

# **A new perspective on the architecture of psychiatric healing**

**P5 presentation**

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# ● Problem



Figure 1. Pilgrim State Hospital, Brentwood

# ● Demographic

## Mentale gezondheid

% psychisch ongezond, 12 jaar en ouder

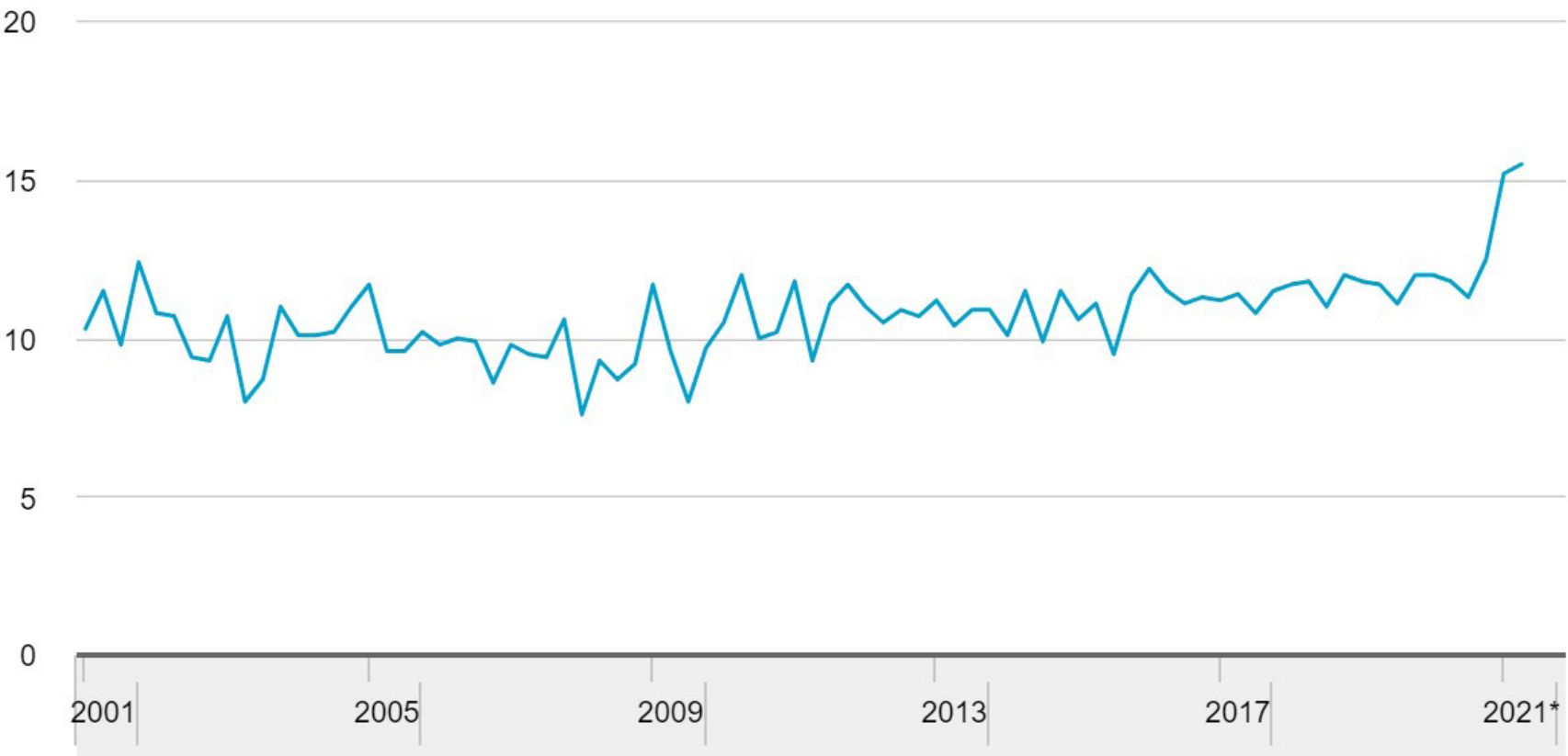


Figure 2. CBS mental health statistics

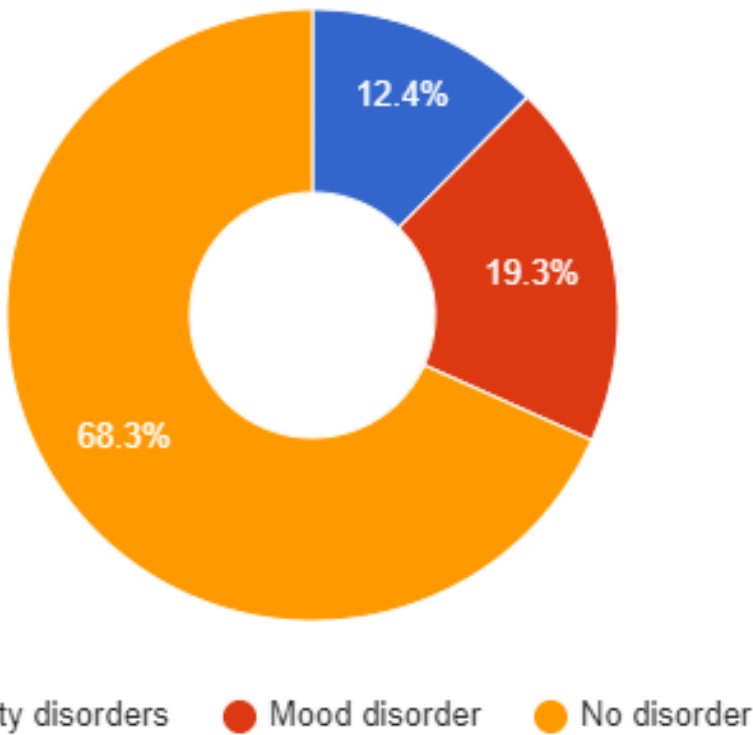
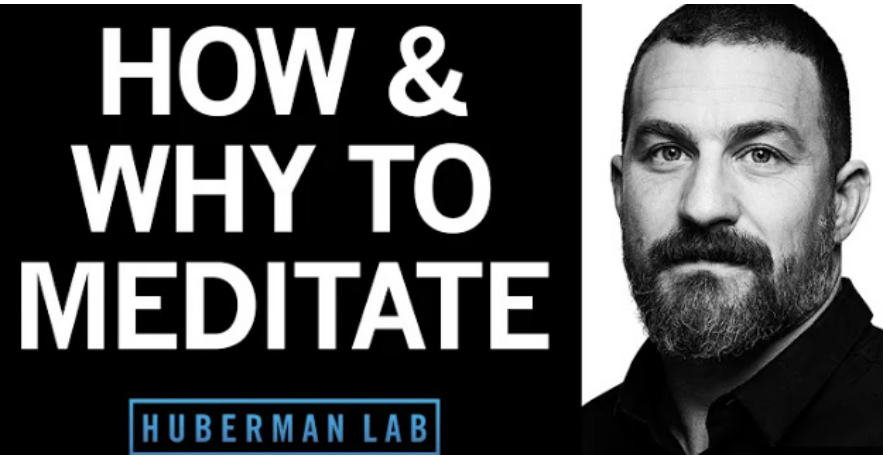


Figure 3. EU mental mental health disorders data,



● Relevance



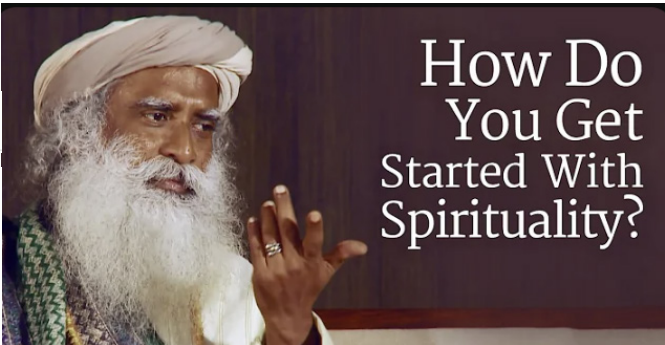
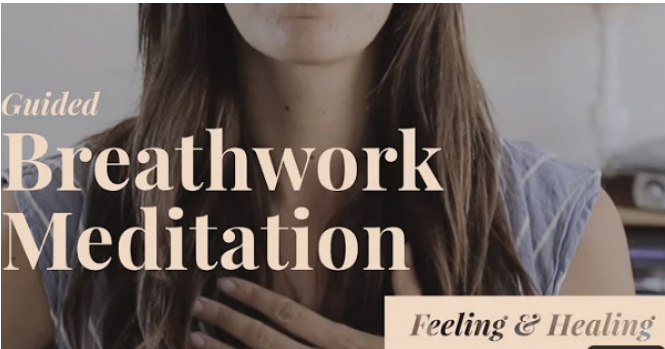
The New York Times

How Important Is Mindfulness to Your Daily Life?

Do you practice meditation every day? What else do you do to feel calm and grounded?



HARVARD HEALTH BLOG

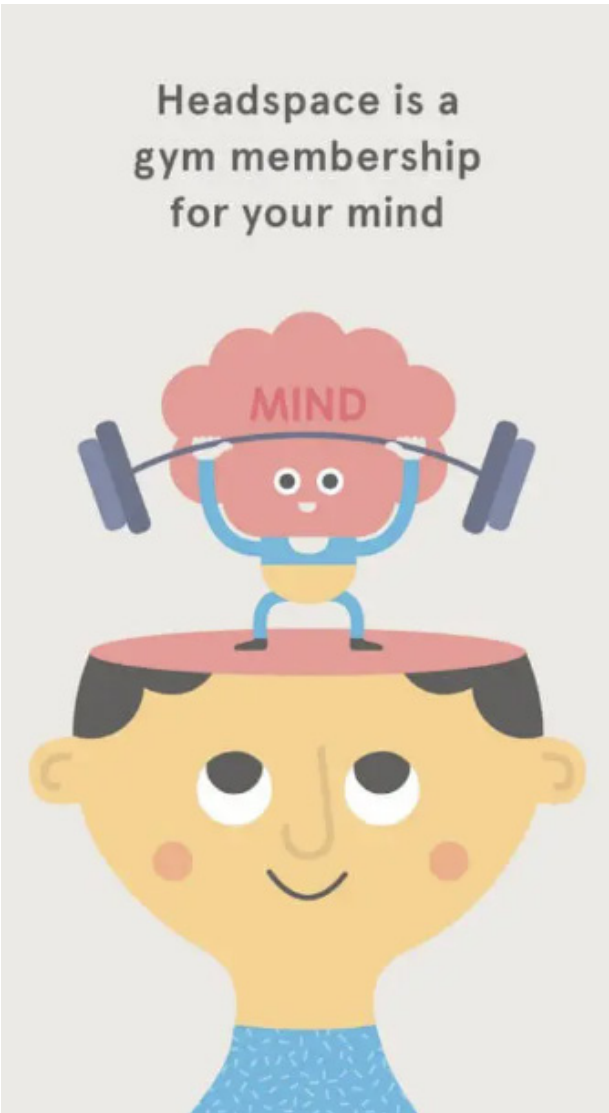


Forbes

FORBES > LEADERSHIP > FORBESWOMEN

EDITORS' PICK

Nicole LePera, "The Holistic Psychologist," Is Radically Changing The Business Of Mental Health



- 1 Calm
- 2 Headspace
- 3 Meditopia
- 4 Breethe
- 5 Synctuition
- 6 Insight Timer
- 7 Meditation App
- 8 Abide
- 9 Sanity & Self
- 10 Aura

Celebrities like Hugh Jackman and Oprah Winfrey swear by Transcendental Meditation — here's how to do it

