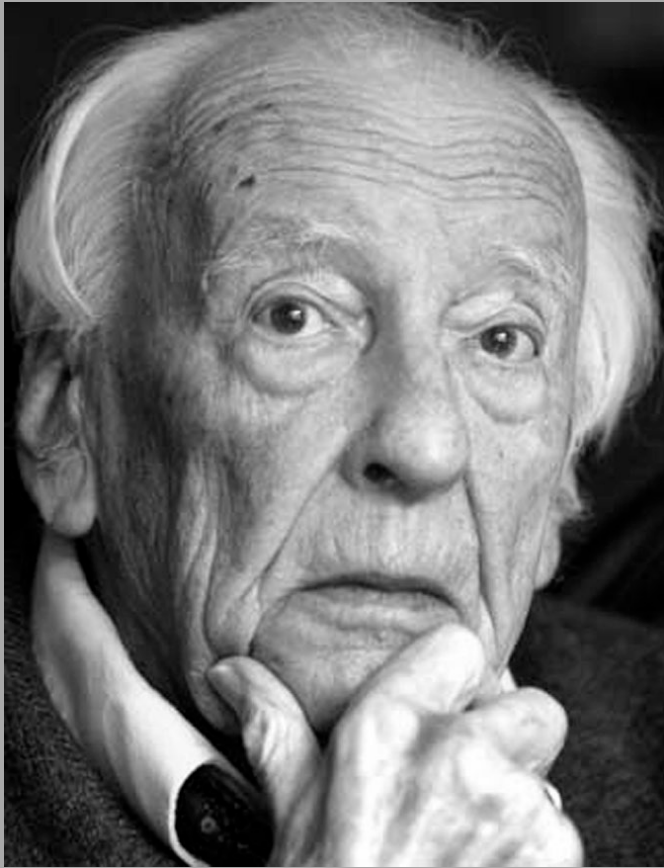


Psychosomatic Transformation:
The Cathartic Cycle of Time and
Healing



How can we, as architects, design to be more mindful in understanding mood and atmospheres in order to assist in the formal and disconnected view we have of healing in the United States?





Hans-Georg Gadamer
German philosopher

“When it is a question of applying scientific knowledge to our own health, it is clear that we cannot be treated solely from the perspective of science. Here everyone has their own experiences and expectations.” (viii)

The Enigma of Health
1996



Virginia Woolf
English writer

“Considering how common illness is, how tremendous the spiritual change that it brings, how astonishing, when the lights of health go down, the undiscovered countries that are then disclosed, [...] what ancient and obdurate oaks are uprooted in us in the act of sickness, [...] –when we think of this and infinitely more, as we are so frequently forced to think of it, it becomes strange indeed that illness has not taken its place with love, battle, and jealousy among the prime themes of literature.” (32)

On Being Ill
1926

Catharsis

*1a. Purification or purgation of the emotions (such as pity and fear)
primarily through art*

*1b. Purification or purgation that brings about spiritual renewal or
release from tension*

*2. Elimination of a complex by bringing it to consciousness and affording it
expression*

Catharsis

1b. Purification or purgation that brings about spiritual renewal or release from tension

Catharsis

1b. Purification or purgation that brings about spiritual renewal or release from tension



*Chora 1
(1994)*



Sanctuary of Asclepius



Alberto Pérez-Gómez
Architectural historian

Stimmung

tone - mood - atmosphere

“Attunement, understood as a search for lost integrity, health, wholeness and holiness.” (221)

“The mind and the world are simply not separate and independent of each other; the mind is an embodied dynamic system in the world, rather than merely a neural network in the head.” (223)

Mood and Meaning in Architecture from *Mind in Architecture: Neuroscience, Embodiment, and the Future of Design*

2015



Alberto Pérez-Gómez
Architectural historian

Attunement

The concept of 'atmosphere' is challenging for modern architects, as it is impossible to objectify

"Atmospheres are spatial phenomena, but always intertwined with temporality," (18)

Atmospheres and Moods from *Attunement*
2016



David Abram
American ecologist and philosopher

Attunement

The concept of 'atmosphere' is challenging for modern architects, as it is impossible to objectify

"Atmospheres are spatial phenomena, but always intertwined with temporality," (18)

David Abram: Anger/rage to that of our "ancestral, animal experience" of thunder and lightning (23)

Becoming Animal: An Earthly Cosmology

2011

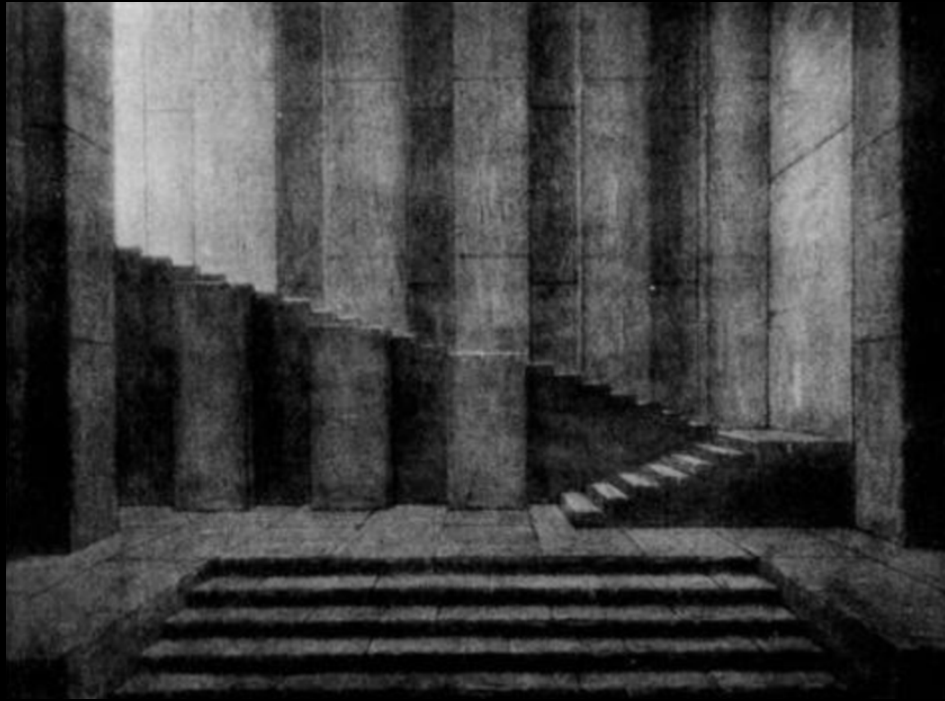
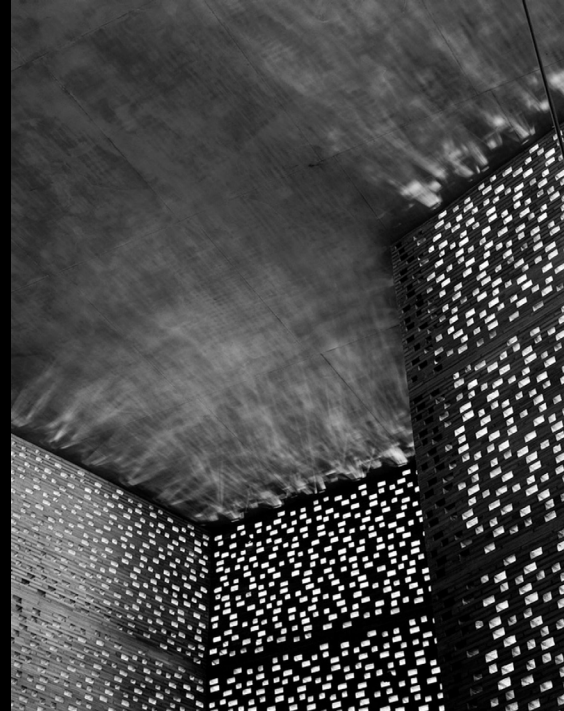
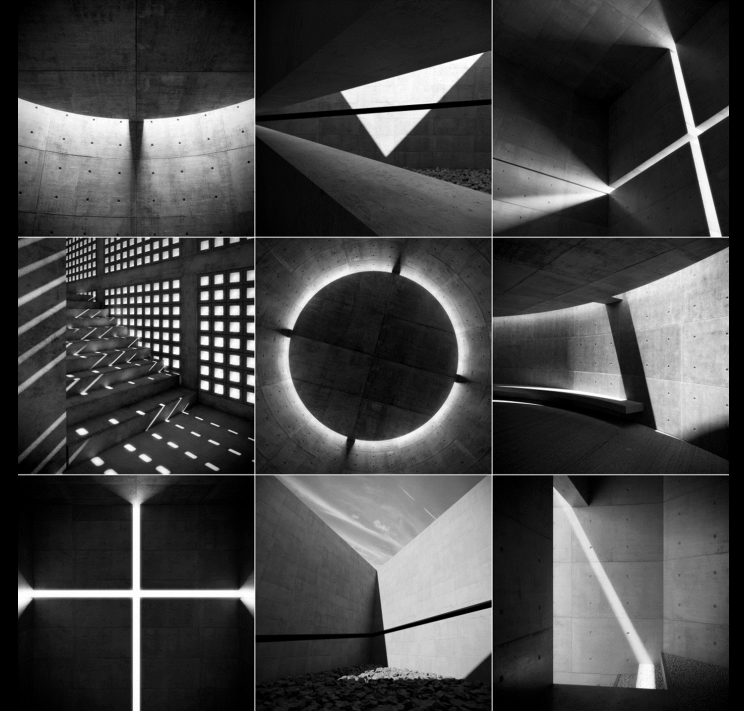


