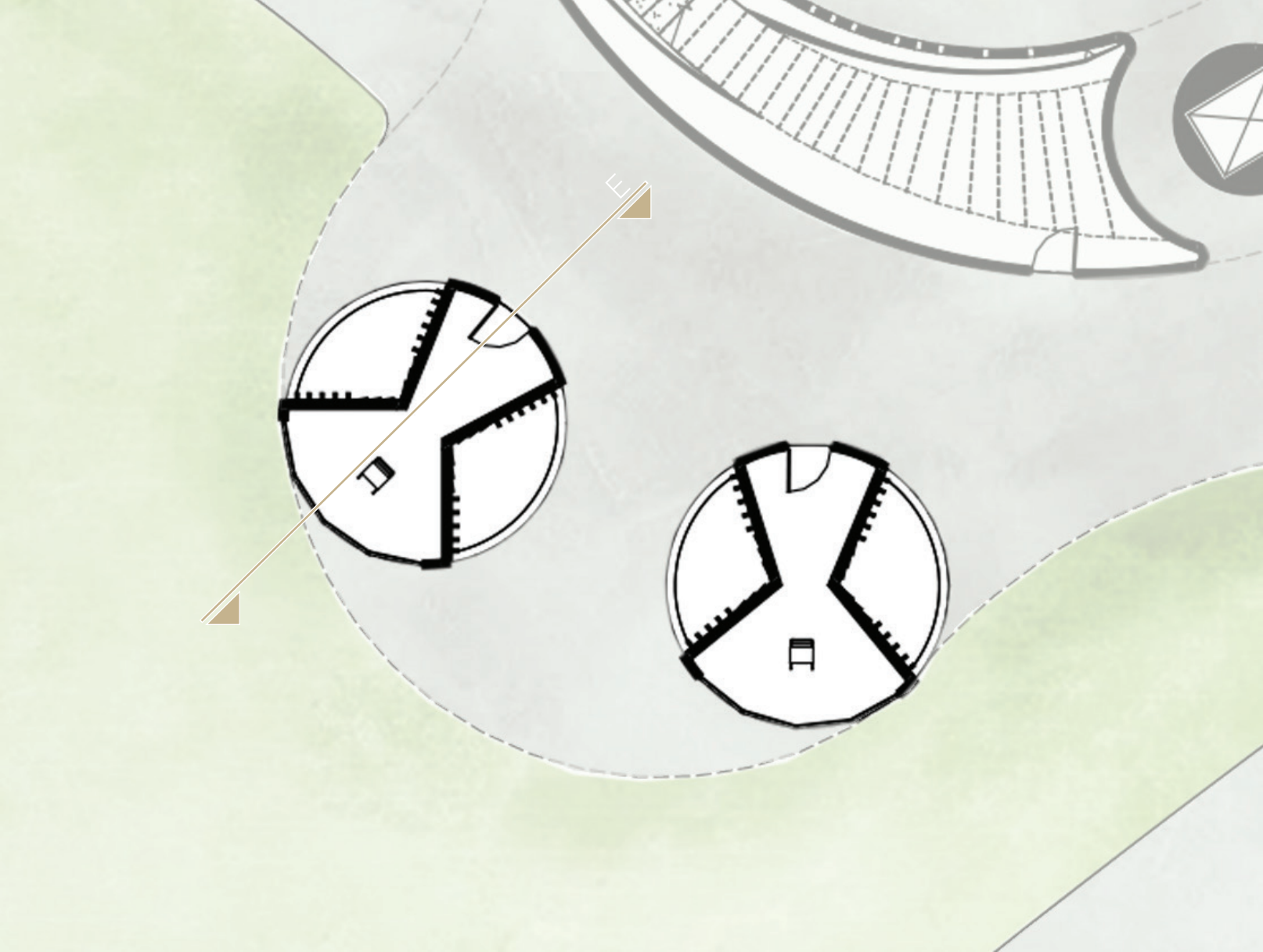
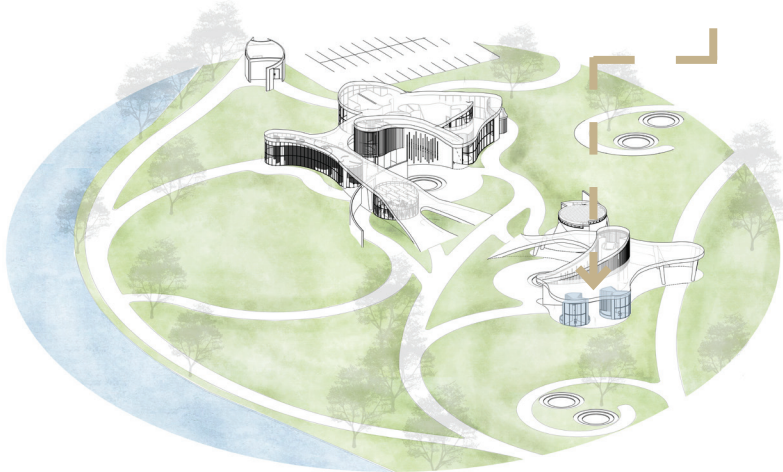


