

CHAPTER

5



'Healing,' Papa would tell me, 'is not a science, but the intuitive art of wooing nature.'
(Auden, 1930)

INTRODUCTION

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There are many problems and dilemmas with the current design situation of centres that accommodate the healing process. These problems, as well as the physical context and the creation of a new perception of such centres for healing, are vitally important to consider and address when designing such a facility.

At present, such facilities are environments that are often found to be institutional-like in nature; they are monotonous, clinical places, which show no healing properties and they in no way aid the healing process. Most of the time, such facilities impede the healing process (Carpman & Grant, 1993:1-3).

This chapter highlights the ideal situation of such facilities which should aid the healing process, and form a safe haven/space where healing and recovery can take place. Such facilities should support the patients through the physical and mental healing process and should allow interaction on a social level between patients and the public, rather than isolating these patients.

The aim of the design process is to create healing spaces, as described above, through the collection and interpretation of various healing theories and by using architectural elements to aid and highlight the healing of patients. The architectural intention of the design process is to create therapeutic/poetic spaces that possess healing qualities and that can therefore aid the healing process. A sensuous architecture needs to be created so that the users of the facility can feel a connection to,

rather than feel separated and isolated from the *Centre for Healing*. Layers within the design should be used, not only to show a new layer of the building in the city and its contextual qualities, but they should also be used to show the layers of the healing process of the patients that will use the facility. Throughout the process, the functional requirements of the facility are kept in mind and tested against spaces with these specific architectural intentions in mind. This is to make sure the poetic architecture created is not purely sculptural and that it will still form a functional building.

With the above information in mind throughout the design process, a new typology for centres that house the healing process will begin to emerge, one that can aid the healing process and therefore serve the users and patients within the facility.

ARCHITECTURAL CONCEPT

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Layers Of Healing And Growth Housed In A Building For Recovery and Therapy Within A Therapeutic City Block

How do you create layers of healing and growth within the busy environment of the city?

How do you create such an environment within the confines and public of the city?

Answer - By choosing a site to develop on that already, within itself, possesses such therapeutic qualities which can be enhanced.

CONCEPT INTENTIONS TO ARCHITECTURAL FORM

To achieve the desired architectural intentions, the following theory items should be emphasized within the design and translated into appropriate forms (Also see Chapter 2):

- a) Five levels of healing in a human body.
- b) Personal growth through the healing process.
- c) Create various layers within the project.
- d) Focus on elements that create therapeutic environments.
- e) Choose a site with existing therapeutic qualities and enhance these qualities i.e. trees/vegetation, sunlight, calm and quiet atmosphere.

fig. 5.1 Triangle of the five levels of healing as per theory number 1, chapter 2, showing the increase of subjective and objective healing

fig. 5.2 A circular interpretation of the 5 levels of healing, with the physical body as the centre of healing
fig. 5.3 The ripple effect of healing, starting at the physical body

at the centre reaching to the spiritual
fig. 5.4 Various architectural form interpretations of the 5 levels of healing theory

CONCEPT INTENSIONS TO ARCHITECTURAL FORM

A - "5 LEVELS OF HEALING"

- The body is seen as the centre/core of healing.
- All healing comes from the physical body and evolves from here.
- Healing occurs from the central core out.
- Central energy body
- Refer to Chapter 2 - Theory 1 - 5 levels of healing

CONCEPT INTENTIONS...

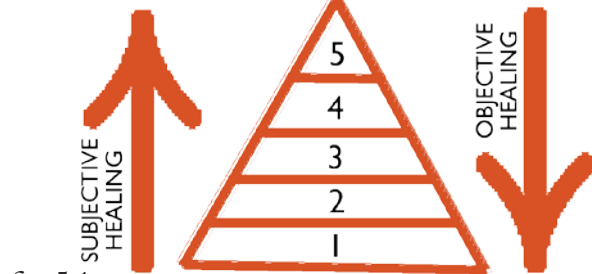


fig. 5.1

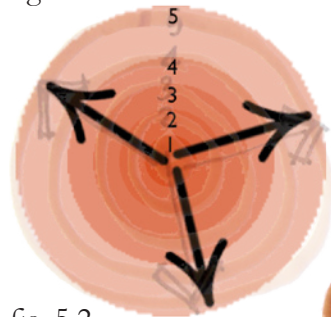


fig. 5.2

1. Physical
2. Energy
3. Mental
4. Intuitive
5. Spiritual

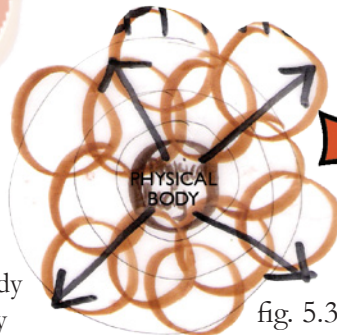


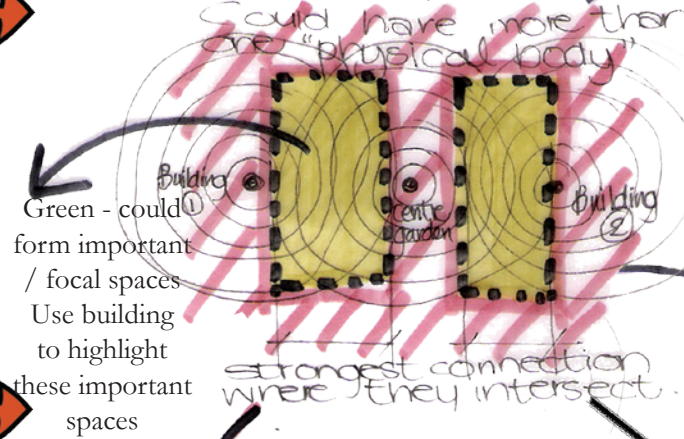
fig. 5.3

Ripple effect of healing; starts with the physical body at the centre of all energy