Figure 1



Peter Zumthor Kolumba Museum



Tadao Ando Church of Light



Peter Zumthor's Therme Vals



Le Corbusier's La Tourette



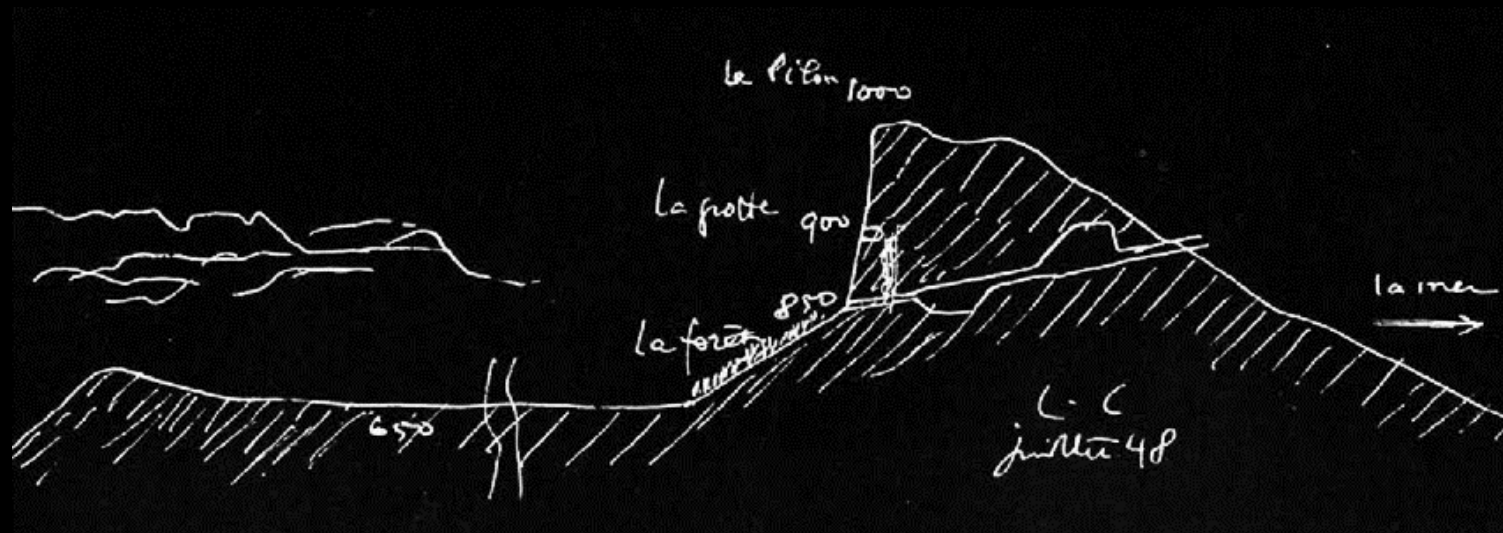


Figure 2

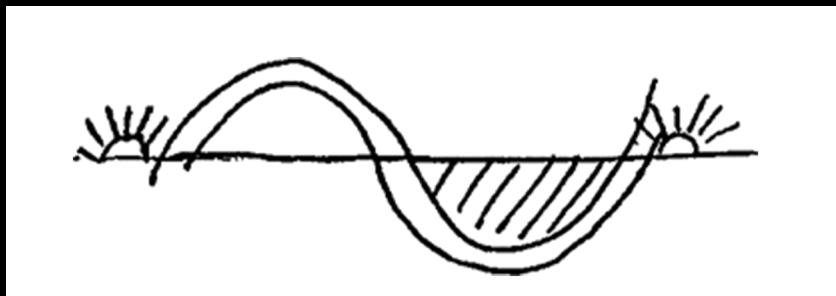
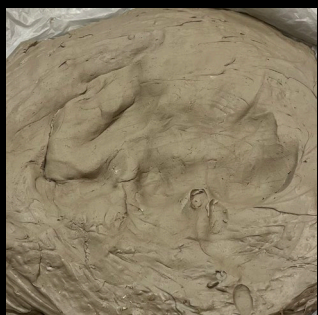
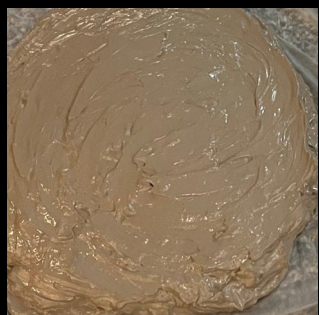
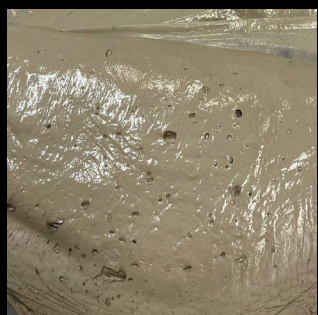
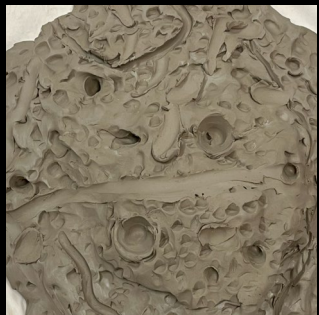
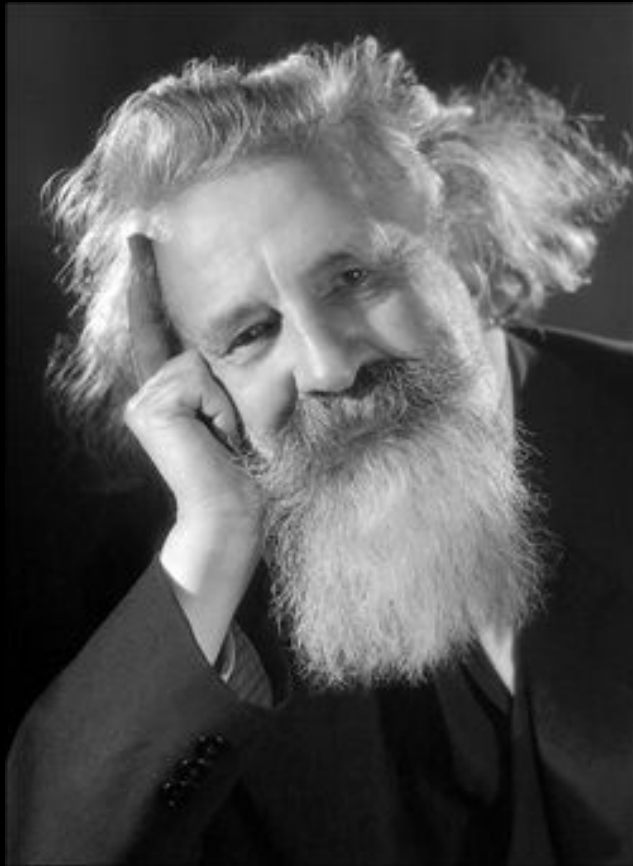