Diet and depression

Figure 4. Social media trends

# ● Aim

Psychotherapy

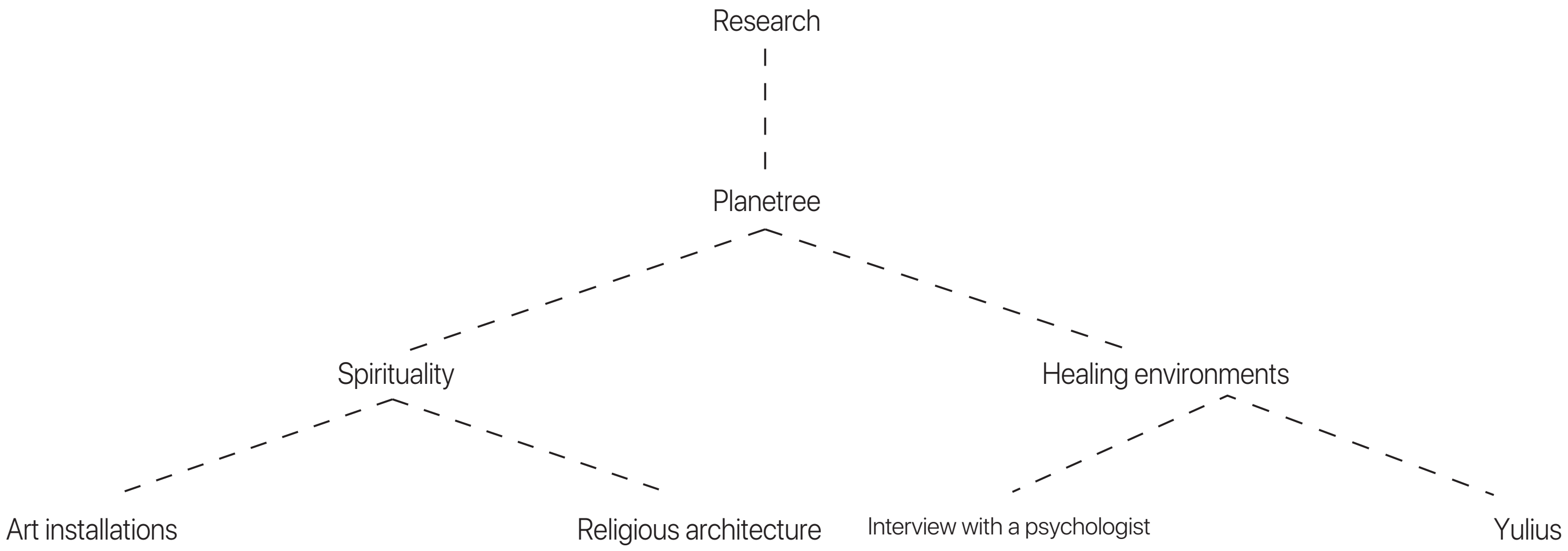


Spirituality



Figure 5. Aim of the project

● Fieldwork research





# ● Healing environments

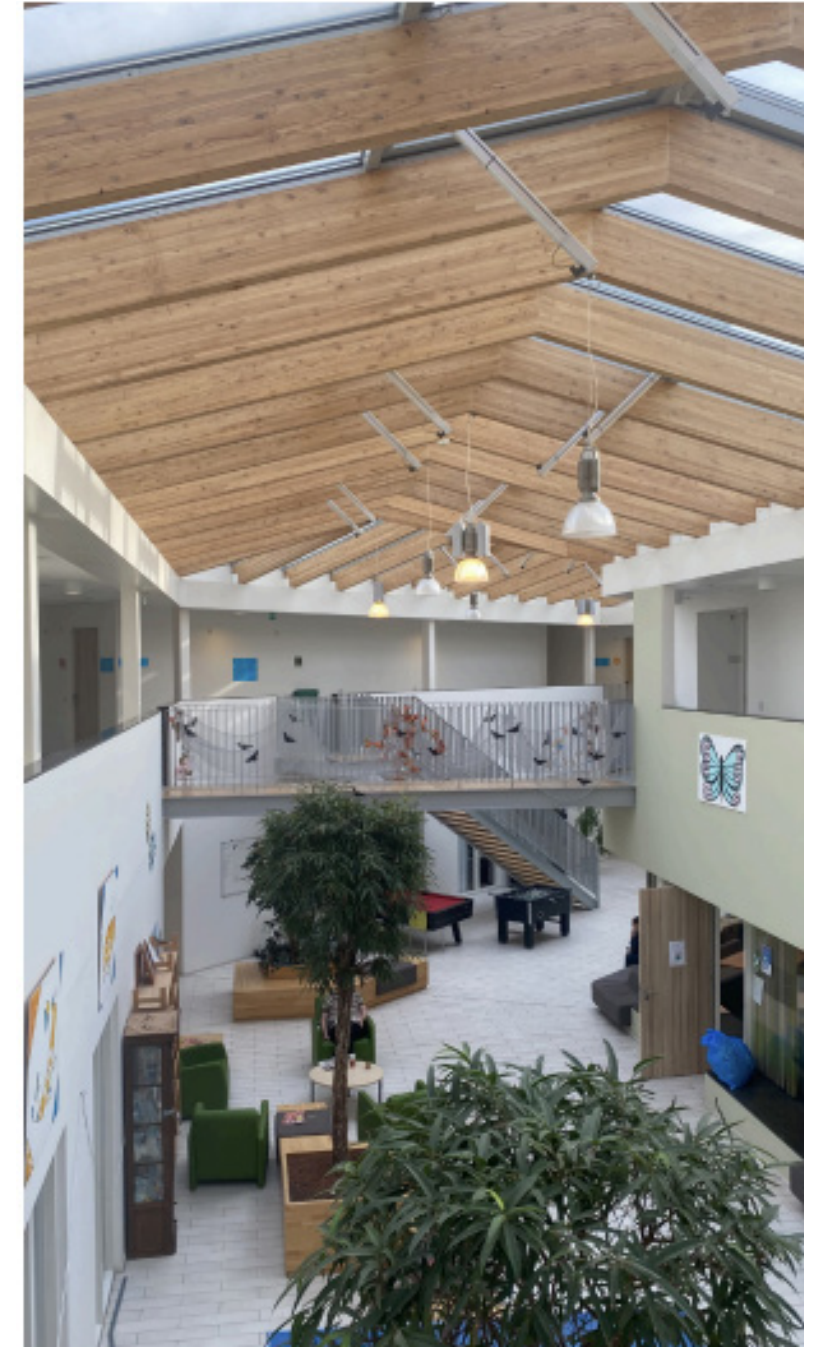


Figure 6. Julius psychiatric facility



# ● Spirituality

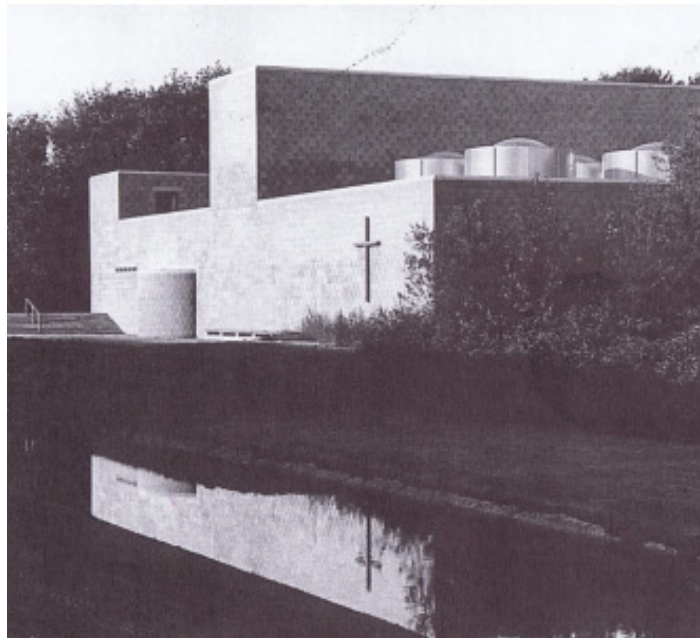


Figure 7. Spiritual architecture



# Results of the research

SCALES	HEALING ENVIRONMENTS	SPIRITUALITY
URBAN	<div>Controlled exposure</div> <div>Emphasized natural conditions</div> <div>Proximity to water</div> <div>Proximity to nature</div> <div>Natural landscape</div>	<div>Scale</div> <div>Separating the user from the environment</div> <div>Using a remote location</div> <div>Forest trails</div> <div>Water</div>
ARCHITECTURAL	<div>Reduced stimuli</div> <div>Non-binding spaces</div> <div>Corridors connected to the core</div> <div>Daylight during winter</div> <div>Low rise building</div> <div>Natural daylight</div> <div>Visibility</div> <div>Fresh air &amp; ventilation</div> <div>synthesized form</div> <div>Non-labeling spaces</div> <div>Water</div> <div>Privacy</div> <div>Atrium courtyards</div> <div>Growing building</div>	<div>Scale</div> <div>Maze-like layout</div> <div>Partial isolation</div> <div>Abstract form</div> <div>Spaces for reflection</div> <div>Rounded walls hide small spaces</div> <div>Natural daylight</div> <div>Feeling lost</div> <div>Comforting small environment</div> <div>Praying room</div> <div>Biomimicry</div> <div>Botanical motifs</div> <div>Ratio</div> <div>Oval shapes</div> <div>Mass vs void</div>
INTERIOR	<div>No hard furniture</div> <div>Apartments have all needed amenities</div> <div>Active design</div> <div>Phisician's room</div> <div>Raw materials</div> <div>Interior garden</div> <div>Interaction with animals</div> <div>Large windows</div> <div>Activity room</div> <div>Customizable spaces</div> <div>Stimulating spaces</div> <div>Food is a great motivator</div> <div>Flexible spaces</div> <div>Spaces for autonomy</div>	<div>Colors that expand the space</div> <div>Material that hides the texture</div> <div>Employing smell</div> <div>Atmospheric feeling though light reflection</div> <div>Curved walls feel enveloping</div> <div>Water distors objects</div> <div>One surface multiple senses</div> <div>Symmetry</div> <div>Monochrome palette</div> <div>Immersive spaces</div> <div>Complementary colors</div> <div>Focusing on one sense</div> <div>Asymmetry</div> <div>Focal point through light &amp; darkness</div> <div>Framing the view</div> <div>Subtle details</div> <div>Intimacy</div> <div>Materials that absorb light</div> <div>Simple design no disrtactions</div> <div>Central light source</div>

Design themes matrix



# Recommendations

SCALES	HEALING ENVIRONMENTS	SPIRITUALITY
URBAN	<div>  <p>Controlled exposure</p> </div> <div>  <p>Emphasized natural conditions</p> </div> <div>  <p>Proximity to water</p> </div> <div>  <p>Proximity to nature</p> </div> <div>  <p>Natural landscape</p> </div>	<div>  <p>Scale</p> </div> <div>  <p>Separating the user from the environment</p> </div> <div>  <p>Using a remote location</p> </div> <div>  <p>Forest trails</p> </div> <div>  <p>Water</p> </div>
ARCHITECTURAL	<div>  <p>Reduced stimuli</p> </div> <div>  <p>Non-binding spaces</p> </div> <div>  <p>Corridors connected to the core</p> </div> <div>  <p>Daylight during winter</p> </div> <div>  <p>Low rise building</p> </div> <div>  <p>Natural daylight</p> </div> <div>  <p>Visibility</p> </div> <div>  <p>Fresh air &amp; ventilation</p> </div> <div>  <p>synthesized form</p> </div> <div>  <p>Non-labeling spaces</p> </div> <div>  <p>Water</p> </div> <div>  <p>Privacy</p> </div> <div>  <p>Atrium courtyards</p> </div> <div>  <p>Growing building</p> </div>	<div>  <p>Scale</p> </div> <div>  <p>Maze-like layout</p> </div> <div>  <p>Partial isolation</p> </div> <div>  <p>Abstract form</p> </div> <div>  <p>Spaces for reflection</p> </div> <div>  <p>Rounded walls hide small spaces</p> </div> <div>  <p>Controlled exposure</p> </div> <div>  <p>Feeling lost</p> </div> <div>  <p>Comforting small environment</p> </div> <div>  <p>Praying room</p> </div> <div>  <p>Biomimicry</p> </div> <div>  <p>Botanical motifs</p> </div> <div>  <p>Ratio</p> </div> <div>  <p>Oval shapes</p> </div> <div>  <p>Mass vs void</p> </div>
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VISUAL