...TO ARCHITECTURAL FORM

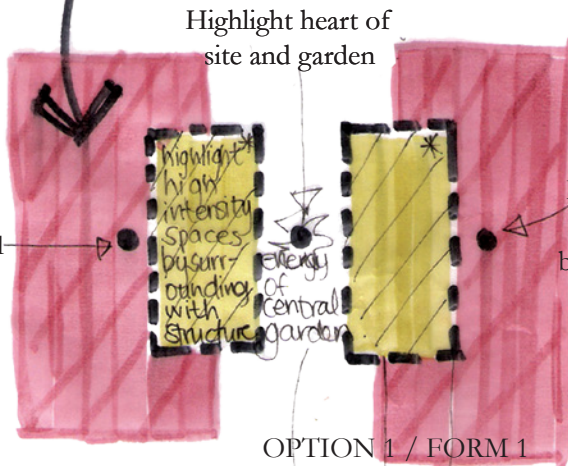


It is possible to have more than one central "physical body"

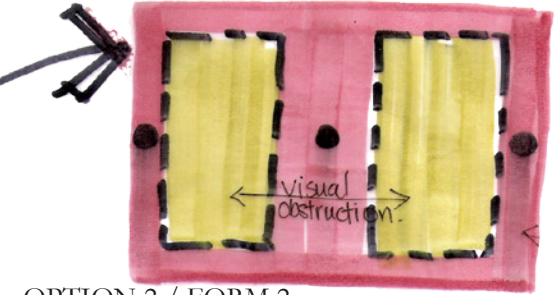


Energy/heart of building 1

fig. 5.4

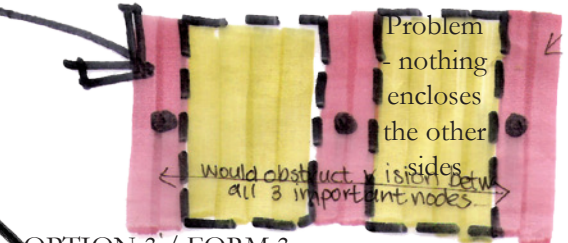


OPTION 1 / FORM 1



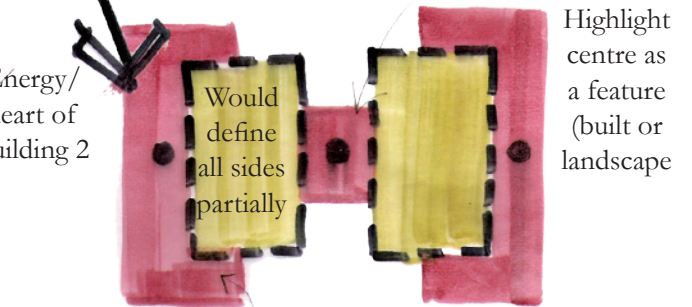
OPTION 2 / FORM 2

Use building all around space to highlight high intensity points and areas



OPTION 3 / FORM 3

Use of building on vertical sides to encapsulate high intensity areas



OPTION 4 / FORM 4

Highlight centre as a feature (built or landscape)

fig. 5.5 Health and recovery is indirectly proportional to the amount of support required on different levels of healing
 fig. 5.6 The life cycle of a patient within the facility from high support and care to independence

B - "GROWTH"

- The support required by patients is indirectly proportional to the healing process.
- Stability and support are required less as patients' health improves.

CONCEPT INTENTIONS... HOME HOSPITAL



fig. 5.5 **HOSPITAL HOME**
 LIFE CYCLE OF A PATIENT IN THE FACILITY - High support, care structure to INDEPENDENCE



fig. 5.6

fig. 5.7 The daily cycle of the sunflower
 fig. 5.8 The possible daily cycle of a building related to the daily cycle of the sunflower
 fig. 5.9 As a patient's health increases, so the support and structure that houses them can decrease