Figure 3



Figure 4





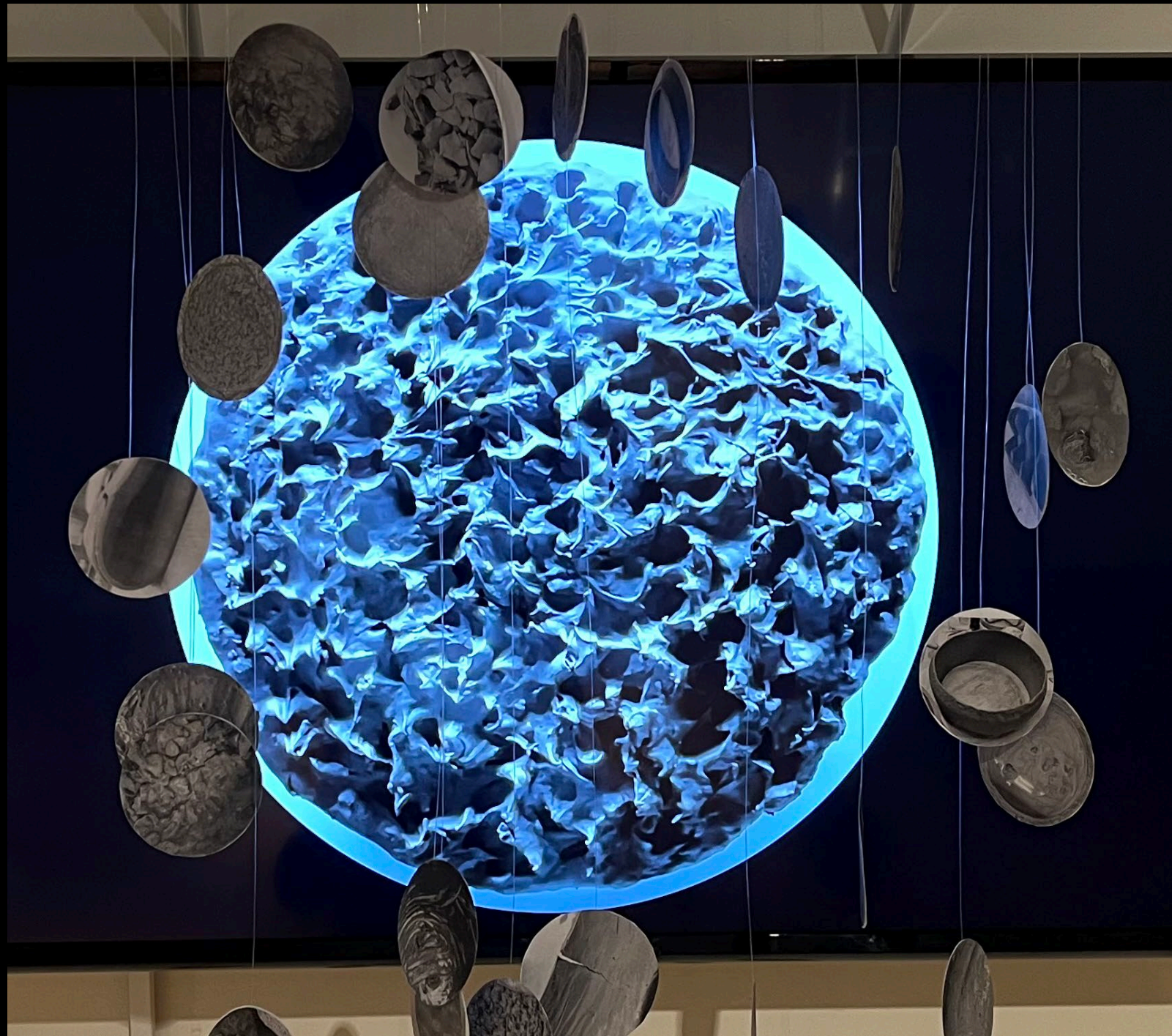
Gaston Bachelard
French philosopher

“Such a working hand needs an exact mixture of earth and water in order to realize fully what constitutes matter capable of form, substance capable of life. To the unconscious of the man who kneads the clay, the model is the embryo of the work; clay is the mother of bronze. Therefore I cannot emphasize too much how important the experience of fluidity and pliability is to an understanding of the psychology of the creative unconscious. [...] One dreams of water when taking advantage of the docility of clay (l'argile).”(13)

Water and Dreams: An Essay on the Imagination of Matter

1942







Douglas Cardinal's St. Mary's Roman Catholic Church





Cranbrook Natatorium

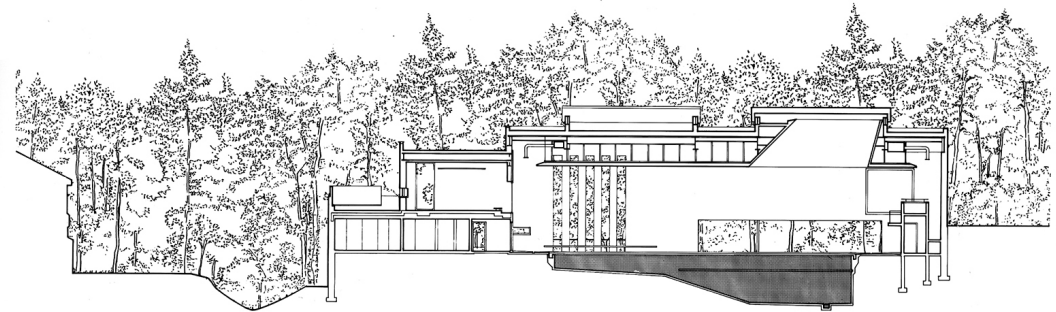
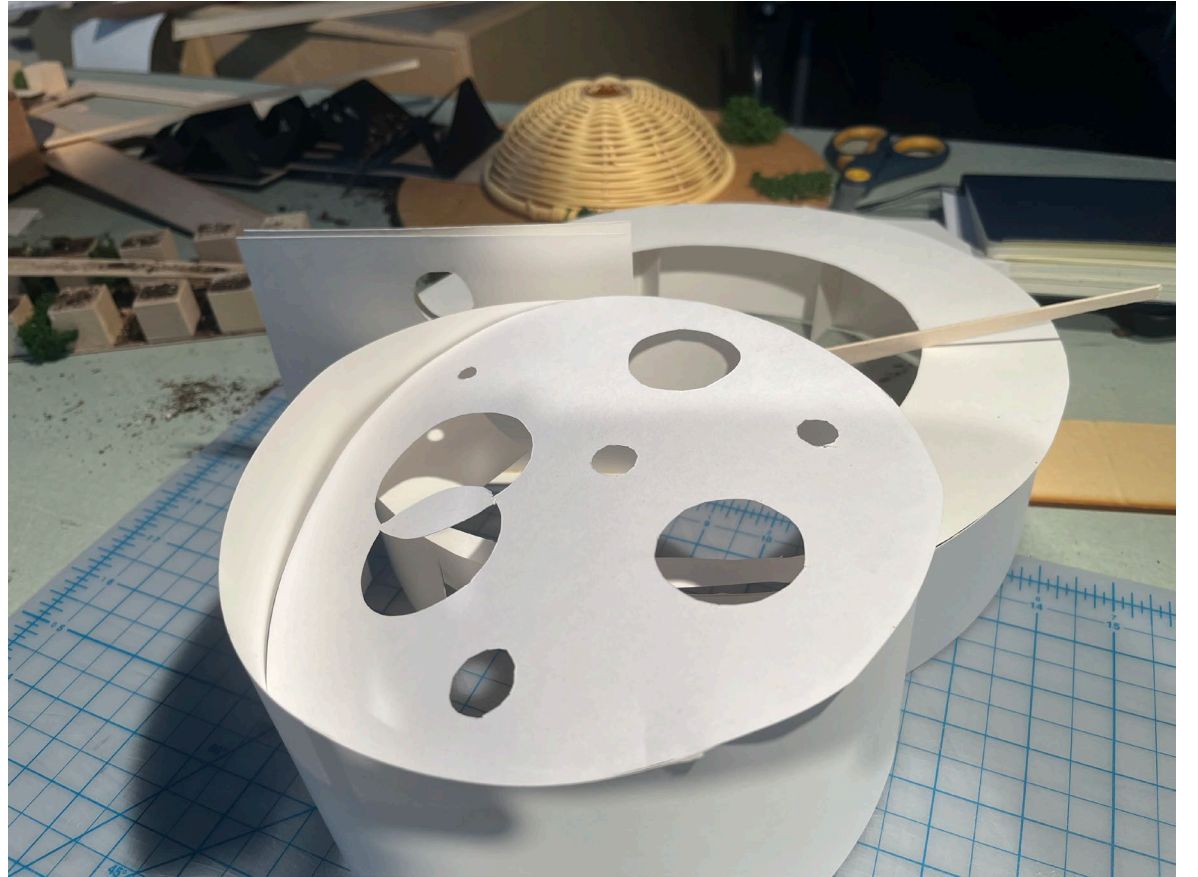
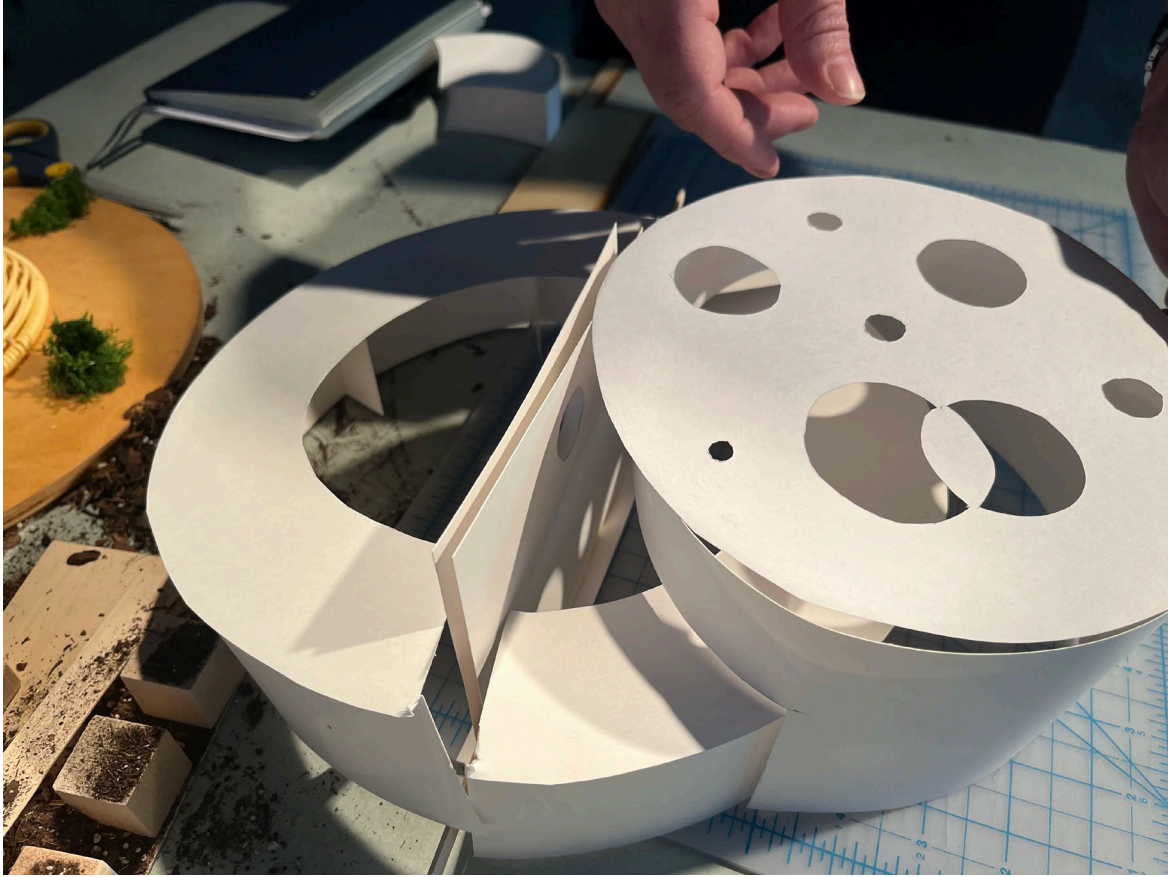
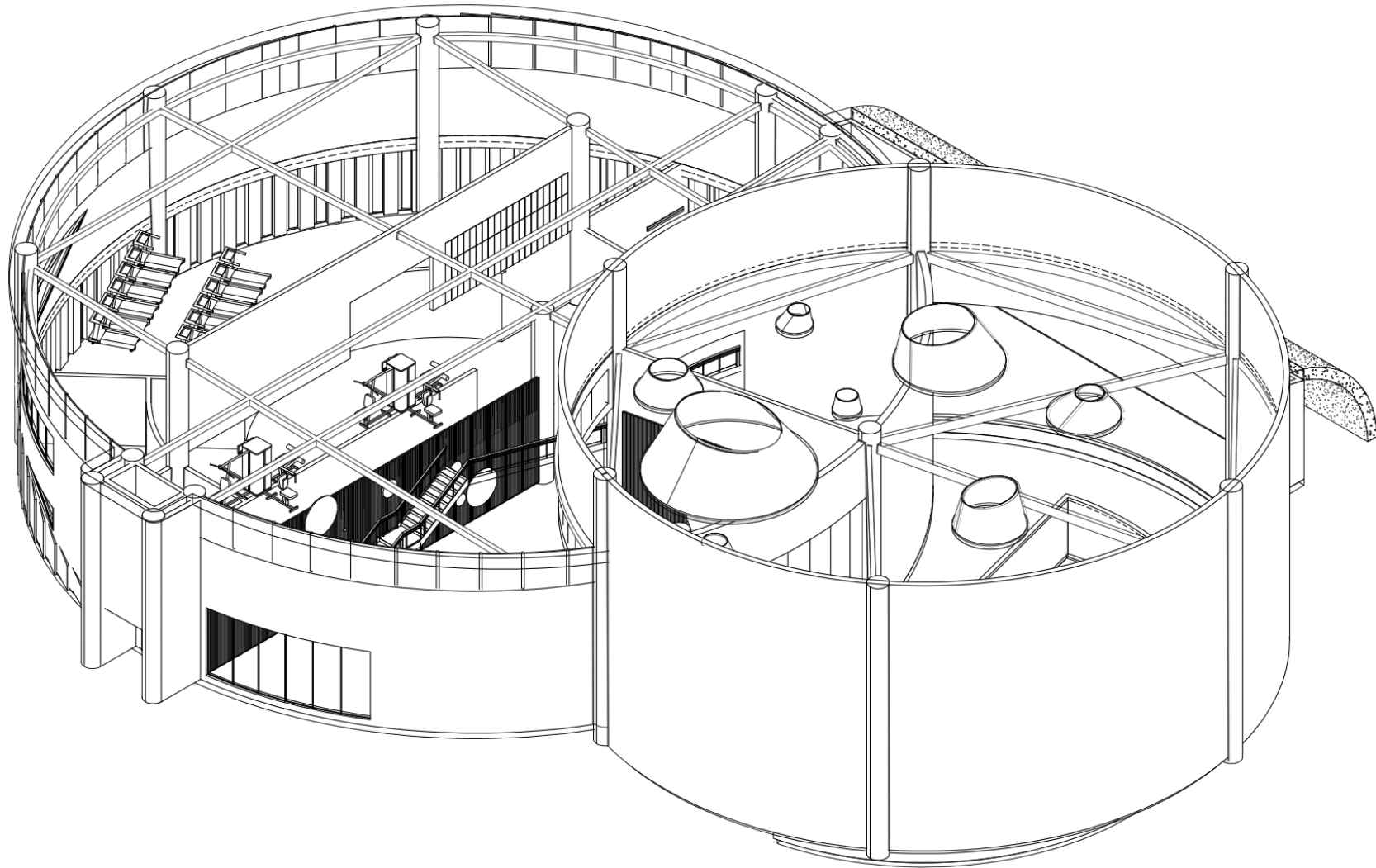