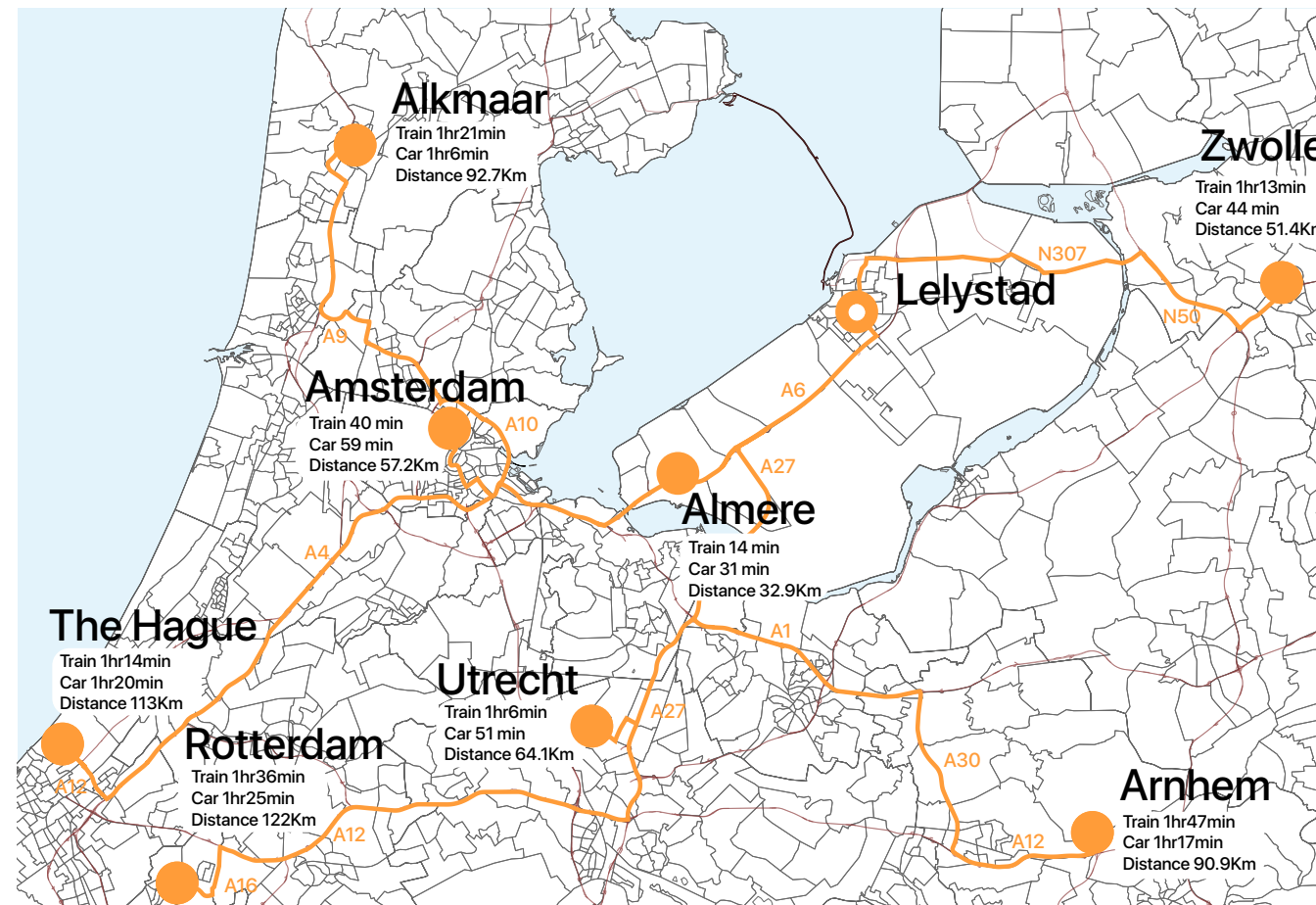
SOUND

SMELL

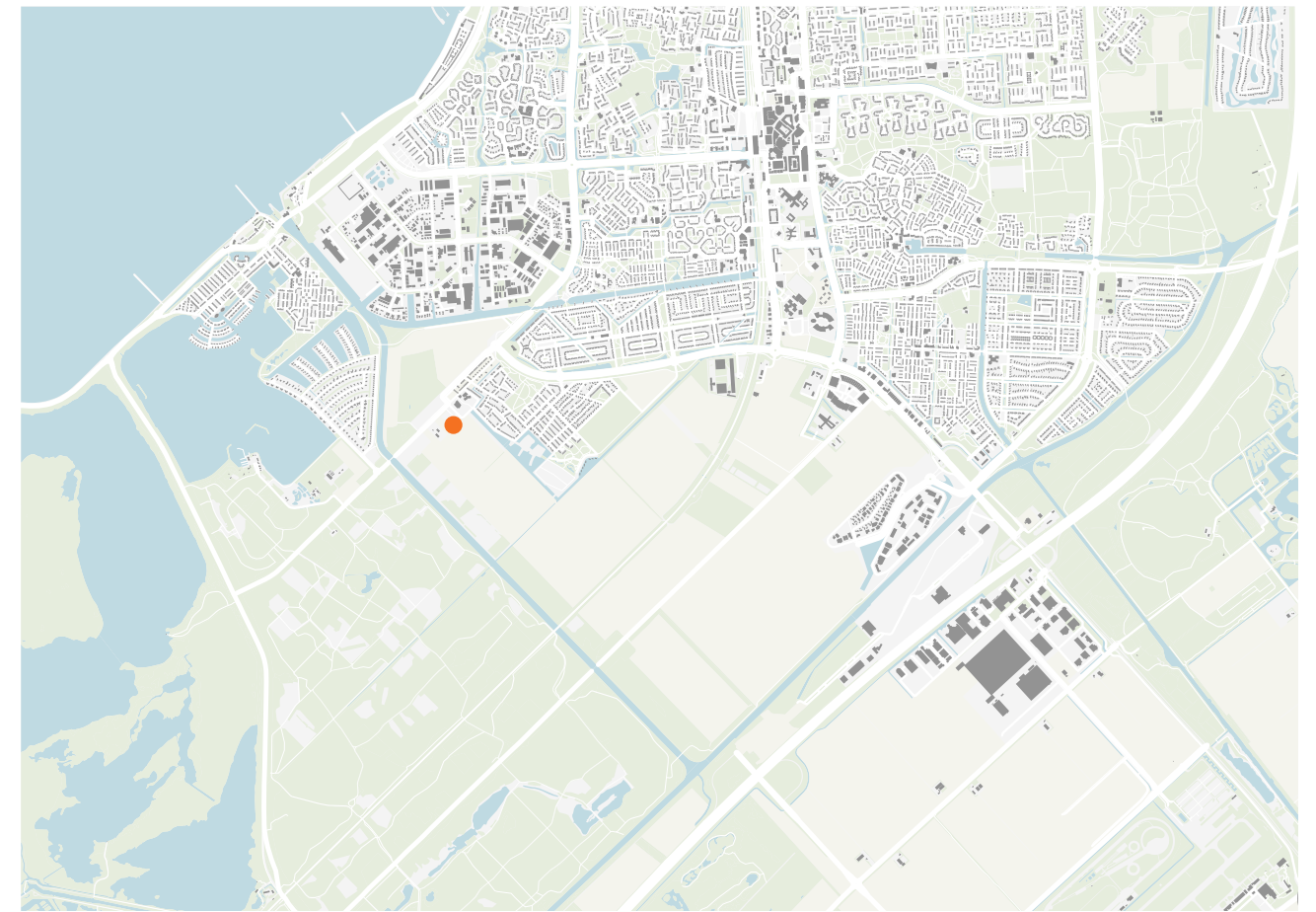
TOUCH

Design themes matrix recommendations

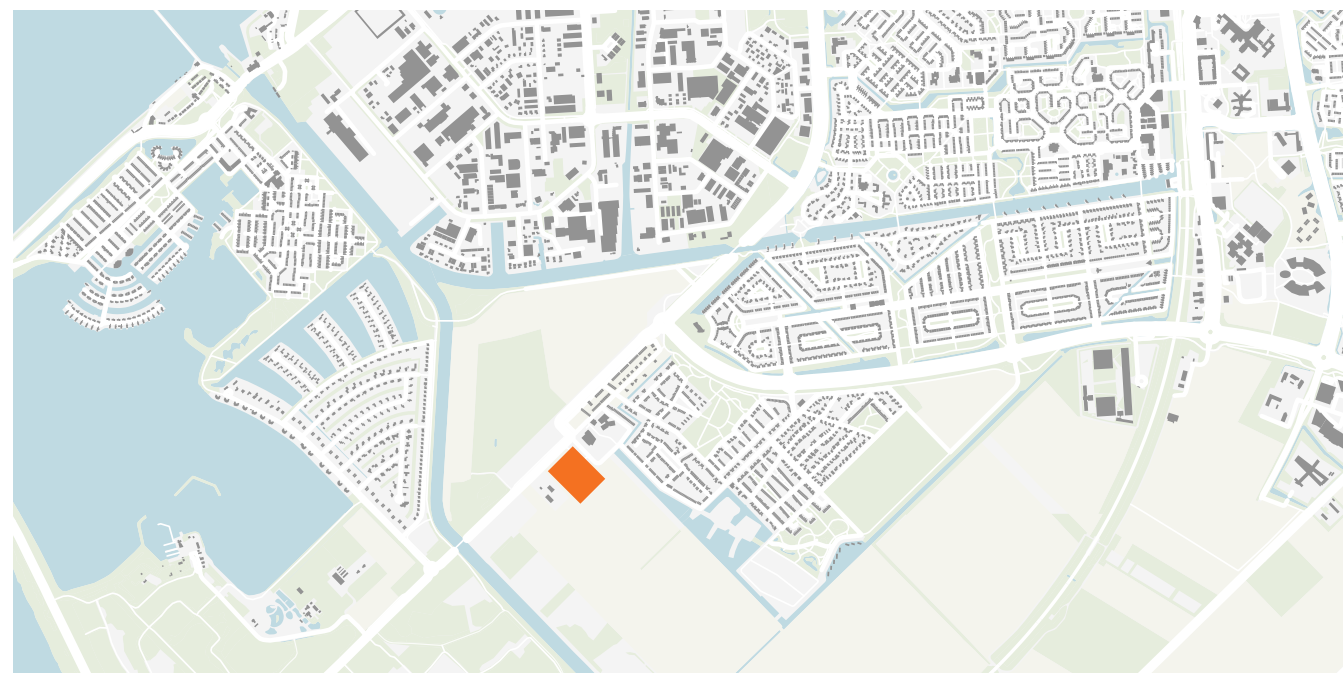
# ● Location - Lelystad



City



Neighborhood



Site



Plot



# ● Proximity map



Grocery store  
Walking 4 min  
Cycling 2 min  
Distance 350 m

Water  
Cycling 4 min  
Distance 1.2 Km

Forest  
Cycling 5 min  
Distance 1.4 Km

Center  
Bus 32 min  
Cycling 13 min  