# String Tunnel

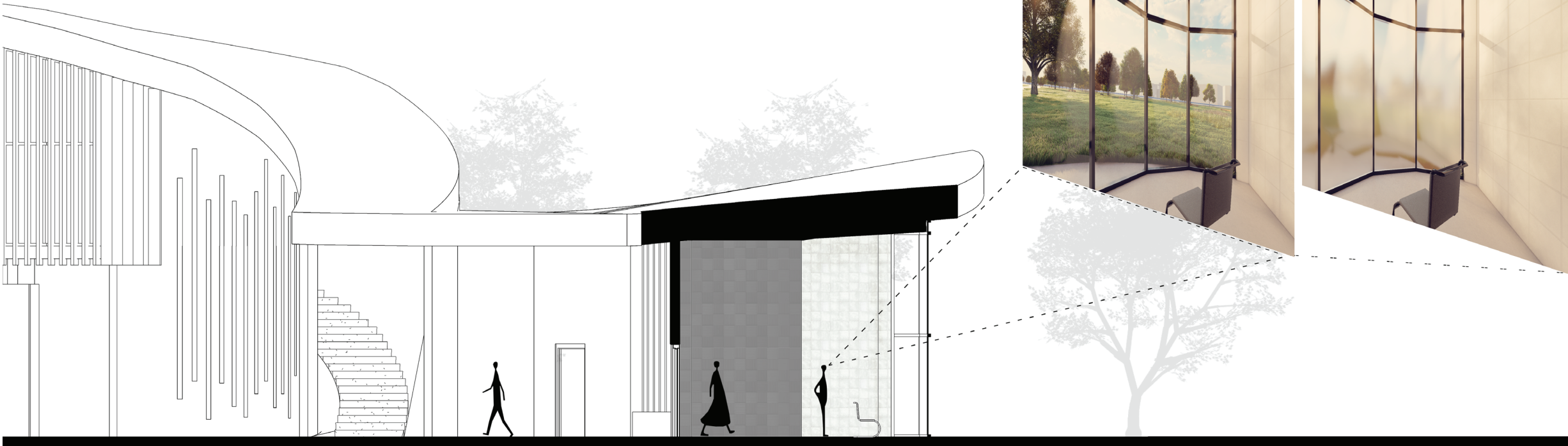


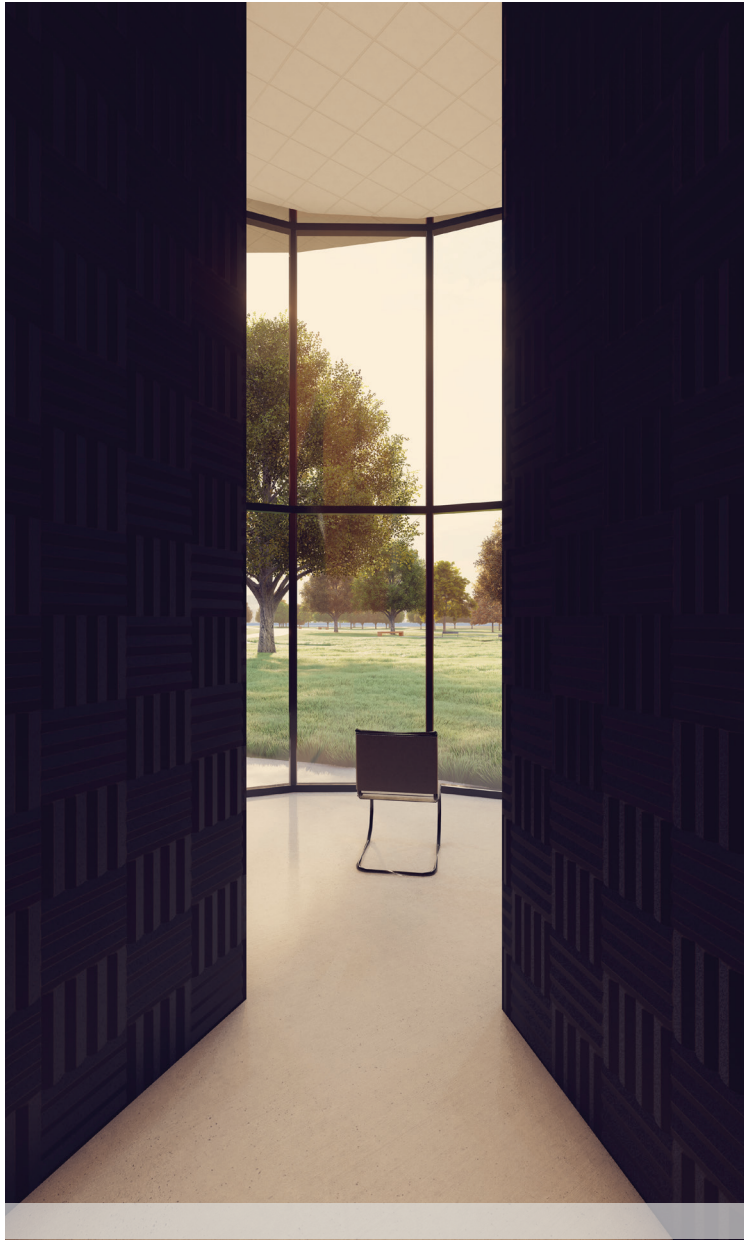


# Deprivation Room

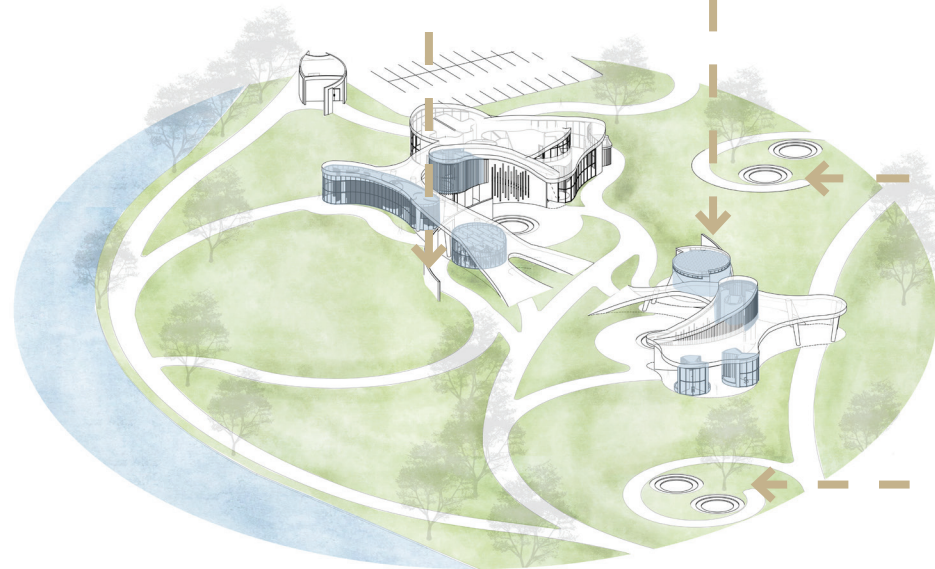


# Deprivation Room



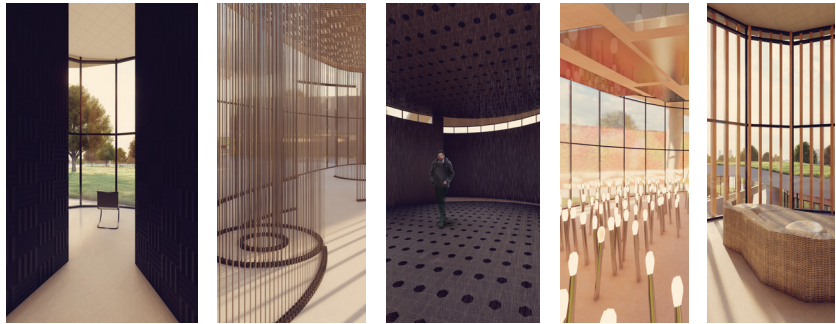


## Green Walls



## Respite Seating





# Questions and Feedback