...TO ARCHITECTURAL FORM

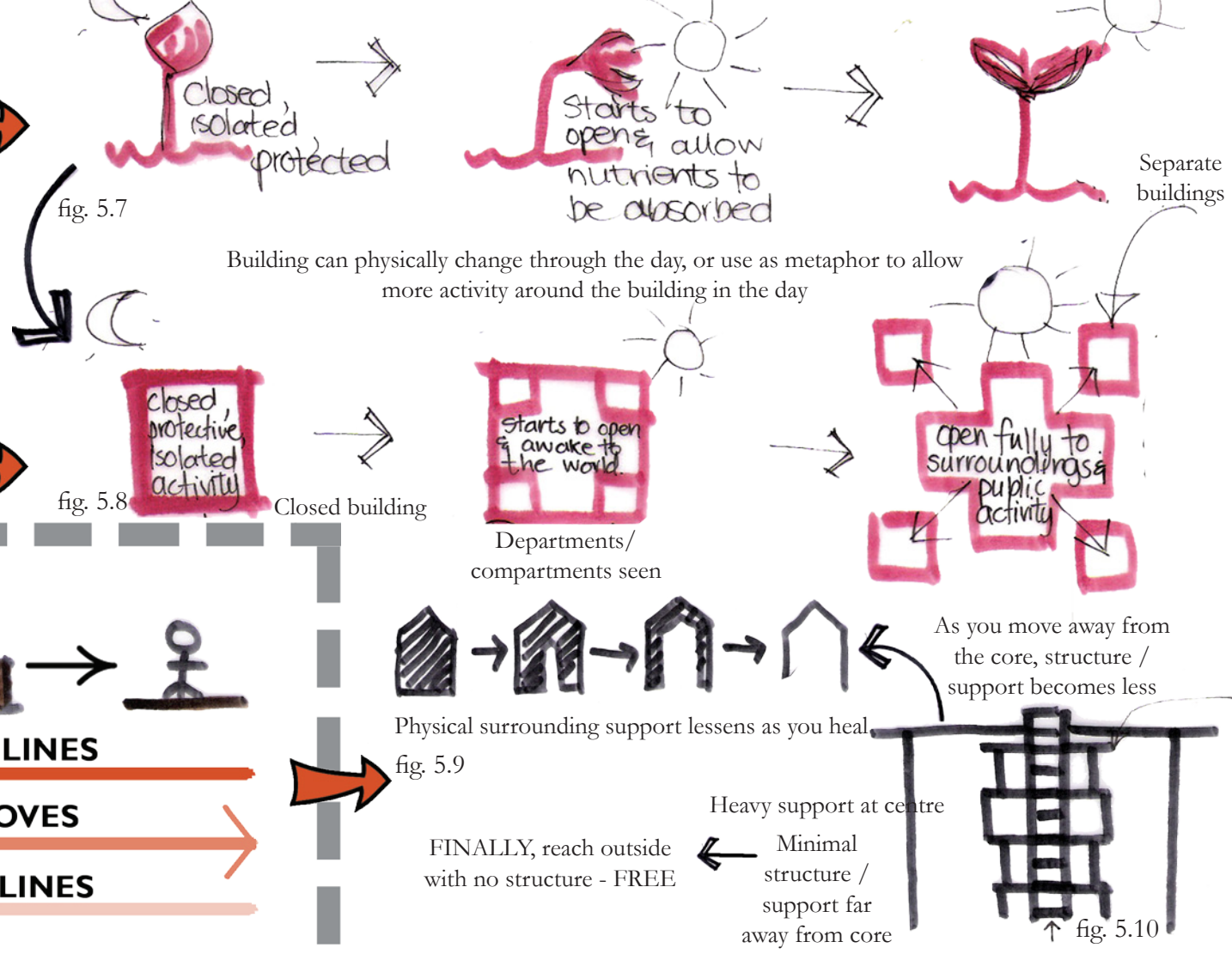


fig. 5.10 The architectural form representing the idea from fig. 5.9 can have a solid structural core with the support/structure lessening towards the outside of the building

fig. 5.11 Layers can be used on both plan and section to create levels of privacy throughout a building

fig. 5.12 On plan, various levels of privacy can be created (from north to south, from east to west, and by the use of courtyard spaces)

fig. 5.13 On section, the height or level that items are placed on can be used to create levels of privacy

fig. 5.14 A circular interpretation of the 5 levels of healing, with the physical body as the centre of healing

fig. 5.15 The circular energy field of healing can be encapsulated by built or landscaped form

fig. 5.16 To architecturally represent the circular form of the levels of healing, boundaries can be created with built form or landscaped form

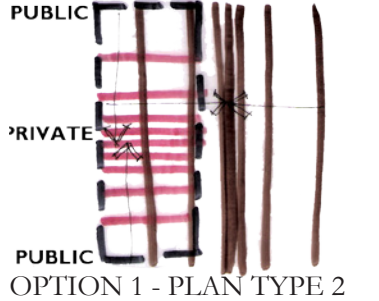
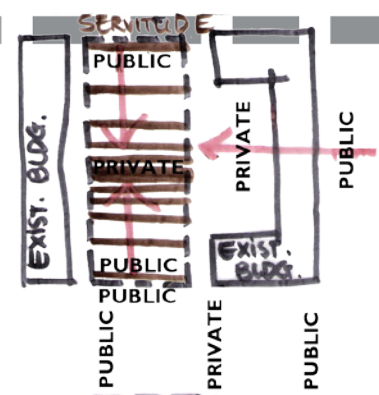
C - "LAYERS"

Various layers to consider:

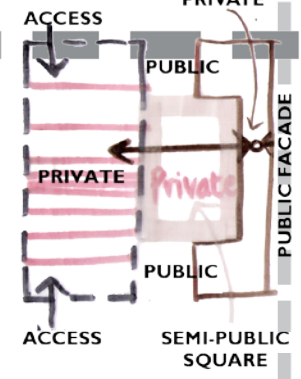
- healing & growth
- privacy vs public
- social interaction
- use / function
- meanings / connotations
- transitions
- facade treatment

...TO ARCHITECTURAL FORM

OPTION 1 - PLAN TYPE 1



OPTION 1 - PLAN TYPE 3



The transition between public and private is vital on both plan and section

fig. 5.12

**CONCEPT INTENTIONS...
OPTION 1 - LAYERS ON PLAN AND SECTION**

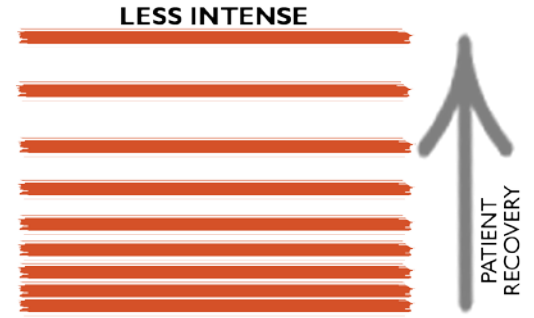
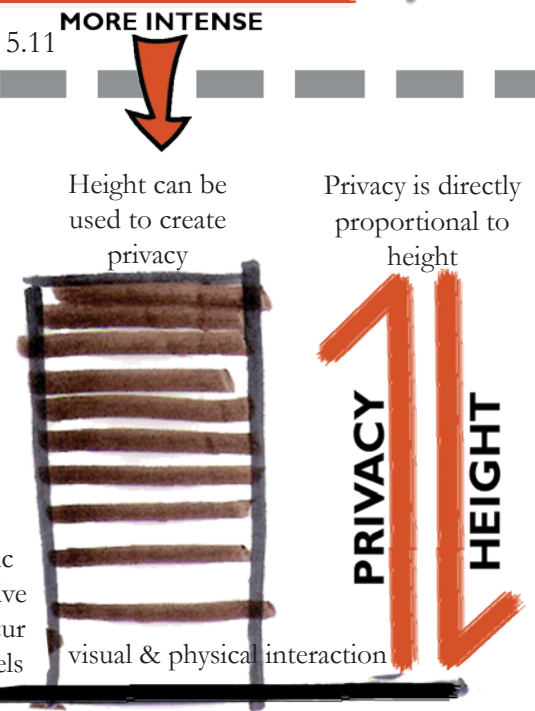