Distance 3.9 Km



Scale  
1:15000



● Function zoning map

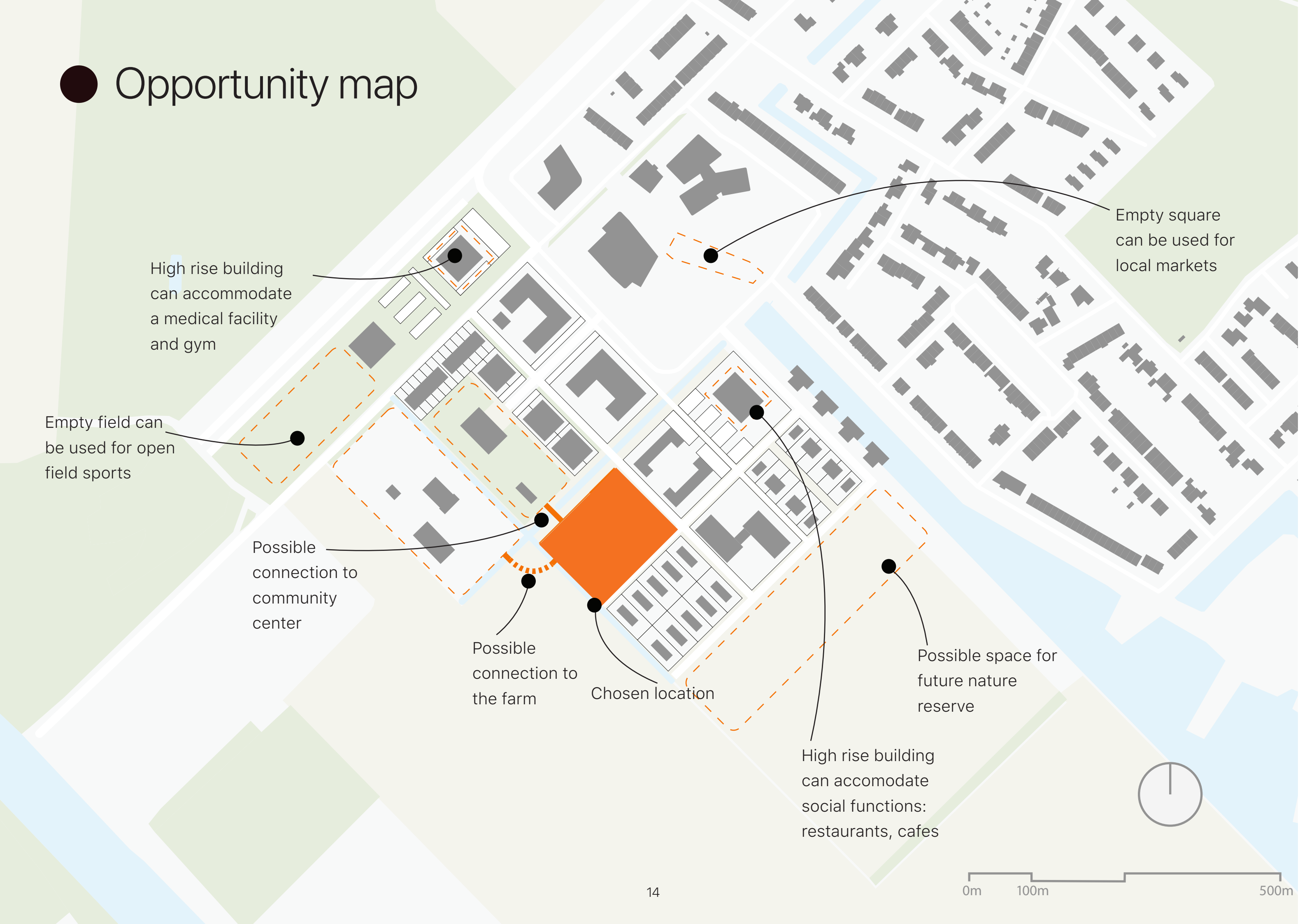
Urban cores

Residential areas





# ● Opportunity map





● Masterplan



Masterplan neighborhood  
Scale 1:2500

0m 100m 500m



● Context plan

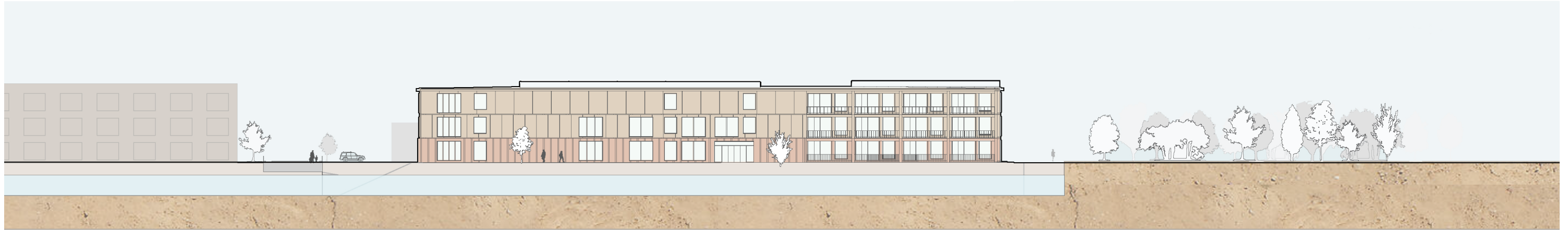


Ground floor context floorplan  
Scale 1:500





# ● Urban sections



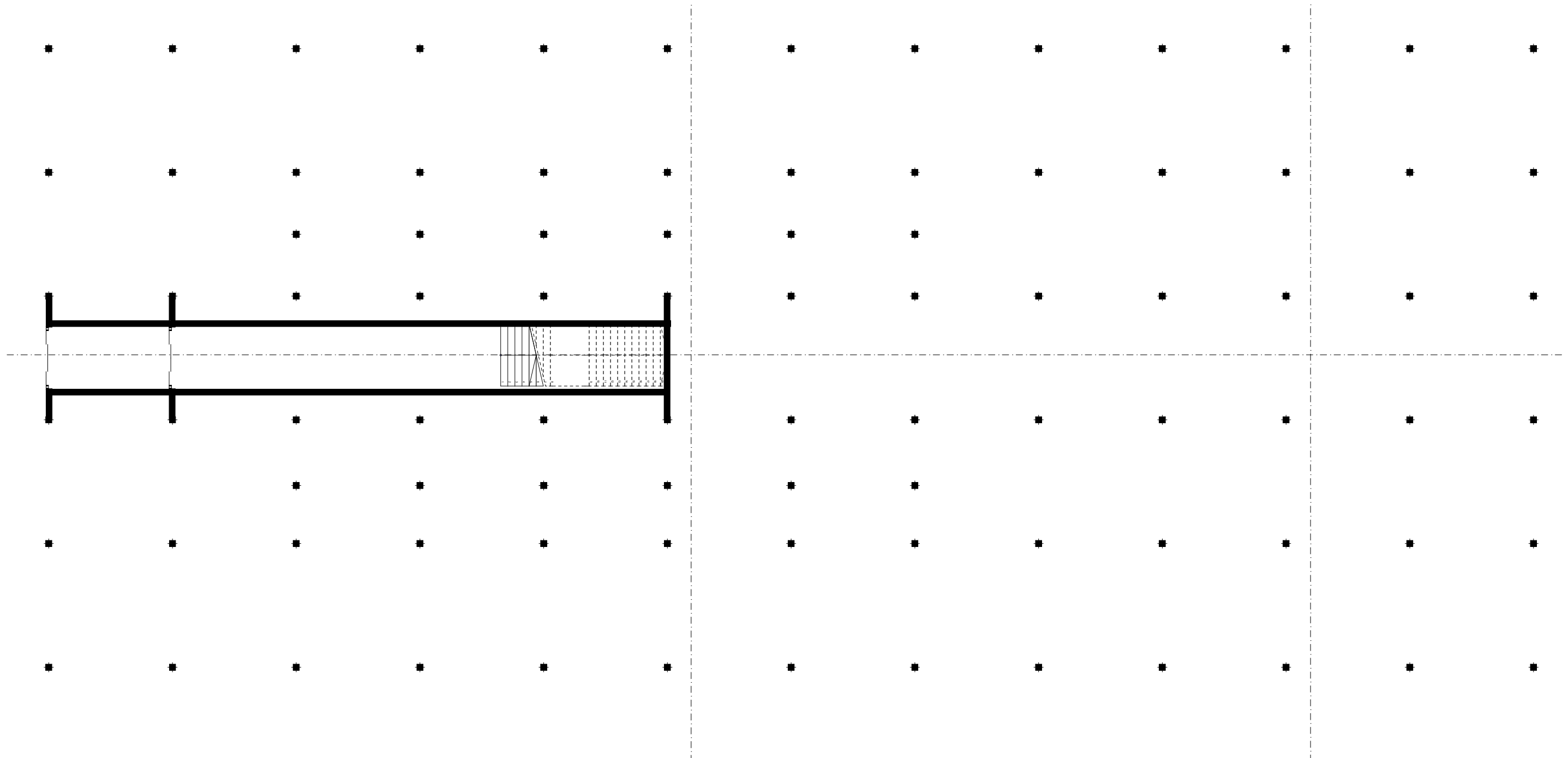
Urban longitudinal section  
Scale 1:500



