Hope
an environment for revitalization
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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?
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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 diagnoses 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
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
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
## Research on Security

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

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<td>lost</td>
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<td>artificial</td>
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<td></td>
<td>helpless</td>
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<tr>
<td></td>
<td>weakness</td>
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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 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 Ulric, 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 Edinburg

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

<table>
<thead>
<tr>
<th>Time of Day</th>
<th>Winter</th>
<th>Spring</th>
<th>Summer</th>
<th>Fall</th>
</tr>
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<tbody>
<tr>
<td>am</td>
<td><img src="image1" alt="Winter AM" /></td>
<td><img src="image2" alt="Spring AM" /></td>
<td><img src="image3" alt="Summer AM" /></td>
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<td><img src="image6" alt="Spring Noon" /></td>
<td><img src="image7" alt="Summer Noon" /></td>
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<td><img src="image11" alt="Summer PM" /></td>
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# The Program

<table>
<thead>
<tr>
<th>Room Type</th>
<th>Area</th>
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<tbody>
<tr>
<td>Entry</td>
<td>100 sq. ft.</td>
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<tr>
<td>Commons</td>
<td>400 sp. ft.</td>
</tr>
<tr>
<td>Kitchen</td>
<td>250 sq. ft.</td>
</tr>
<tr>
<td>Large Group Meeting</td>
<td>675 sq. ft.</td>
</tr>
<tr>
<td>Small Group Meeting</td>
<td>450 sq. ft.</td>
</tr>
<tr>
<td>Meditation Space</td>
<td>400 sq. ft.</td>
</tr>
<tr>
<td>Private Rooms (2)</td>
<td>100 sq. ft.</td>
</tr>
<tr>
<td>Overnight Rooms (6)</td>
<td>1150 sq. ft.</td>
</tr>
<tr>
<td>Office (2)</td>
<td>185 sq. ft.</td>
</tr>
<tr>
<td>Library</td>
<td>150 sq. ft.</td>
</tr>
<tr>
<td>Media Center</td>
<td>200 sq. ft.</td>
</tr>
<tr>
<td>Gathering Area</td>
<td>325 sq. ft.</td>
</tr>
<tr>
<td>Nooks</td>
<td>100 sq. ft.</td>
</tr>
<tr>
<td>Rest rooms</td>
<td>100 sq. ft.</td>
</tr>
<tr>
<td>Mechanical/storage space</td>
<td>165 sq. ft.</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>4750 sq. ft.</td>
</tr>
</tbody>
</table>

Other:
- Entry Plaza
- Outdoor Meditation
- Outdoor Garden
- Dock
Process
the first sketch
Process
midterm
Designing for the Needs
Physiological identification of place
Physiological identification of place
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 overlay on the entry level floor plan

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
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

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thank you