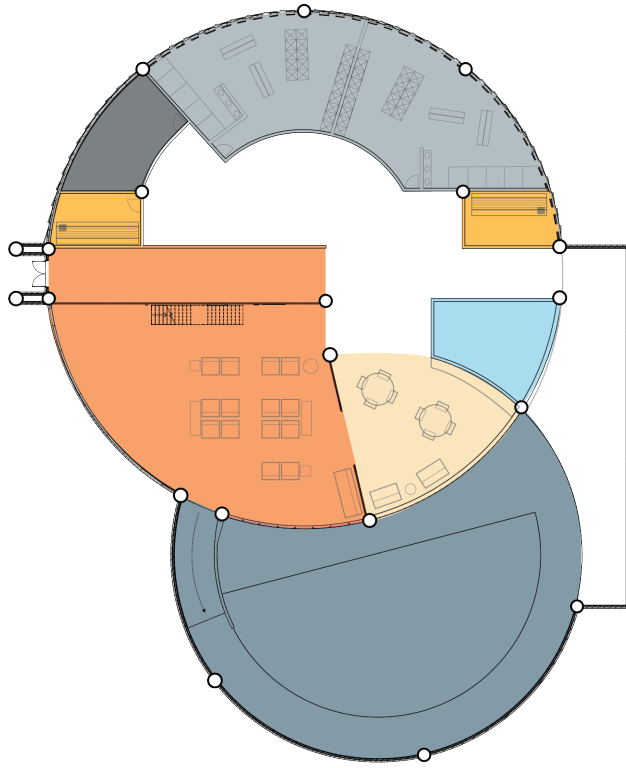
Figure 6

EAST WEST SECTION

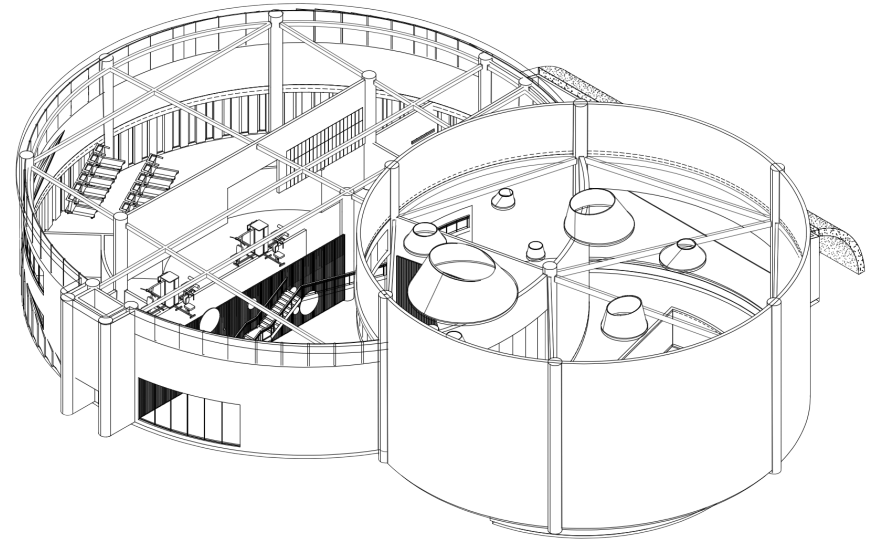
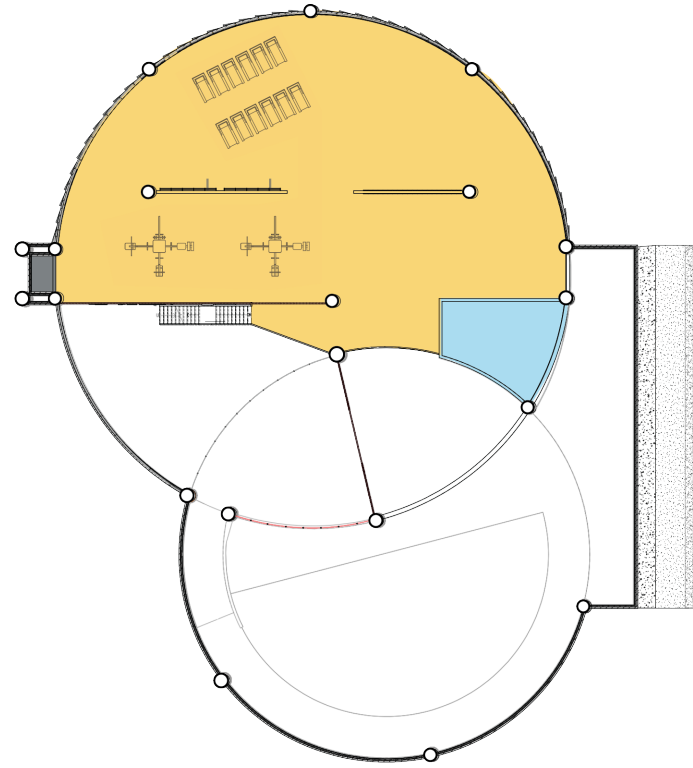
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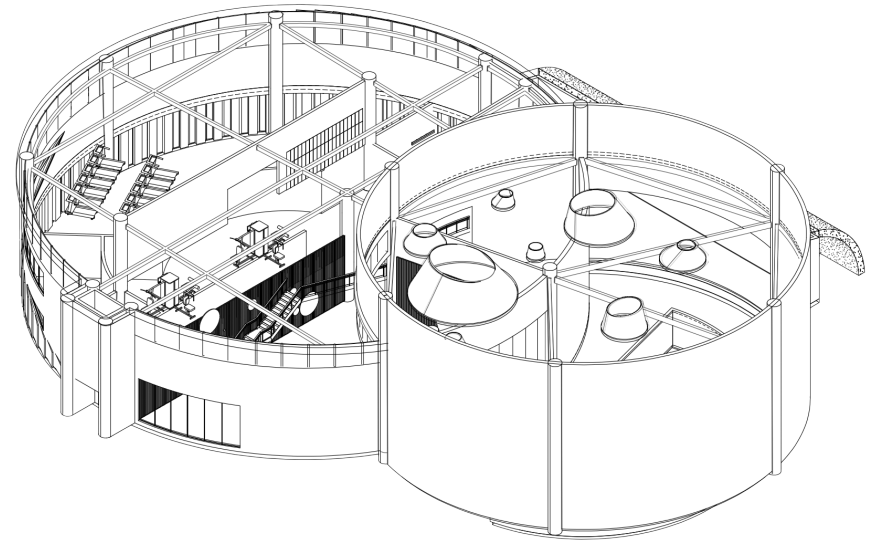
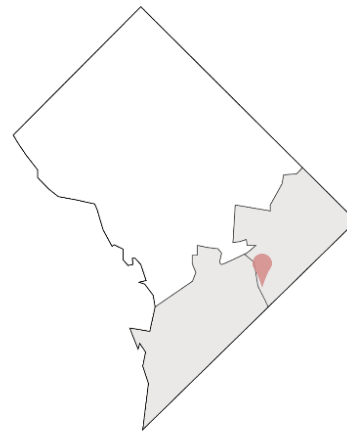