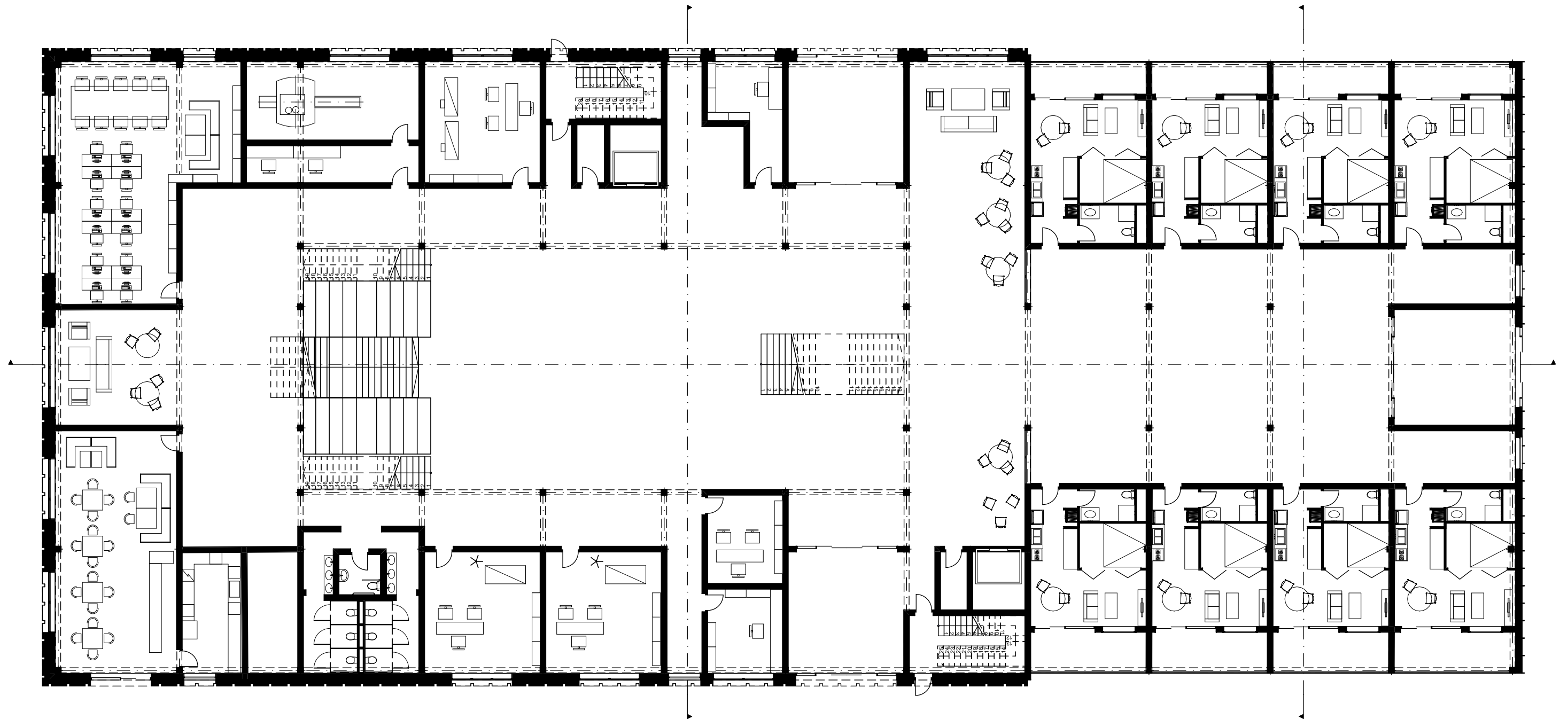
Urban cross section  
Scale 1:500



# ● Floorplans

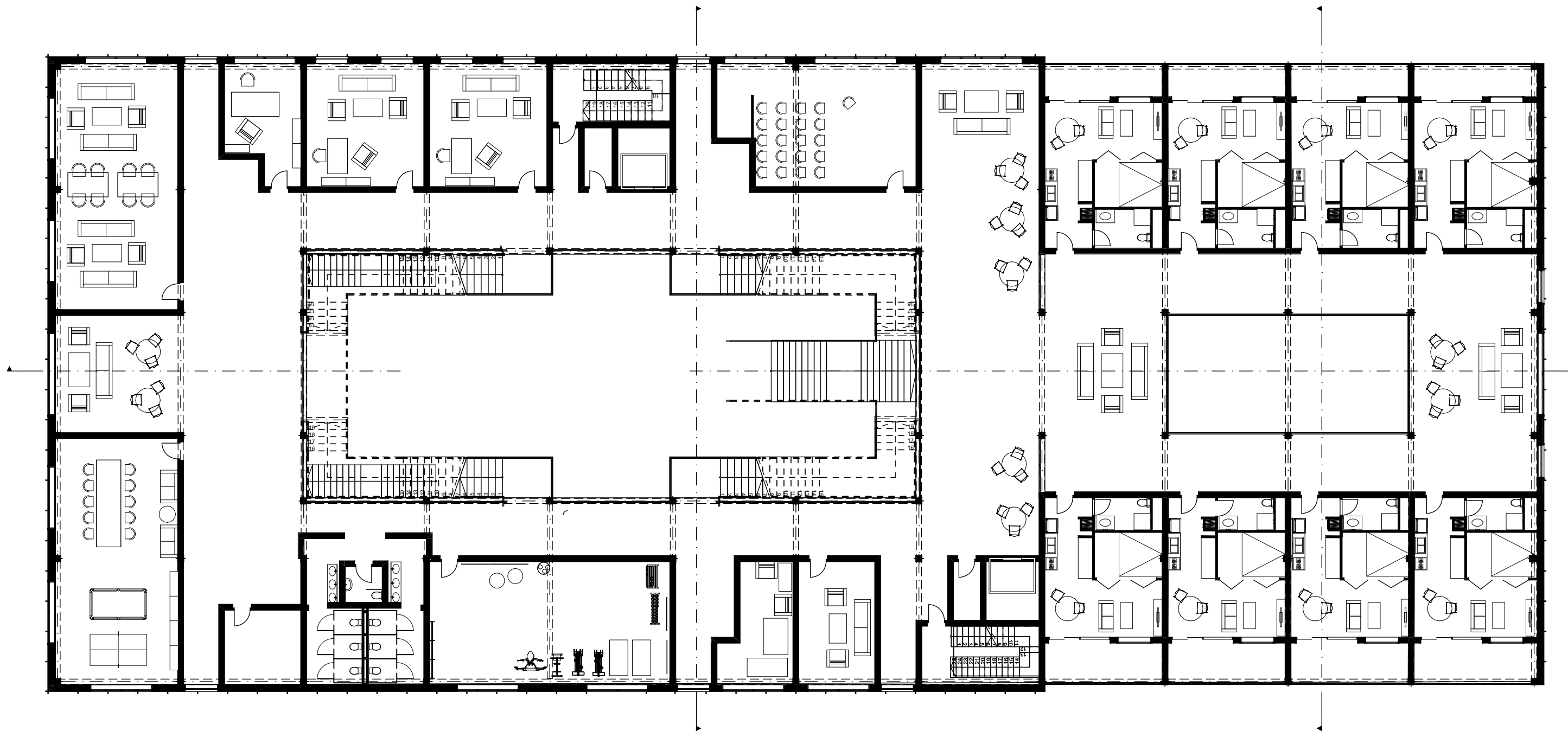


Underground floor plan  
Scale 1:200



Ground floor plan  
Scale 1:200

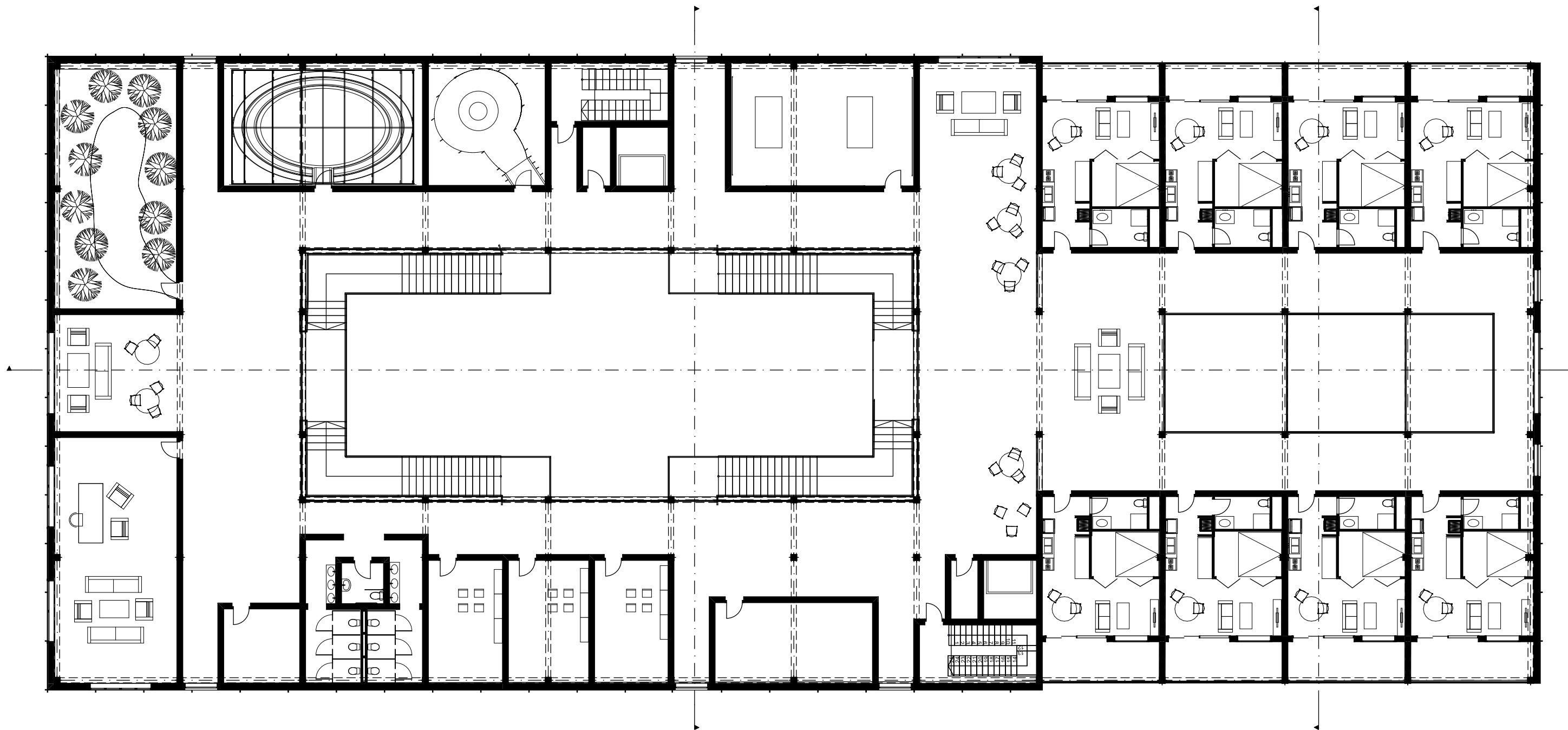




First floor plan  
Scale 1:200



First floor plan  
Scale 1:200



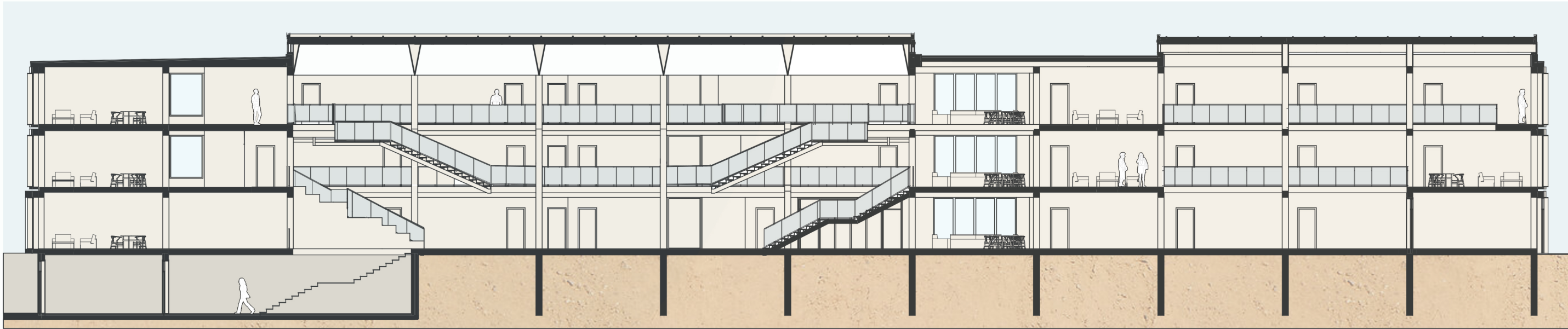