fig. 5.11



OPTION 4 - SECTION

fig. 5.13

OPTION 2 - RIPPLED ENERGY LEVELS

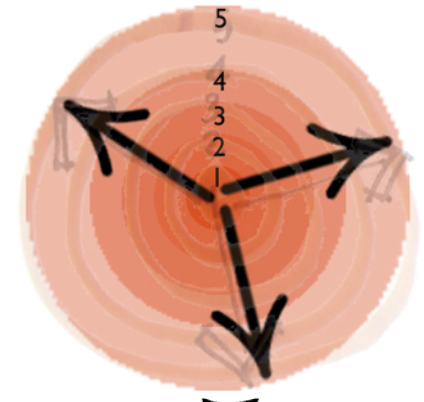


fig. 5.14

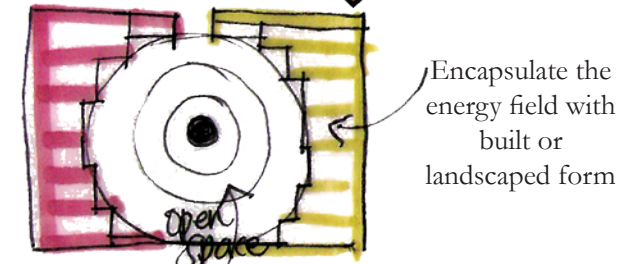


fig. 5.15

Create boundaries with built or landscaped form

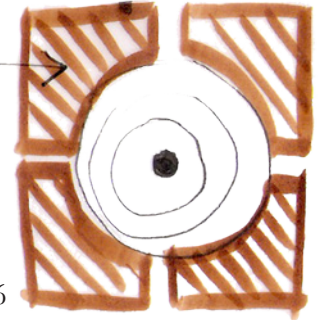


fig. 5.16

fig. 5.17 Layers can be created around a solid core

fig. 5.18 A possible formal/architectural interpretation of creating layers around a central solid core

OPTION 3 - LAYERS AROUND CENTRAL CORE

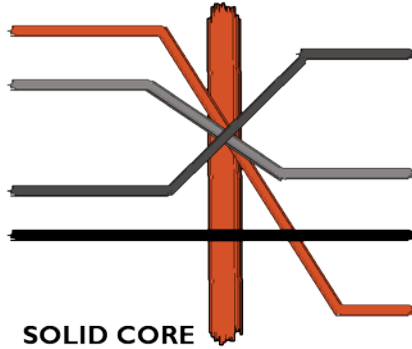


fig. 5.17

Layers and levels to cross and interact with one another around a central solid core

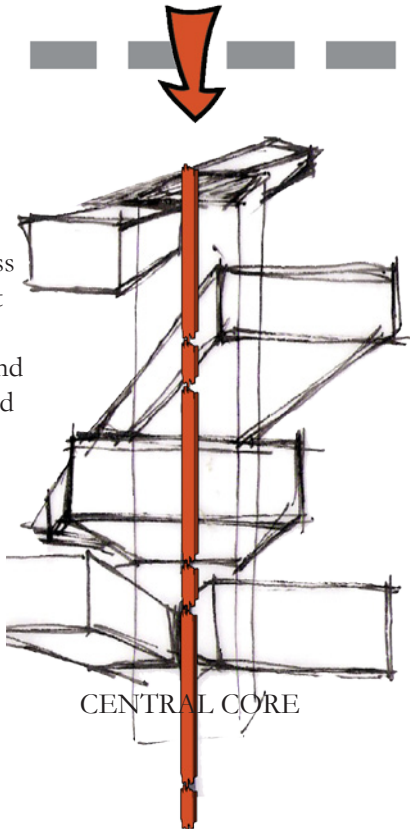


fig. 5.18

CENTRAL CORE

fig. 5.19 The building should step into nature

fig. 5.20 By creating layers in a vertical direction, the building moulds into the landscape

fig. 5.21 Creating open spaces between buildings can create an open vulnerable layer within the landscape