Architectural drawing showing a circular structure with various rooms and a central area.



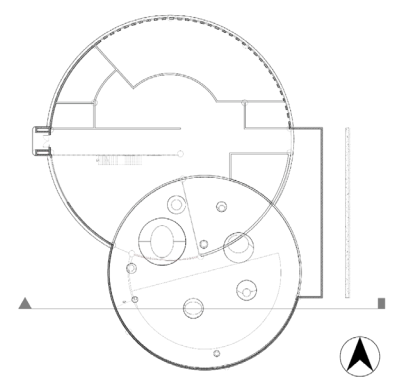
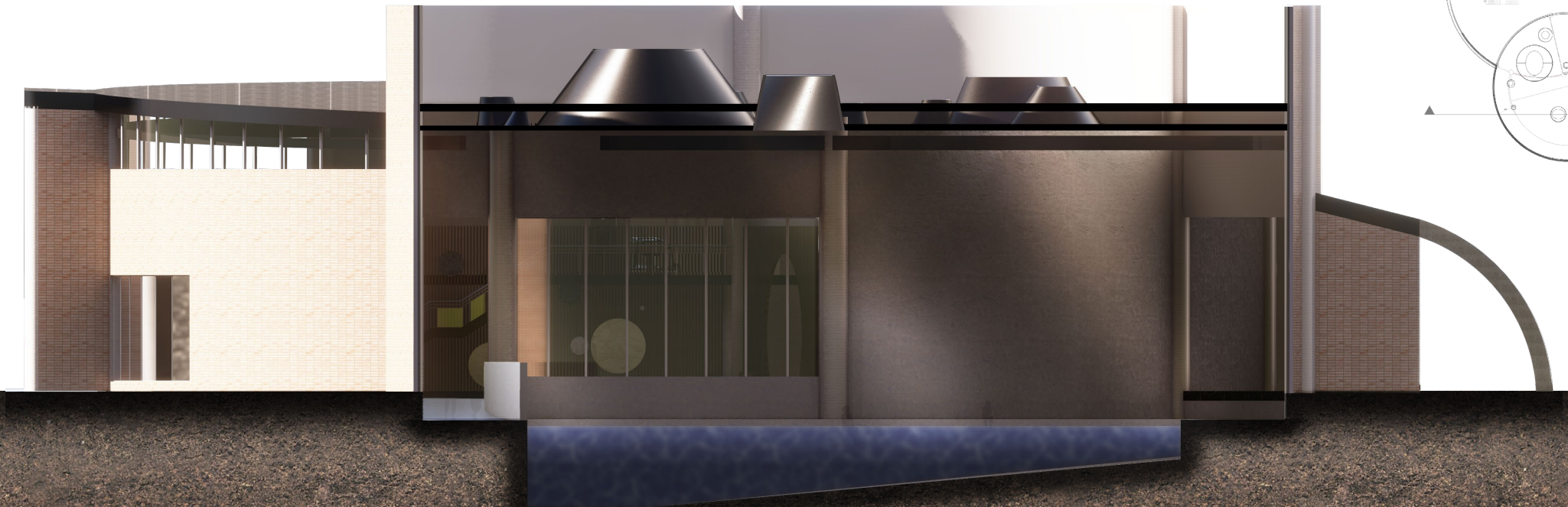
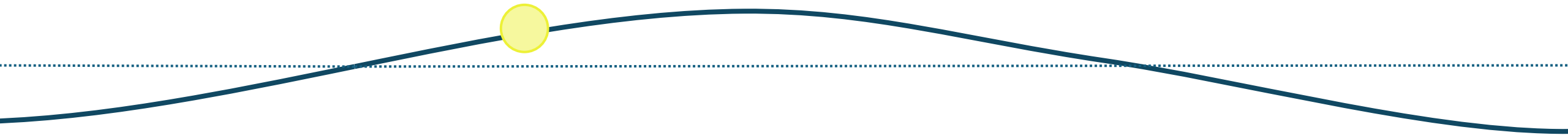
- Entrance / Lobby
- Pool
- Saunas
- Exercise
- Snacks / Seating
- Restrooms
- Locker Rooms
- Maintenance / Storage

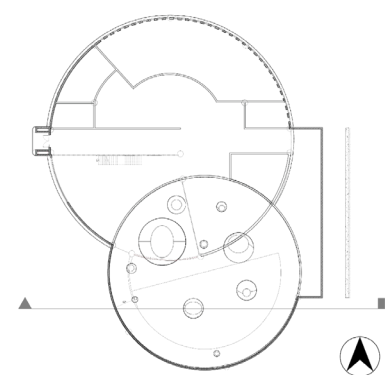
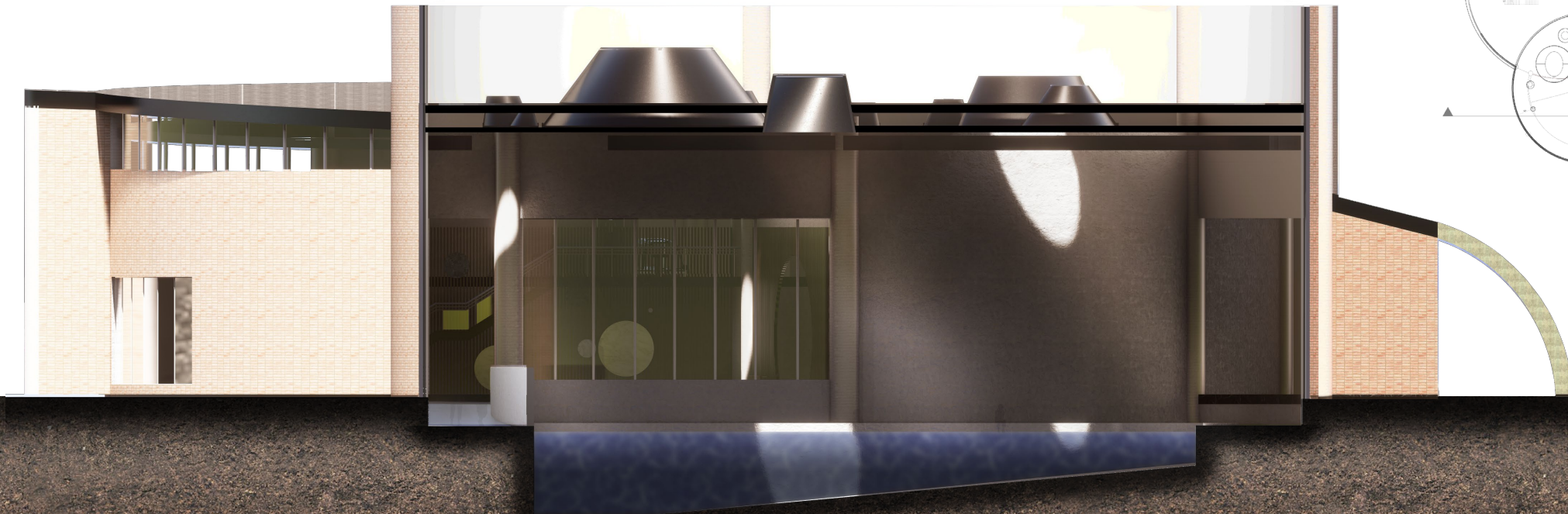
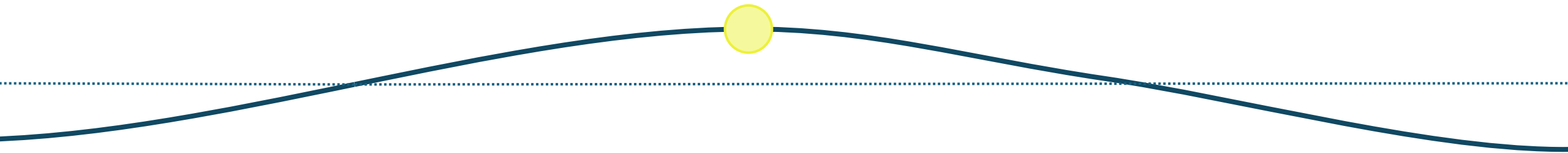