Second floor plan  
Scale 1:200



Second floor plan  
Scale 1:200



● Sections



Longitudinal section  
Scale 1:200



Cross section private  
Scale 1:200

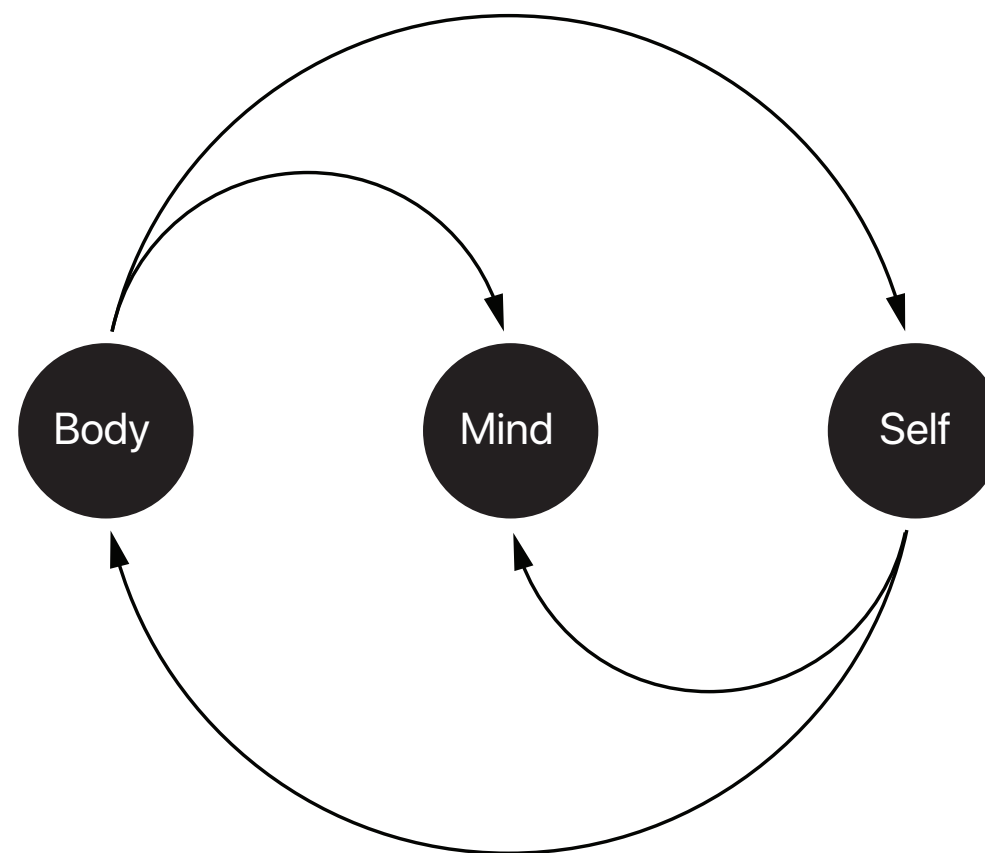
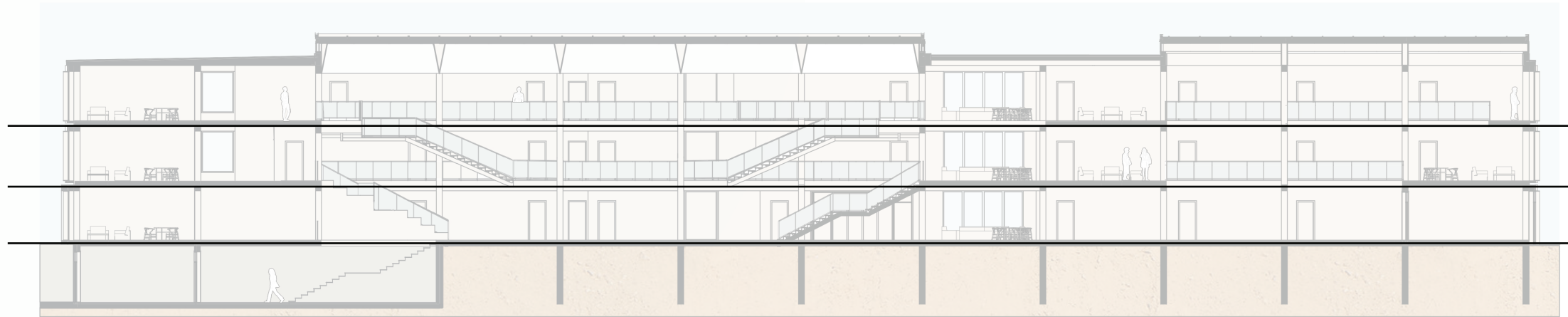


Cross section public  
Scale 1:200

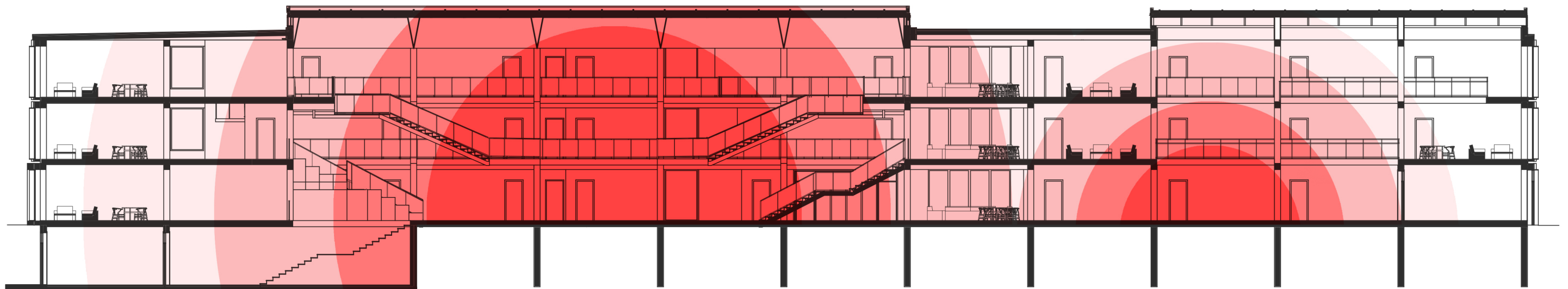
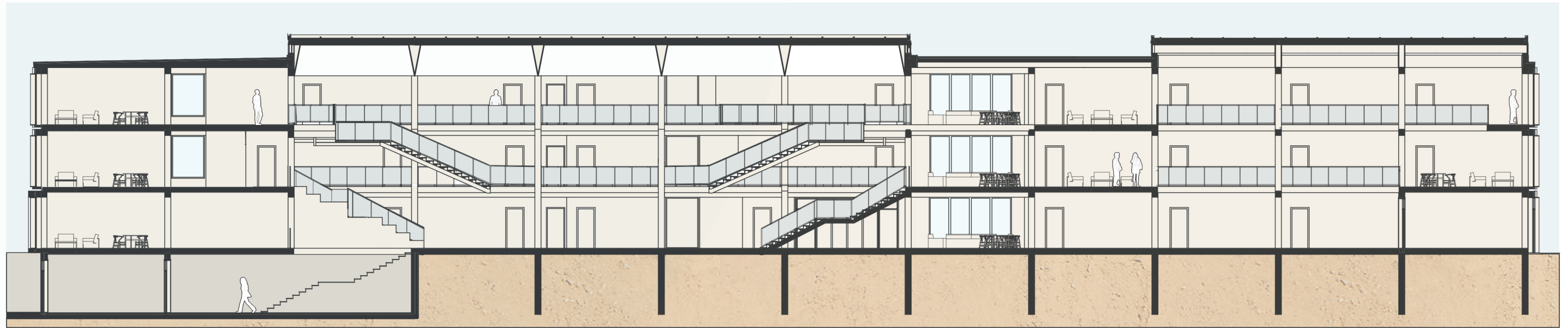