OPTION 4 - STEPPING / LAYERS OF NATURE

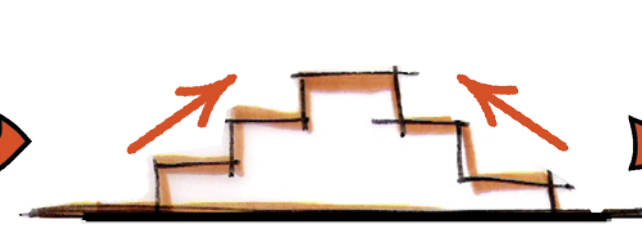


fig. 5.19

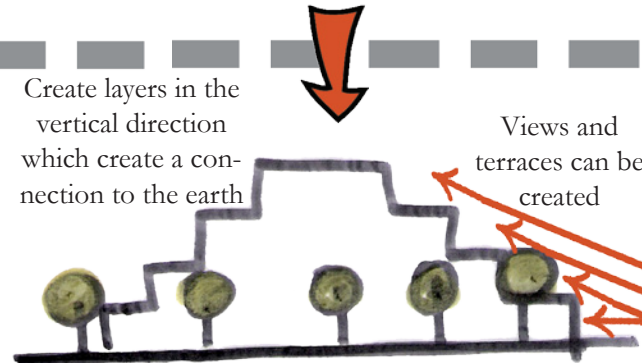


fig. 5.20

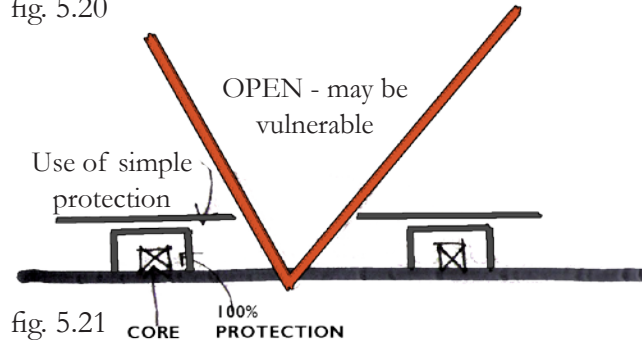


fig. 5.21



fig. 5.22 Movement and transitional spaces can be used to highlight various layers of privacy and access through the building

fig. 5.23 By creating a hierarchy in circulation patterns, the ideas in fig. 5.22 are brought to fruition

OPTION 5 - MOVEMENT/TRANSITIONS

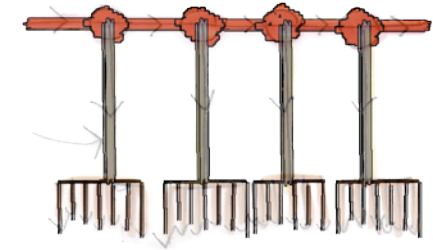


fig. 5.22

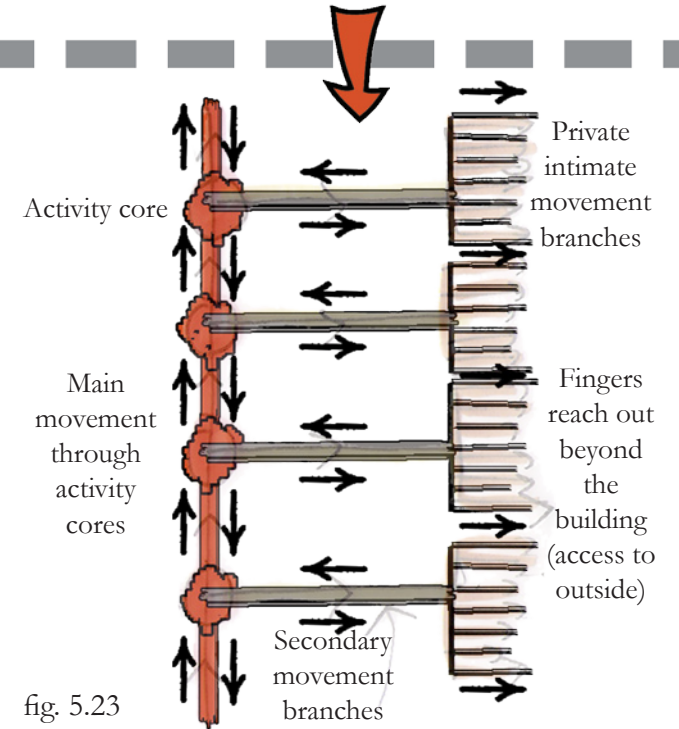


fig. 5.23

fig. 5.24 In theory 4 (therapeutic environments) various elements are highlighted that can improve the therapeutic qualities of spaces

D - "THERAPEUTIC ENVIRONMENTS" CONCEPT INTENTIONS...

The following should be addressed when creating therapeutic environments:

REDUCE ENVIRONMENTAL STRESS

Familiar materials; Cheerful, varied colours; Natural light; Outdoors - views and access; Meditation rooms/gardens; Background music and art; Easy wayfinding process; Attention to proportions, scale, colour, detail; Bright, open public spaces; Noise reduction; No medical odours; Good indoor air; Play on light and shadow.

PROVIDE POSITIVE DISTRACTIONS

Cheerful, varied colours; Outdoors - views and access; Meditation rooms/gardens; Music / artwork; Offstage areas of respite; Play of light and shadow; Features; Library; Community centre; Information Centre.

ENABLE SOCIAL SUPPORT

Outdoors - views, access, activities; Large, open, active social gatherings / spaces; Bright open public spaces; Privacy; Family zones; Accommodation for family members.

GIVE A SENSE OF CONTROL TO THE PATIENT

Familiar materials; Colour corrected light where natural light is not possible; Control over views and access to outdoors; Changes allowed in rooms; Easy wayfinding; Design on human scale; Homelike, intimate environments; Areas of respite; Privacy; Medical library.