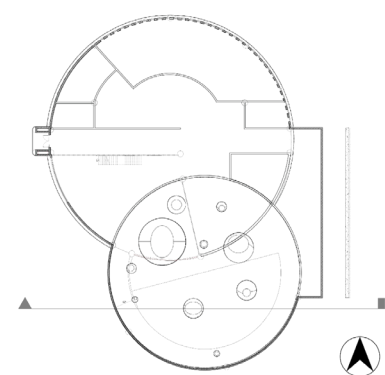
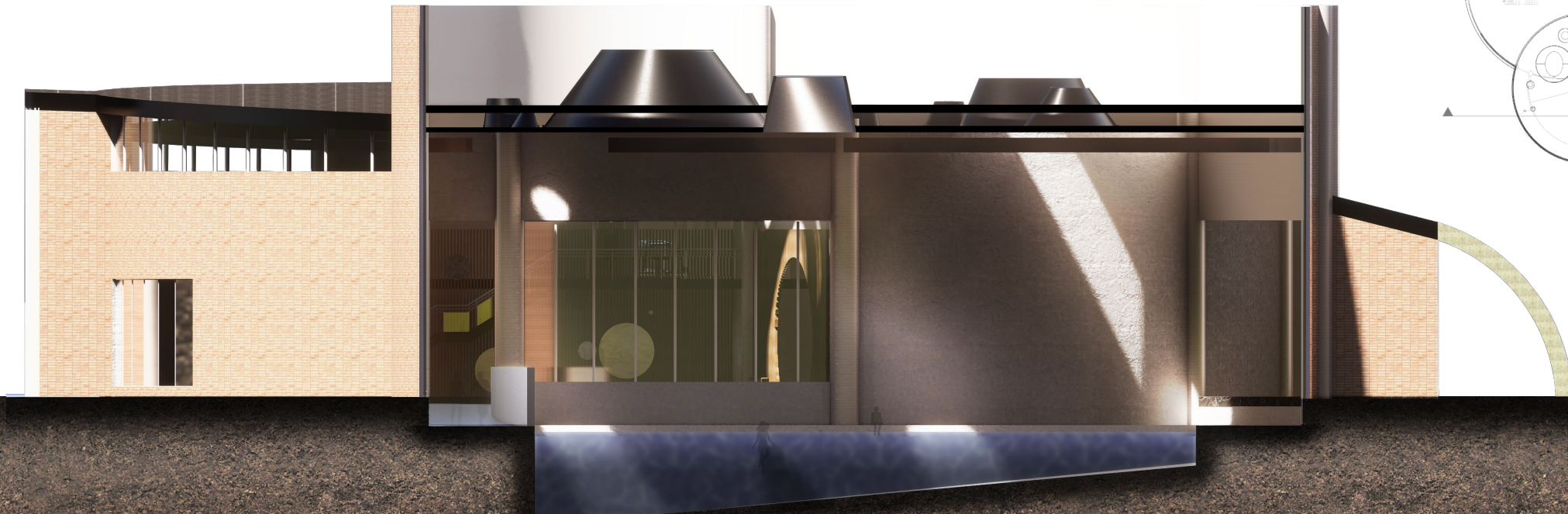
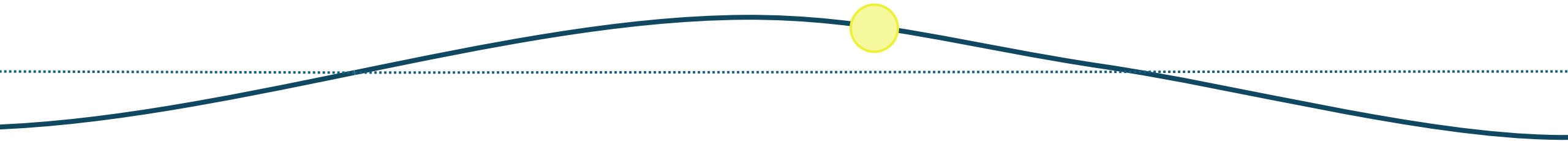
District of Columbia