# ● Functions of the building

Self  
Mind  
Body



# ● The experience of the visitor



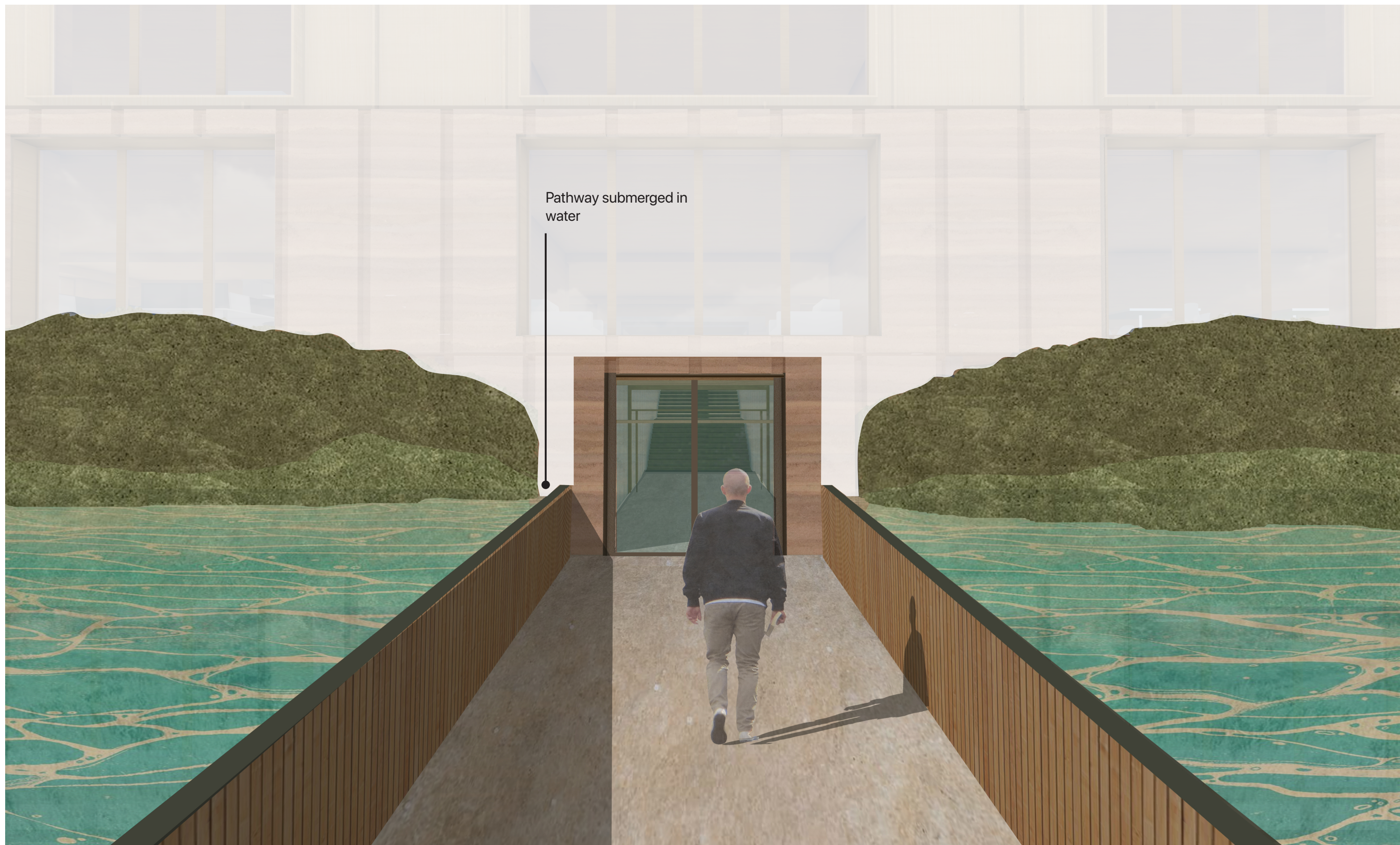
Sound propagation diagram





Entering the building



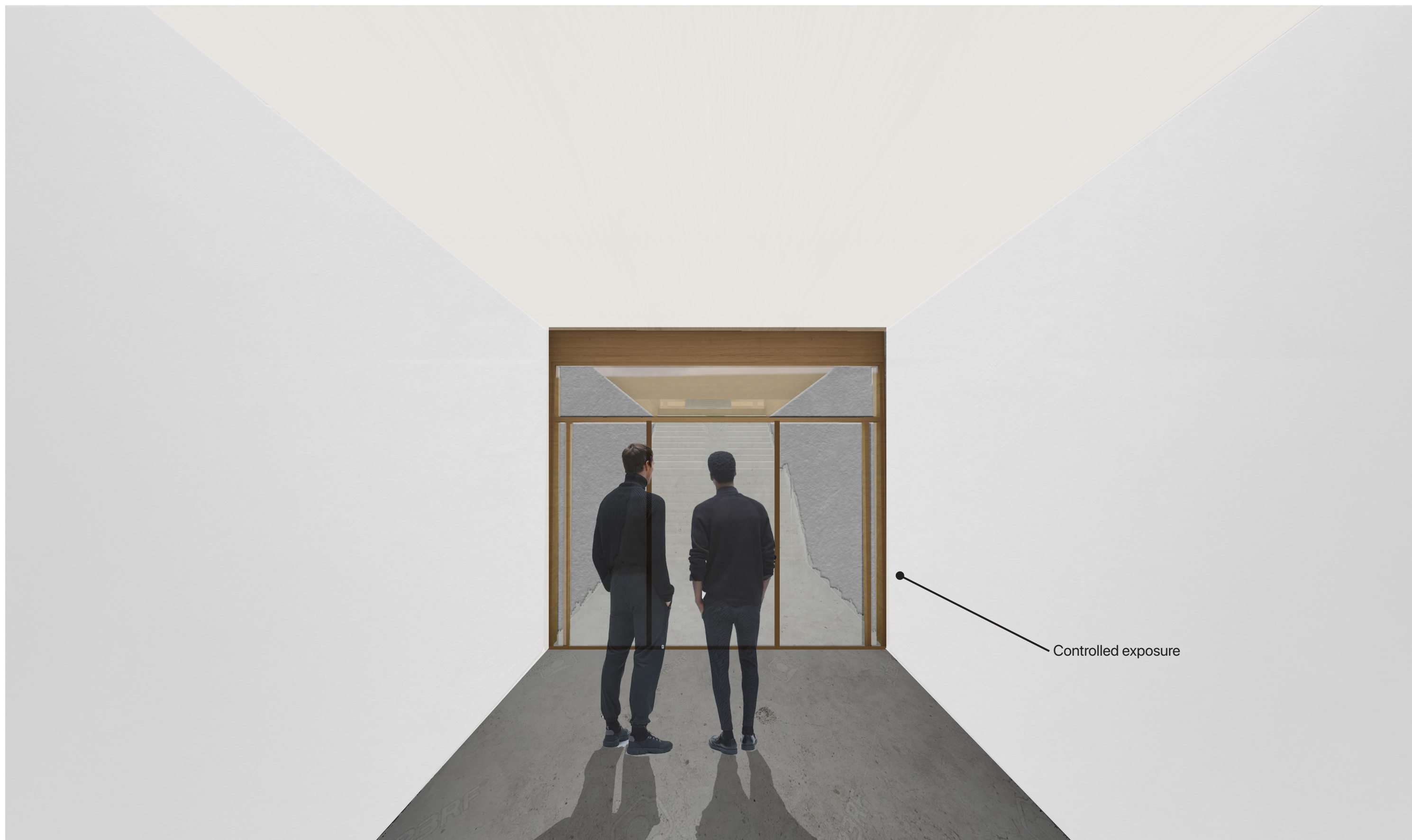






Walking through the underground corridor









Entering the building





Mass vs void

Framed view of the skylight





Ground floor



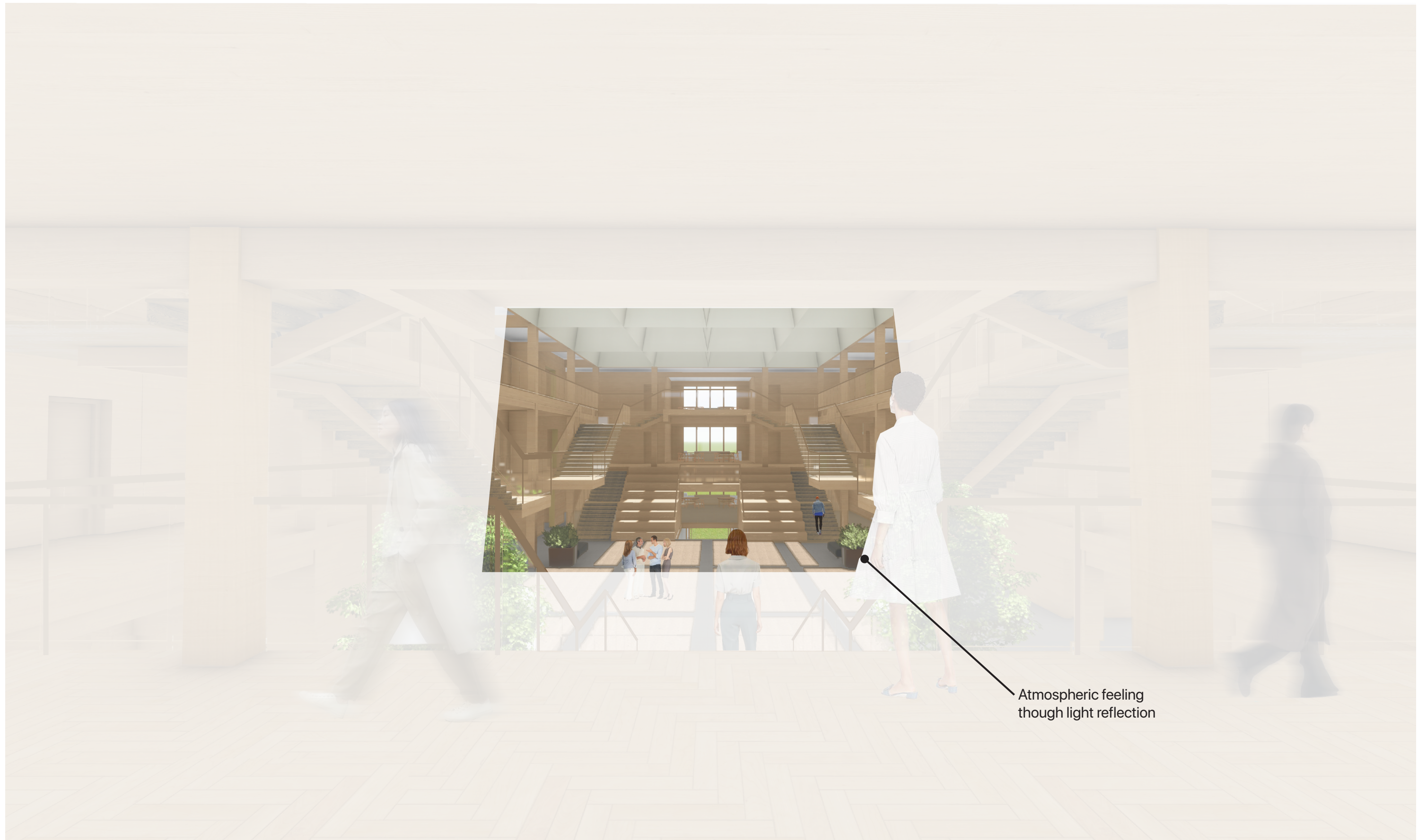






First floor





Atmospheric feeling  
though light reflection





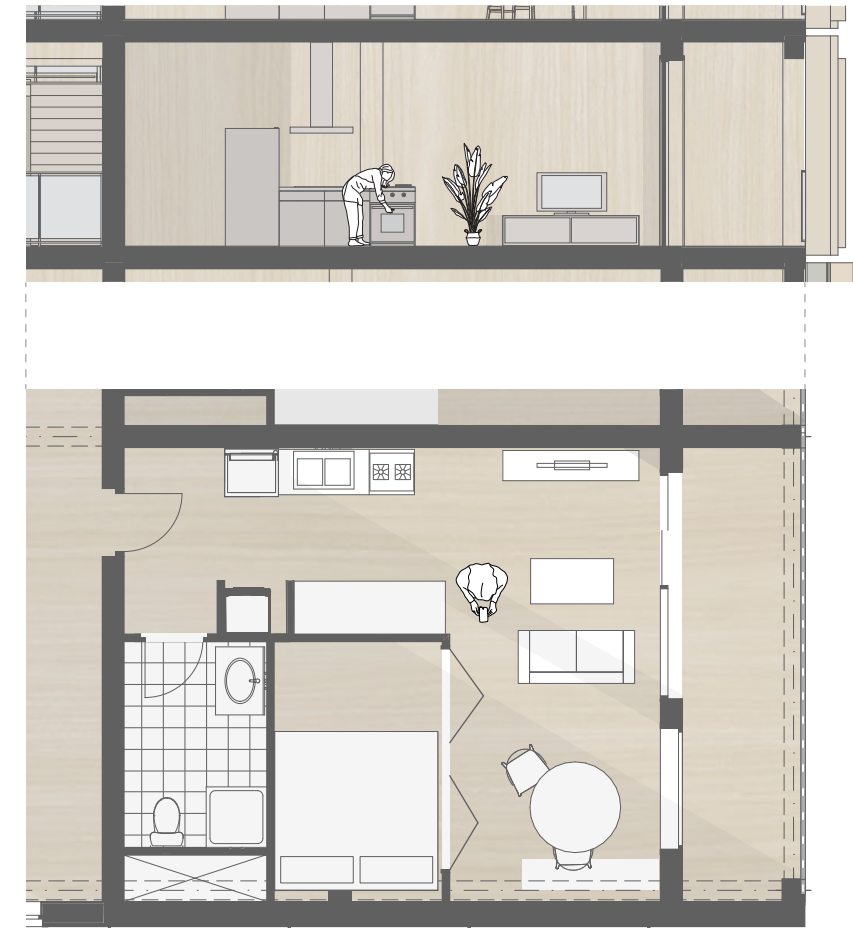
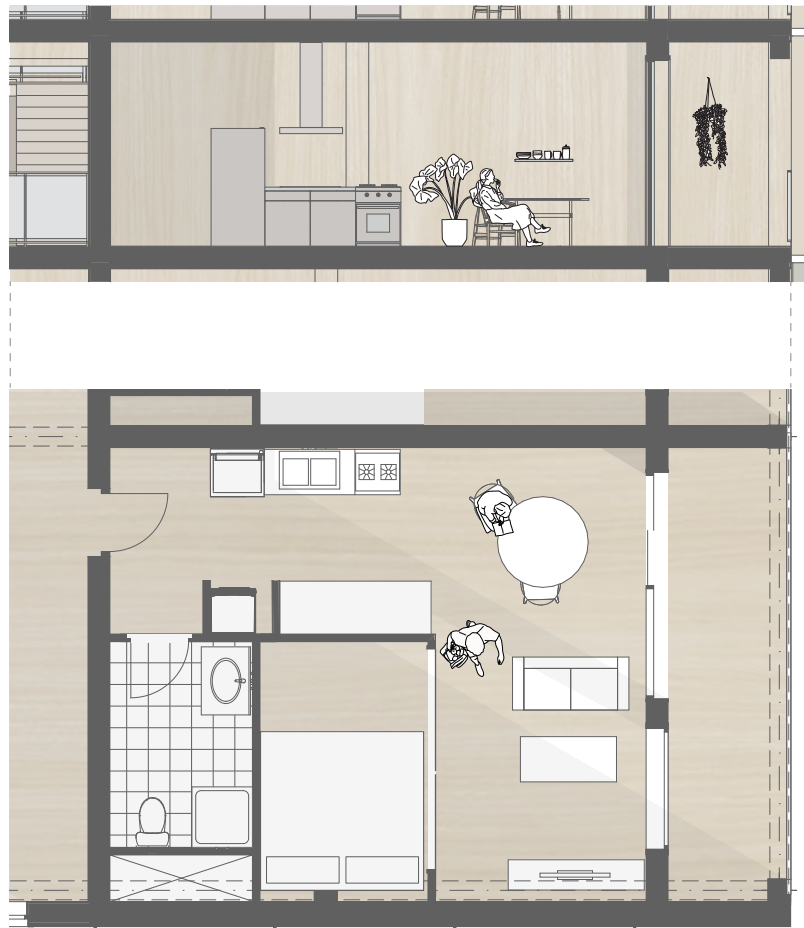
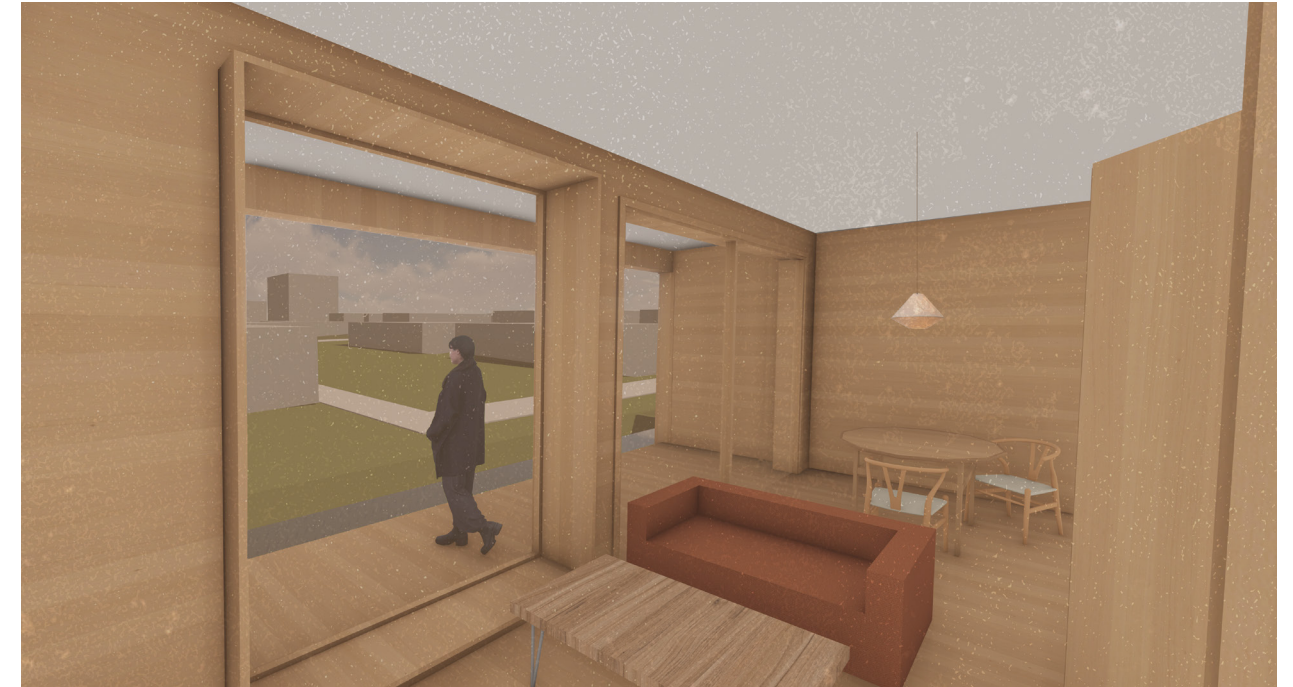
Second floor