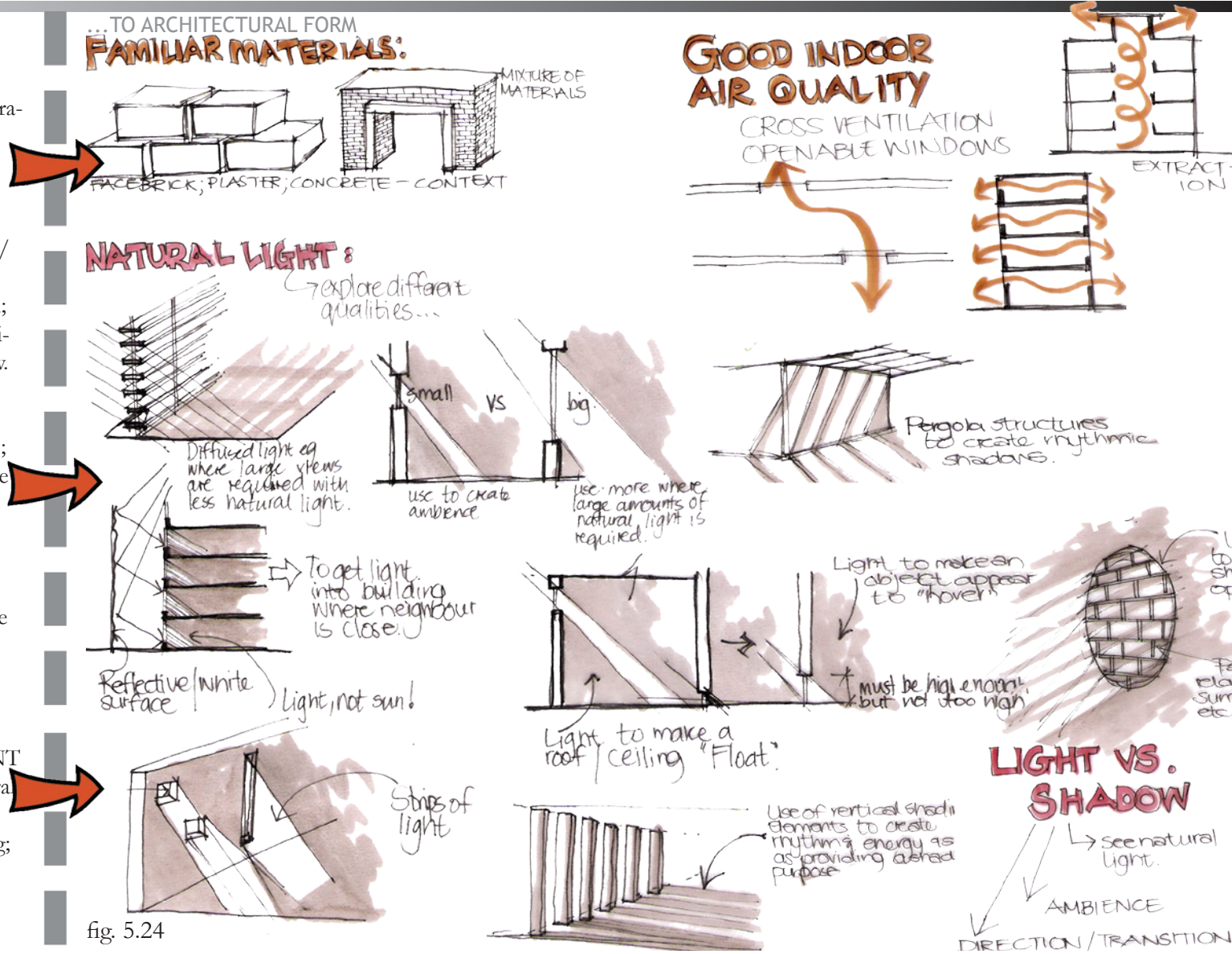
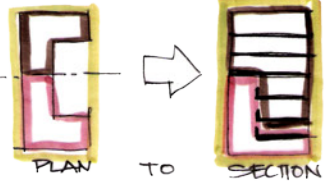


fig. 5.24

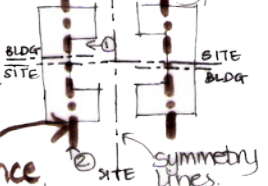
PROPORTIONS, COLOUR, SCALE, DETAIL

CONTEXT, PLAN, SECTION, SURROUNDING BLDGS.



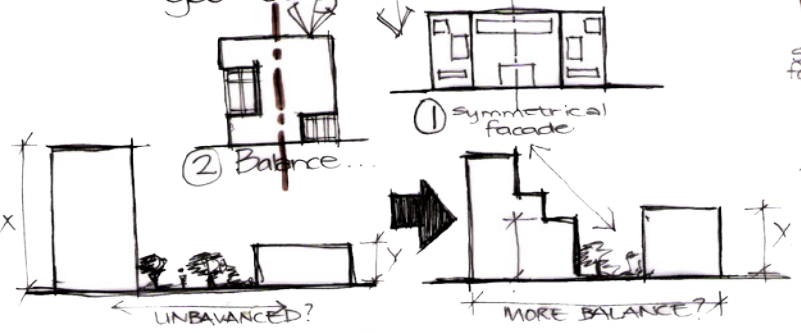
Subtle = calm
Bright = vibrant/energetic
Colour connotations