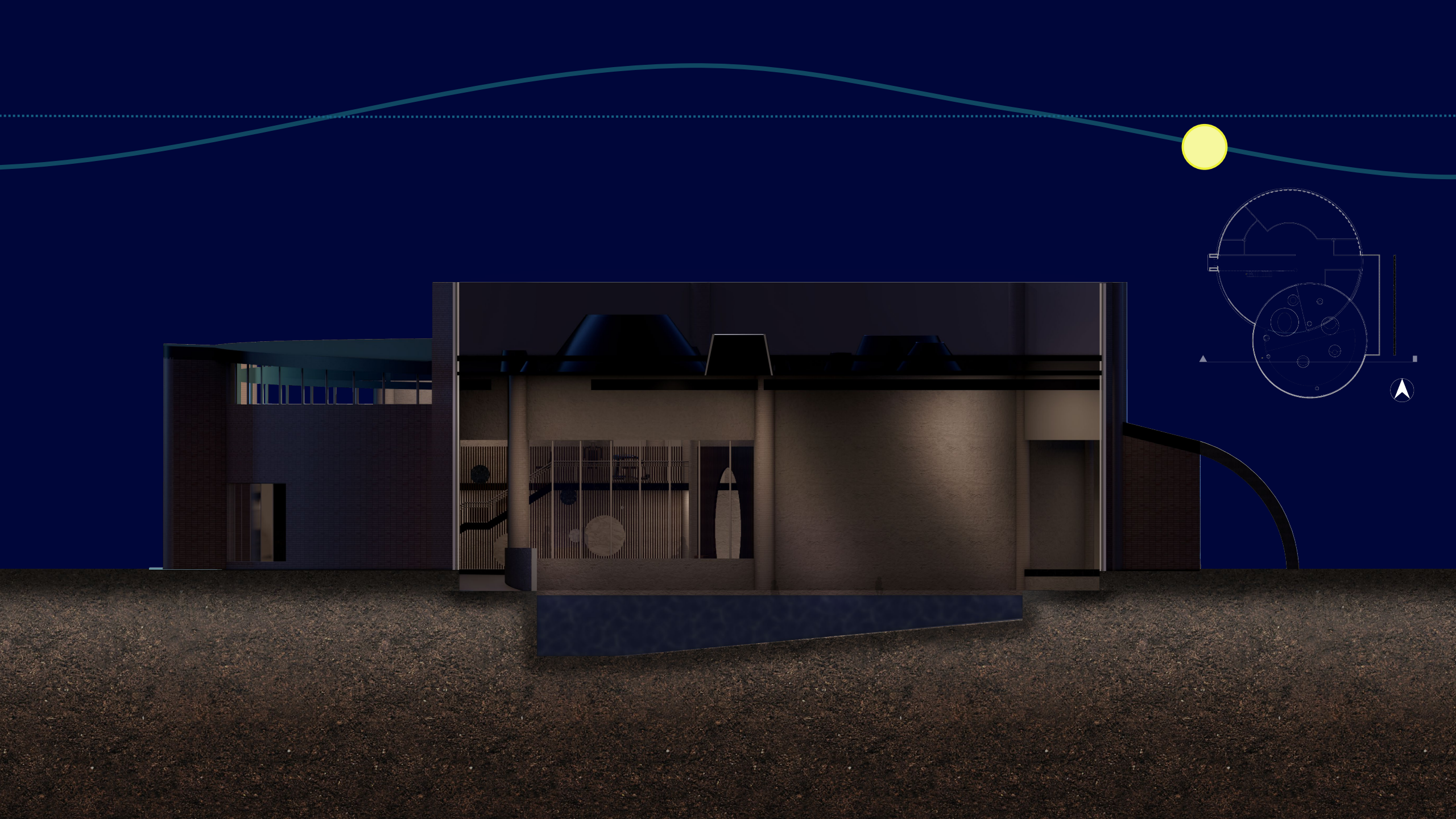
Health Care Spending Per Capita

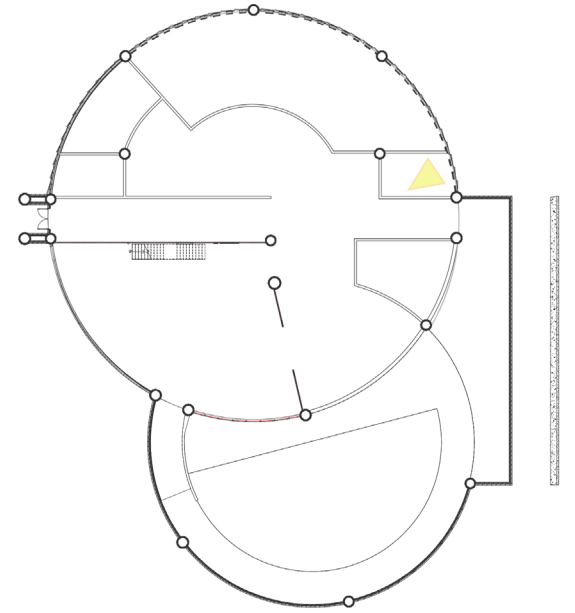
2020	\$14,381
1991	\$4,642

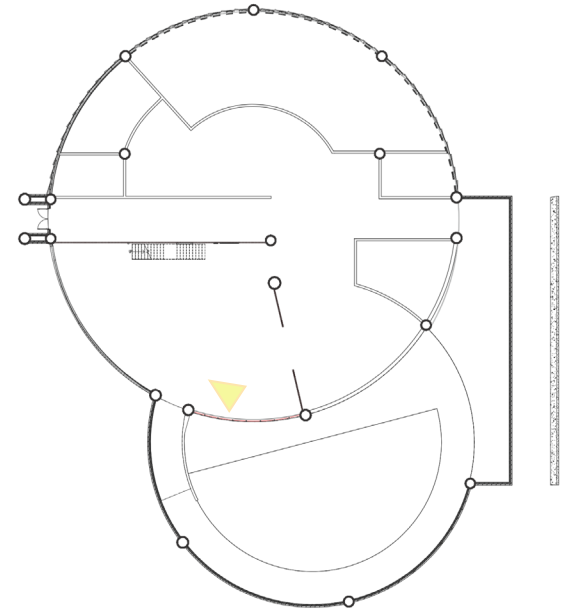
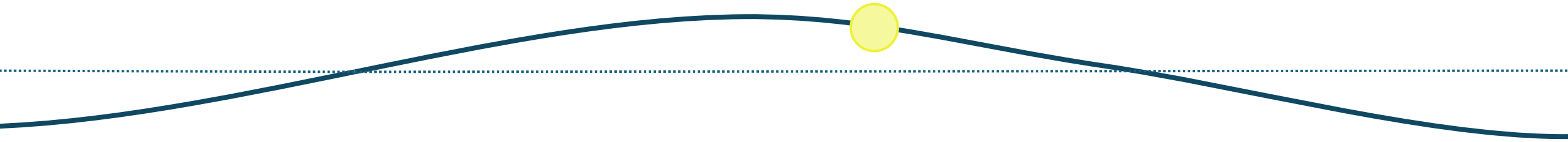


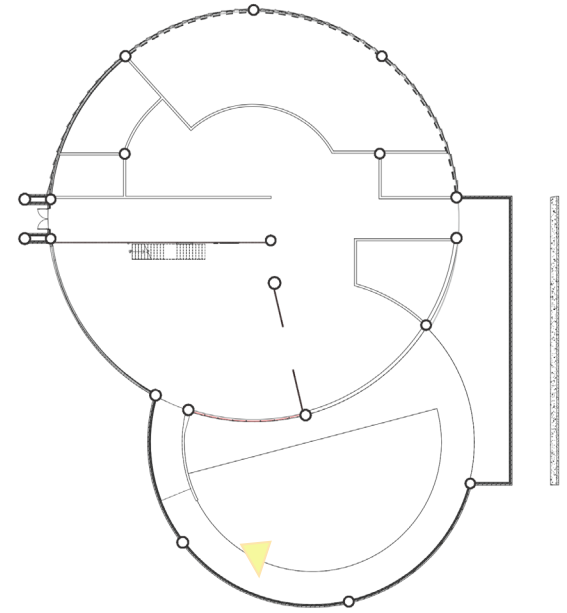
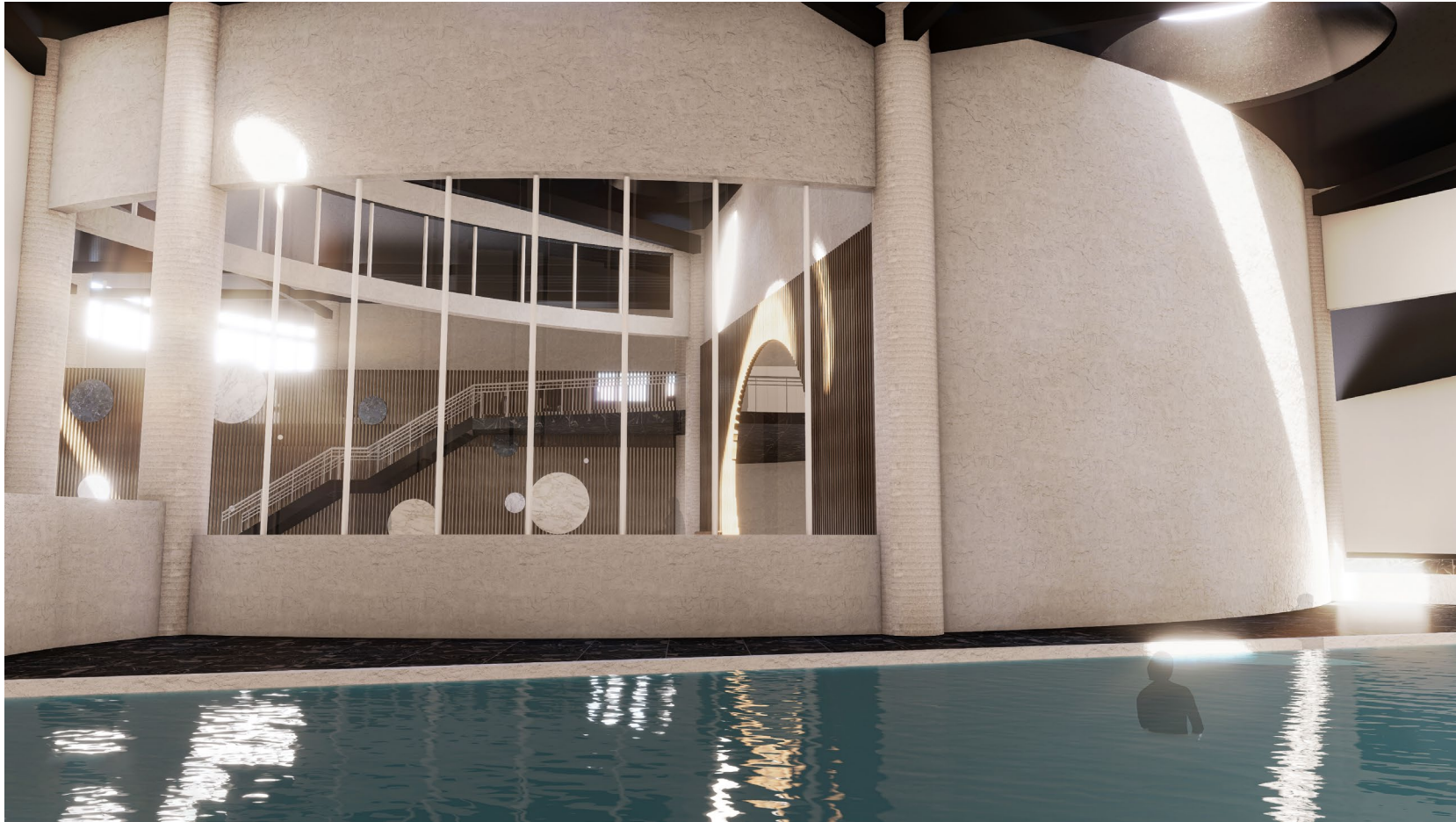
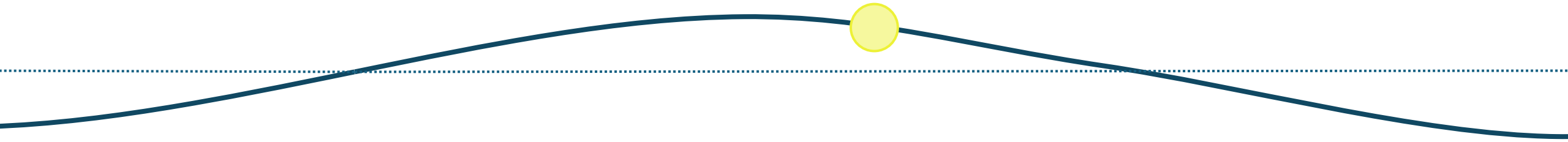