Symmetry/Balance



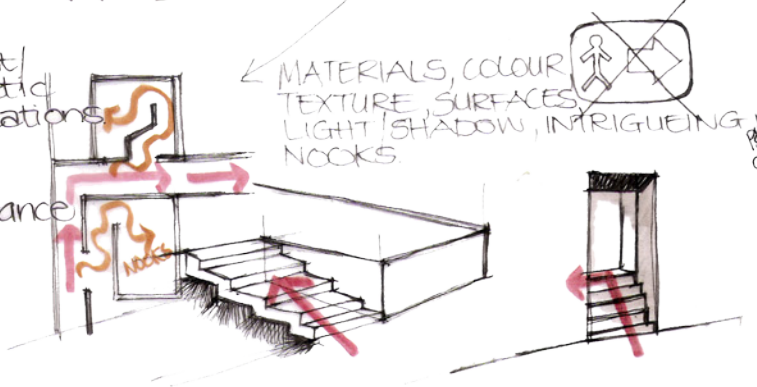
GRID... geometry

Balance

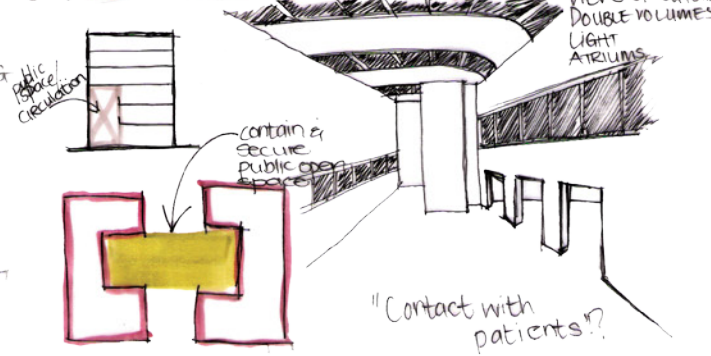


WAYFINDING

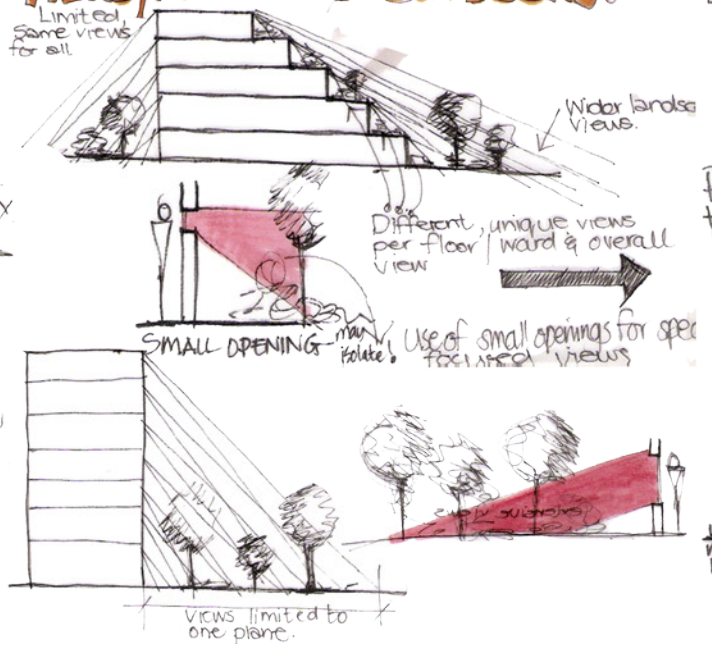
MATERIALS, COLOUR, TEXTURE, SURFACES, LIGHT, SHADOW, INTRIGUING NOOKS



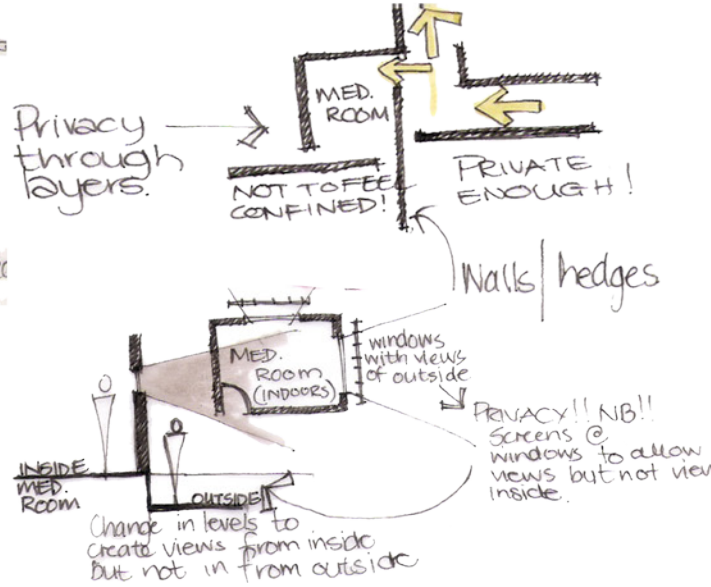
BRIGHT, OPEN PUBLIC SPACES



VIEWS/ACCESS TO OUTDOORS:



MEDITATION ROOMS/GARDENS



NOISE & VISUAL PRIVACY



fig. 5.25 Line drawing of the blocks around Minnaar Street showing how the greenery of the area dissolves into the site
 fig. 5.26 Sketch showing the existing greenery that dissolves into the site from Minnaar and Andries Streets

fig. 5.27 Plan showing how the existing therapeutic elements on the site could be used within the building design
 fig. 5.28 Section illustrating how the existing therapeutic qualities of the site can be used in the architecture

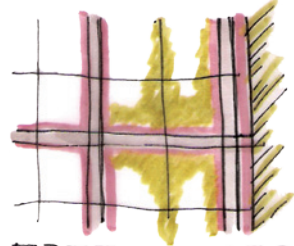
fig. 5.29 Various plan forms of how the building can step to utilise the most northern light
 fig. 5.30 Possible architectural sections to determine the spaces that should be created between buildings

E - "A SITE WITH THERAPEUTIC QUALITIES"

It was imperative that a site be chosen that already possessed therapeutic qualities that could be emphasized through the design of this dissertation. The following therapeutic qualities are already present on the site:

- TREES - around and on the site
- SUN - open, well lit site, how to harness northern light?
- OPEN SPACE - gardens, Burgers Park
- QUIET - calm and inviting atmosphere
- PUBLIC ACCESS - for social interaction

CONCEPT INTENTIONS...



The greenery in the area moves onto and dissolves within the site

fig. 5.25

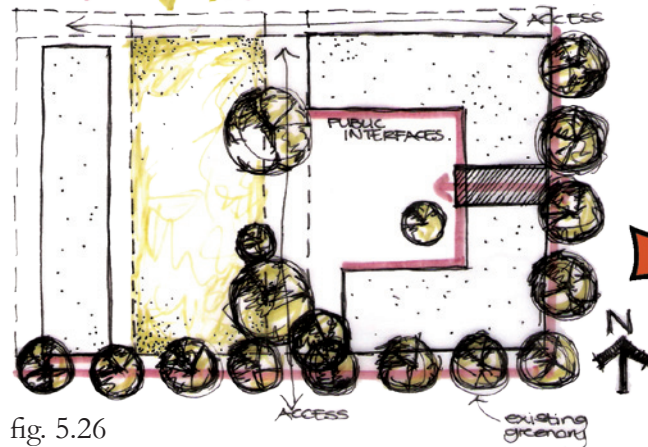


fig. 5.26

...TO ARCHITECTURAL FORM

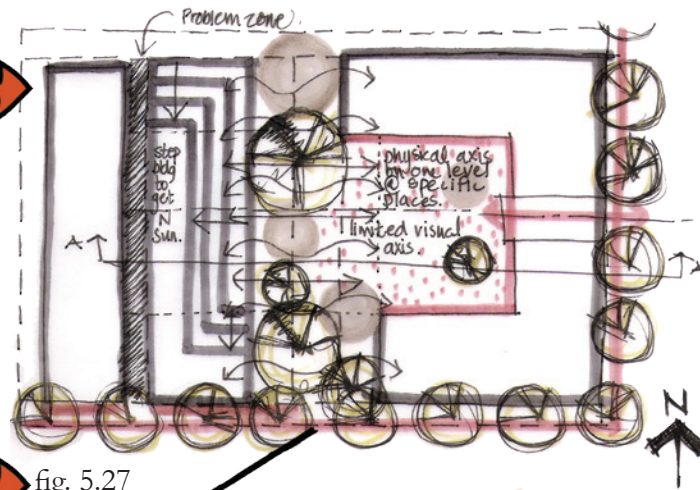


fig. 5.27

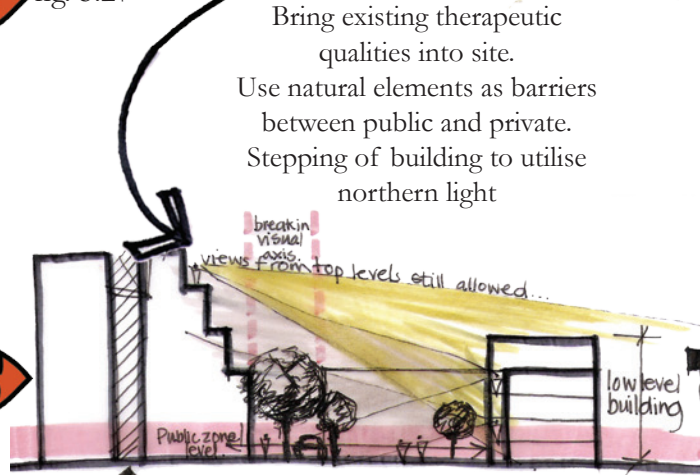


fig. 5.28

PROBLEM ZONE:
 No light
 No privacy
 Dead space

Bring existing therapeutic qualities into site.
 Use natural elements as barriers between public and private.
 Stepping of building to utilise northern light

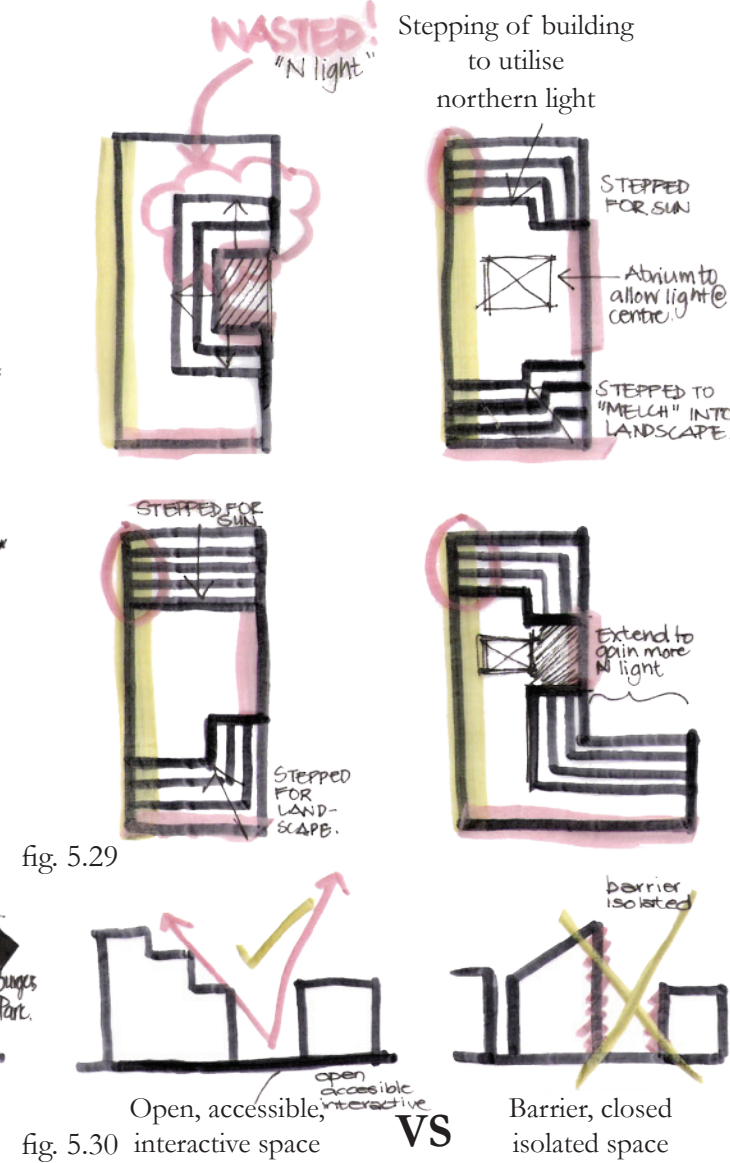


fig. 5.29

fig. 5.30

CONCLUSION

CONCLUSION

As is evident in this chapter, many different aspects and conceptual ideas need to be considered throughout the design process for this dissertation in order to achieve the desired results of a facility that possesses *layers of healing and growth...for recovery within a therapeutic city block.*

Only when all of these problems and solutions are considered, can such an environment be developed, and thereby aid the healing of patients that may use such a facility, as well as become a safe haven and social activity area for both patients and the general public to enjoy.