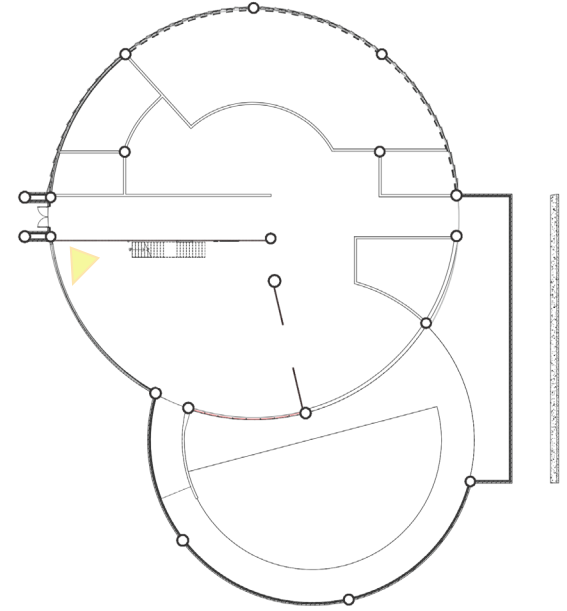
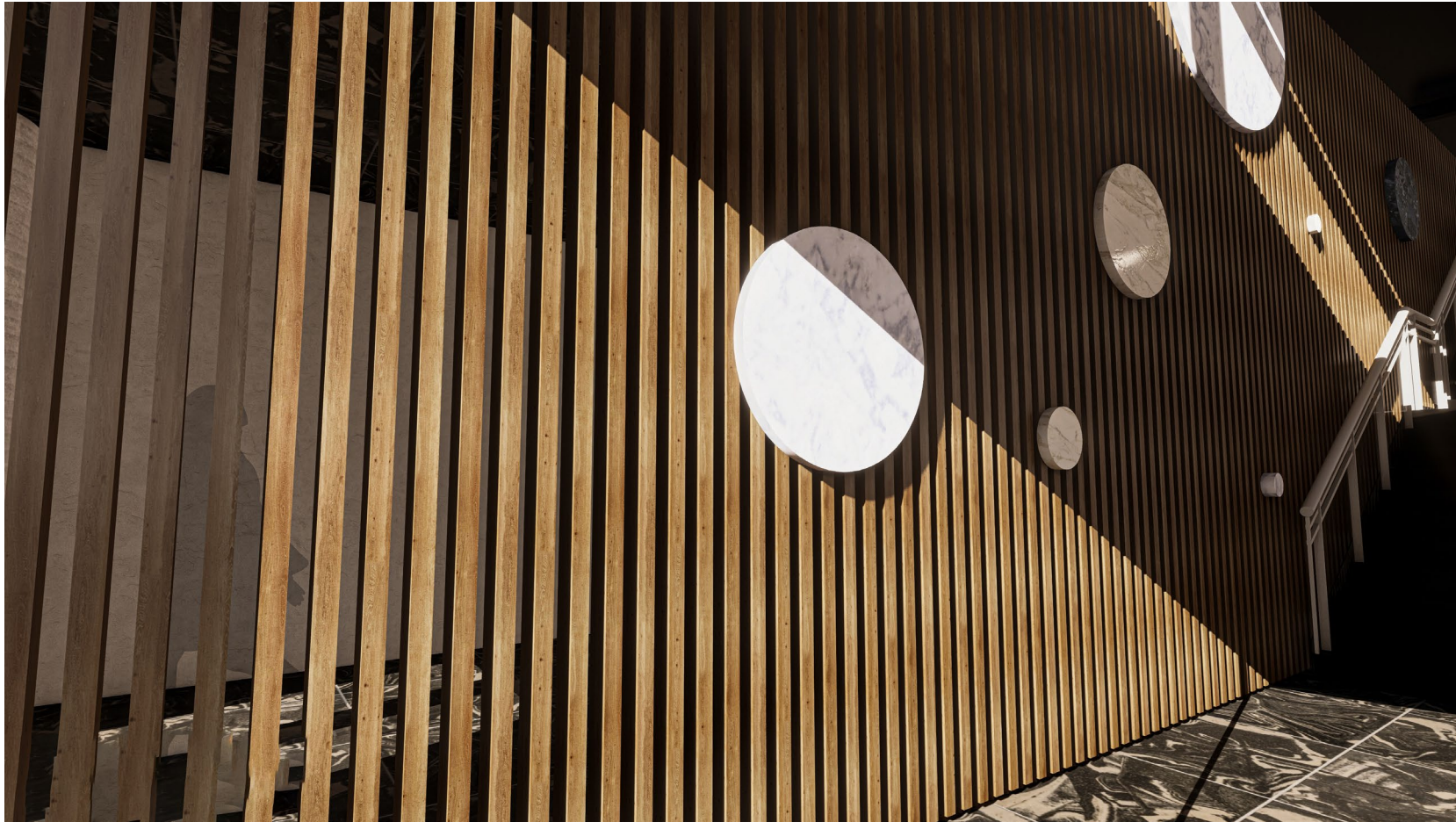
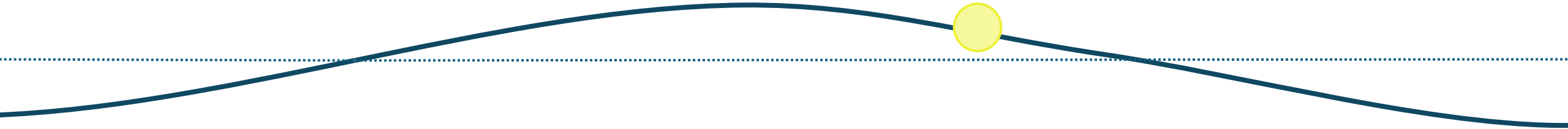




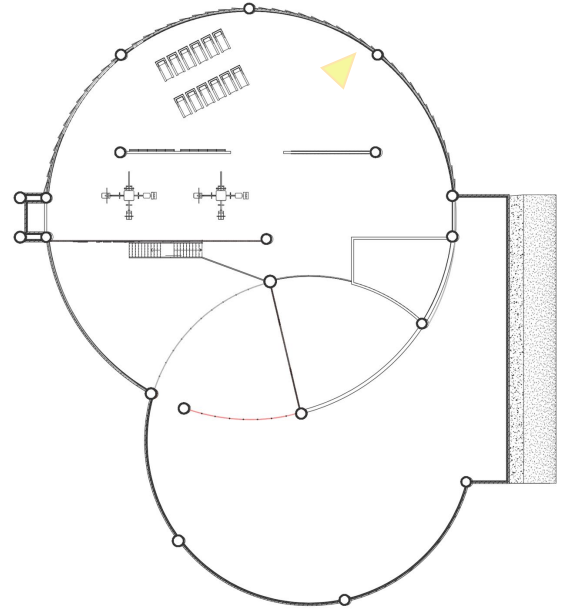
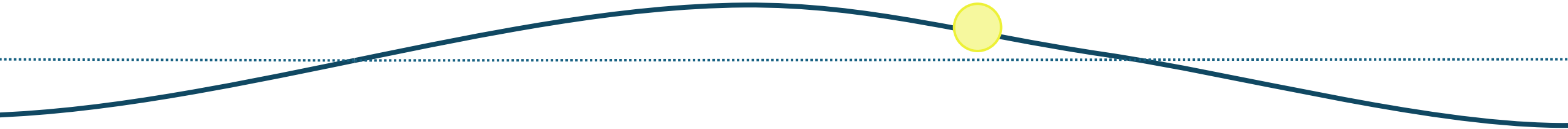




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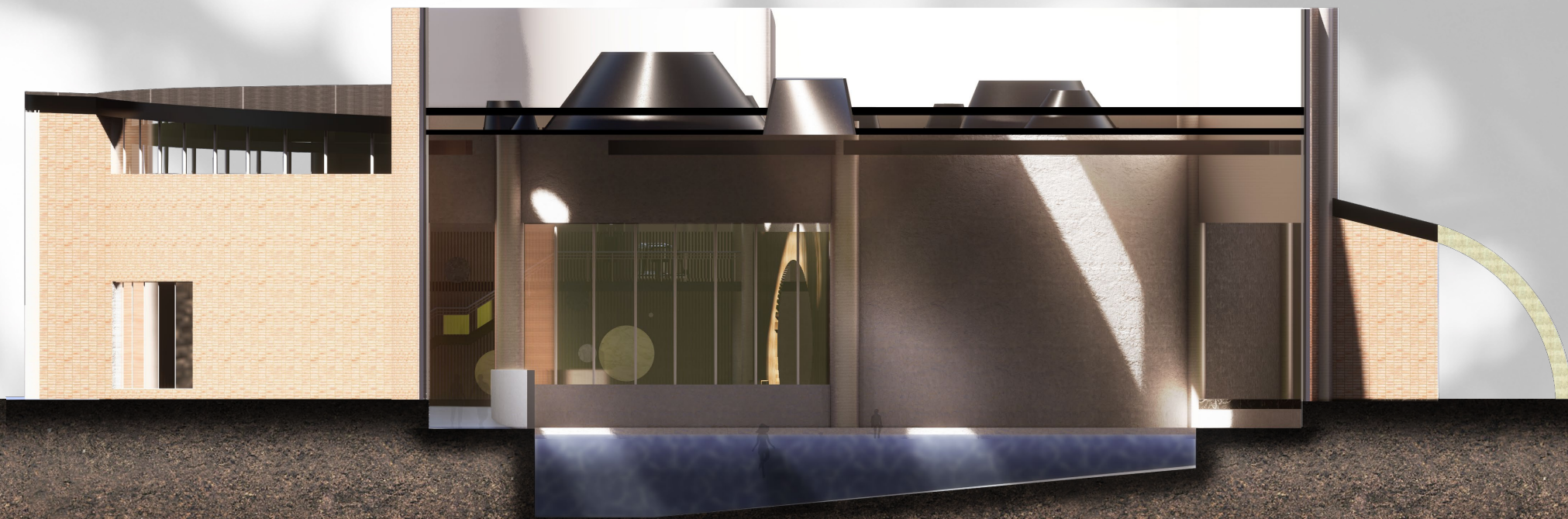
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Acknowledgement

I want to address that there are much more complex problems outside the healthcare industry that impact everyone in said industry as well as all Americans. My proposed design solution is not able to solve a majority of those issues. I merely hope to take a more reflective and holistic approach to the way we heal and how architecture can help be a catalyst in transformation and knowledge.

Thank You



About the Site

- AutoZone – demolished sometime between Aug 2014 – Sep 2017
- Surrounding Site:
 - CVS Pharmacy – demolished around the same time as AutoZone
 - Mainly Residential
 - Plenty green area



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Figures

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Images

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