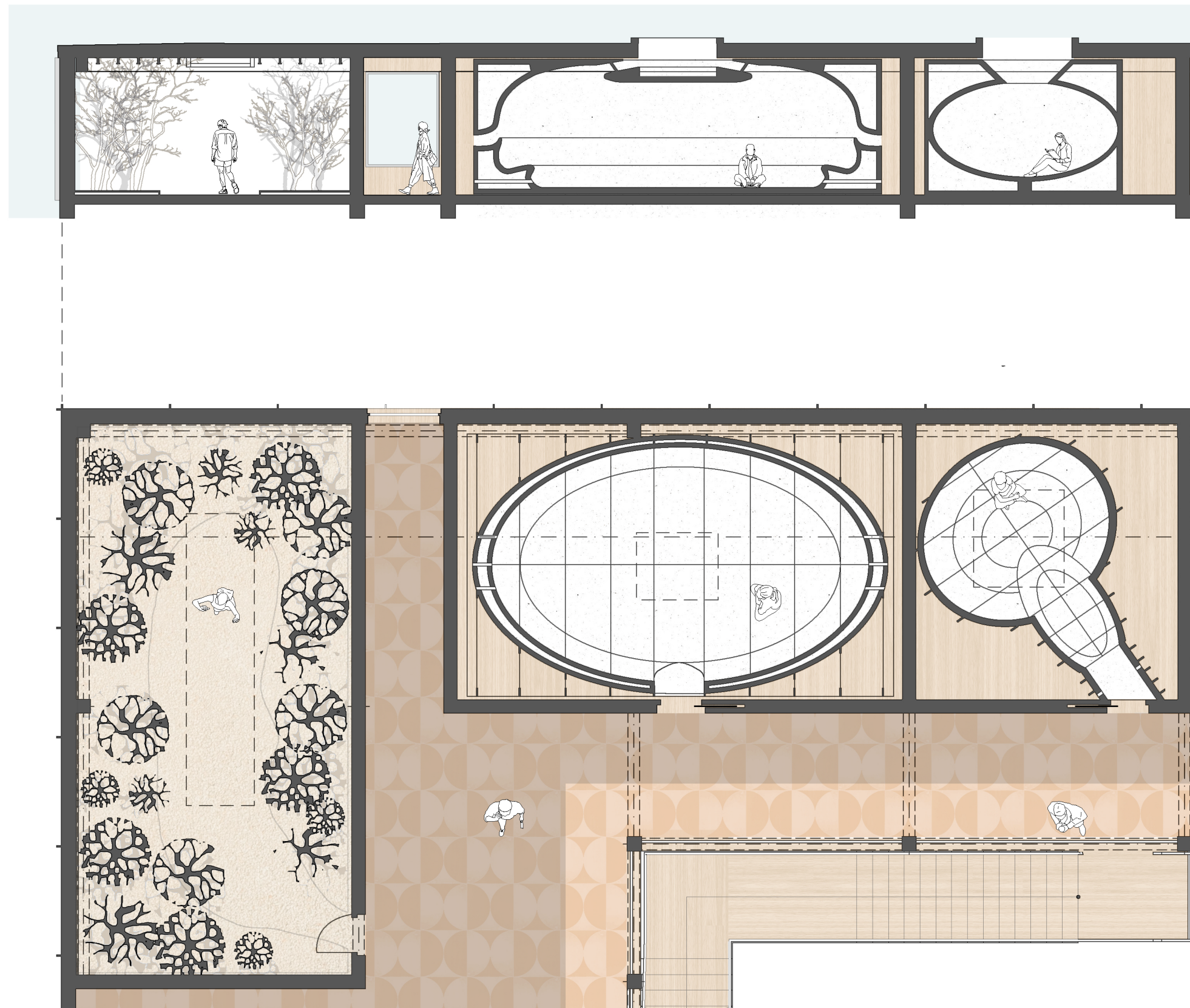
# ● Apartments



Apartment floorplan & section  
Scale 1:100

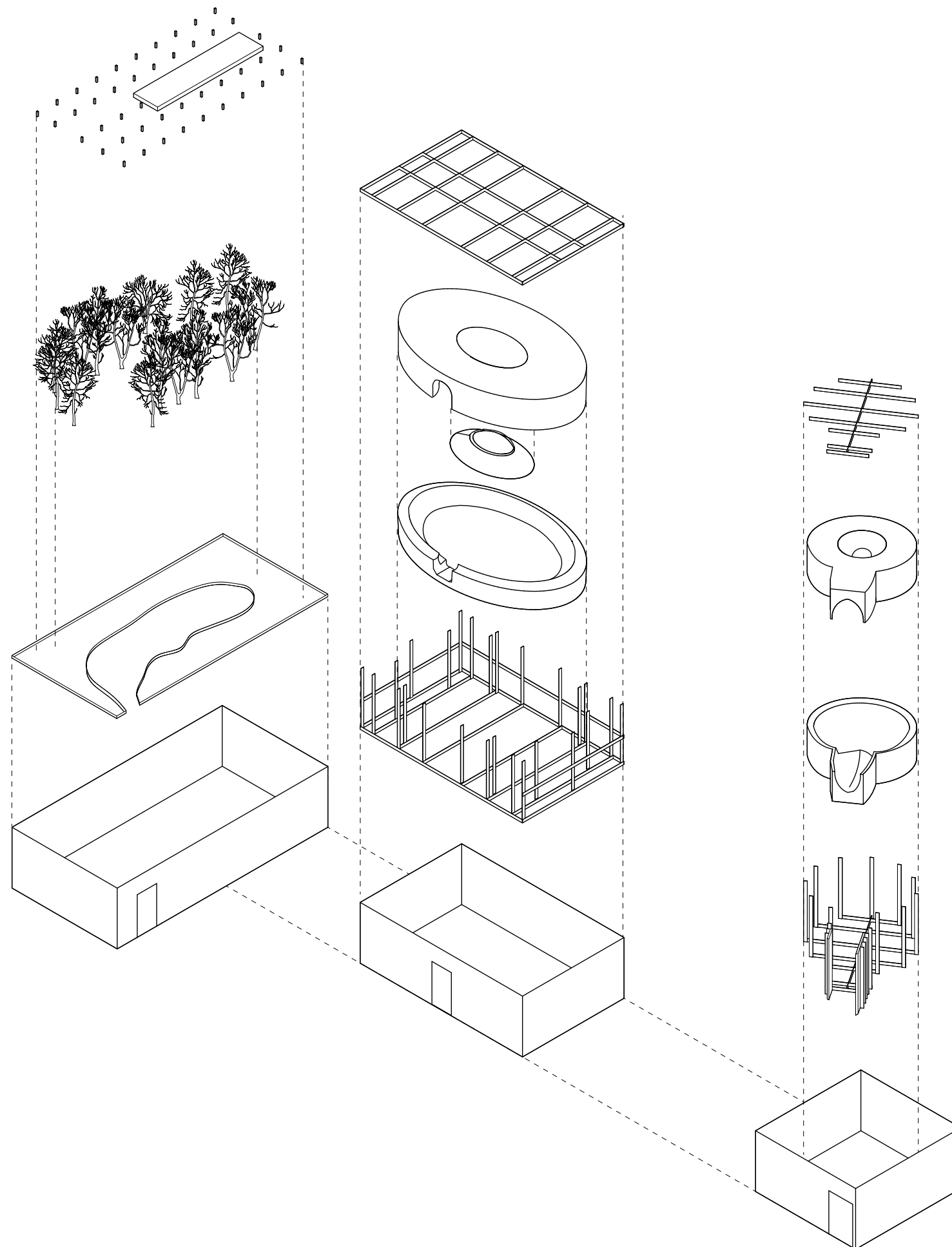


# ● Experiential rooms



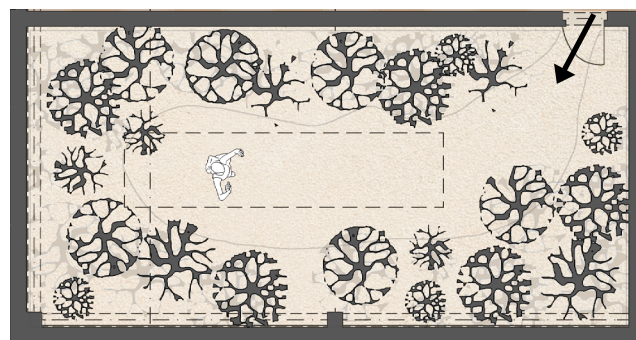
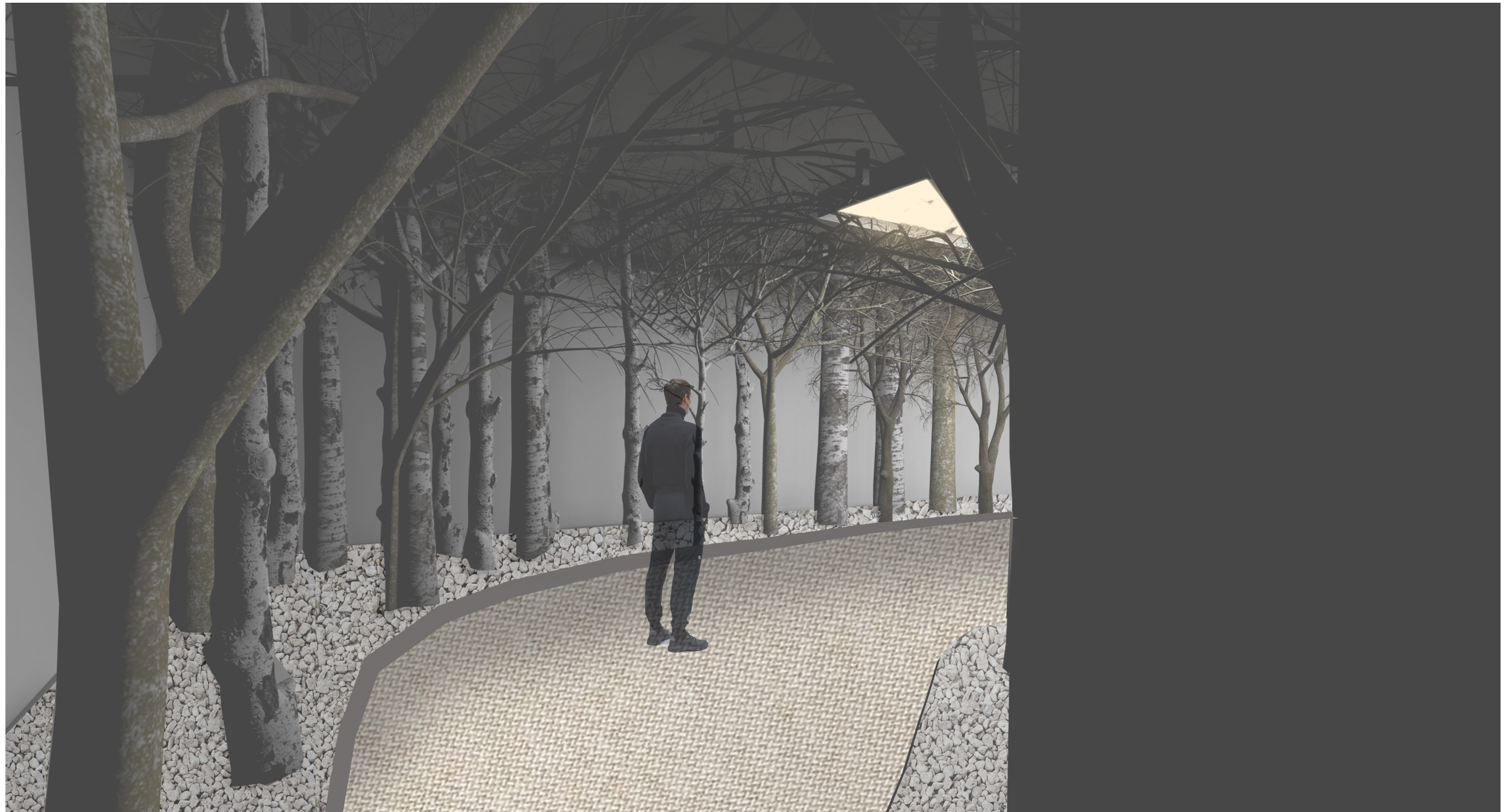
Experiential rooms floorplans & sections  
Scale 1:100





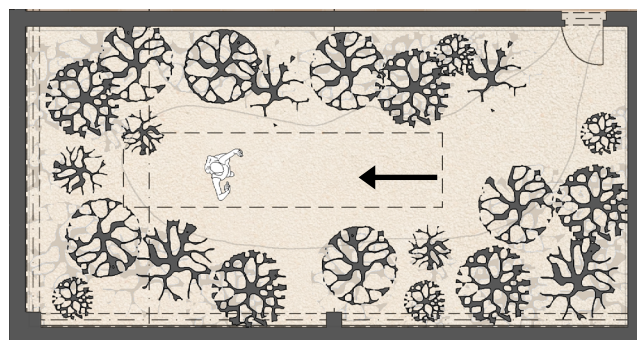
Exploded axonometric view of the experiential rooms



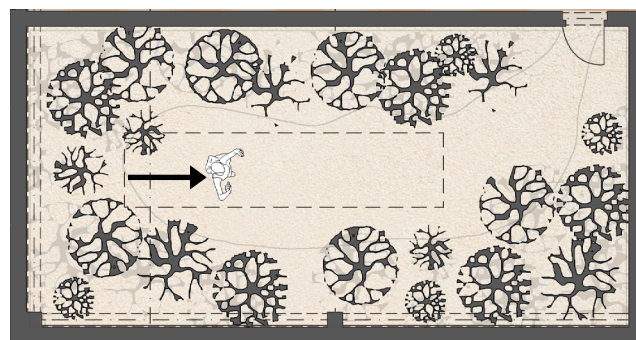
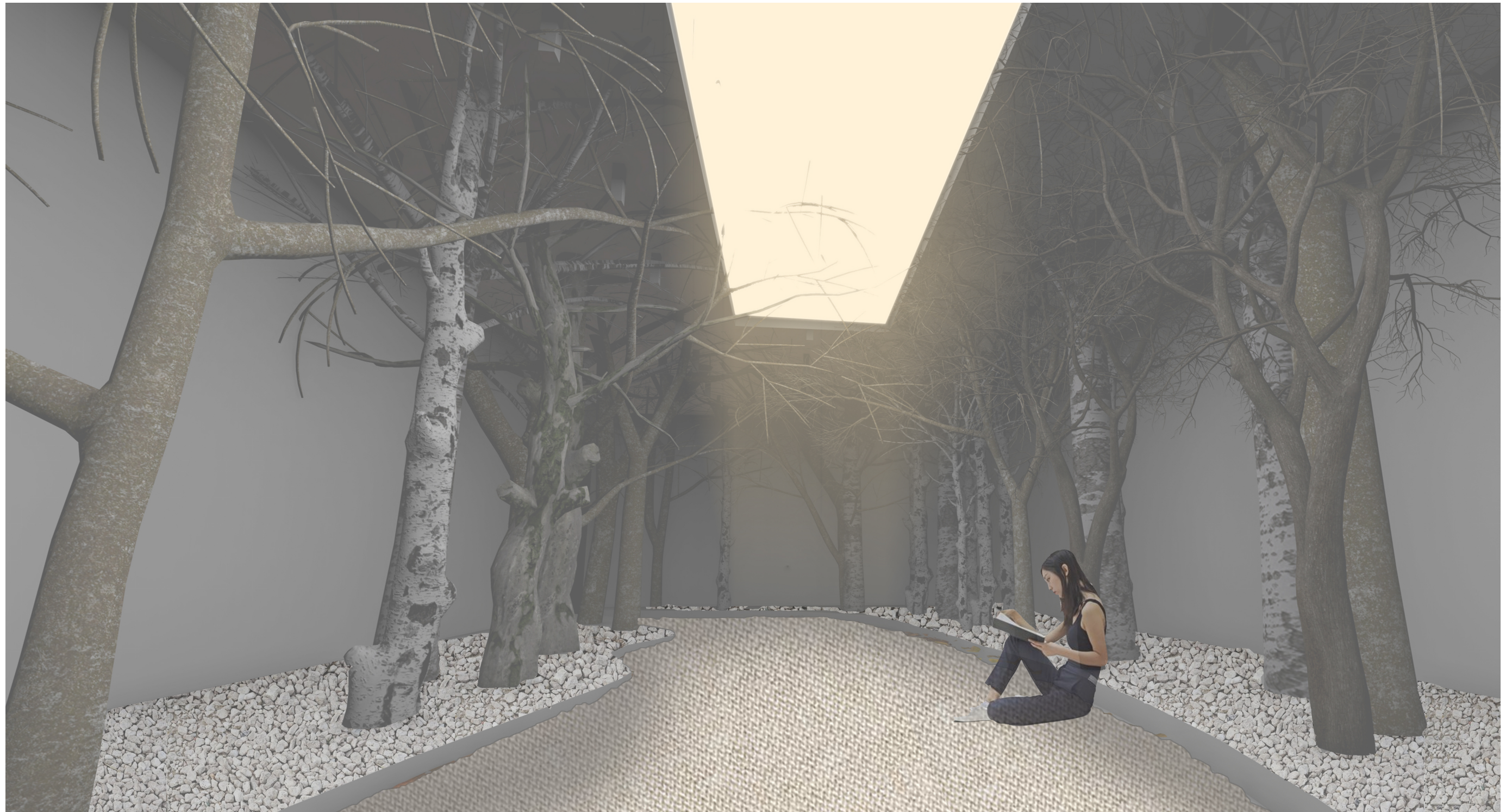


Multi sensory room

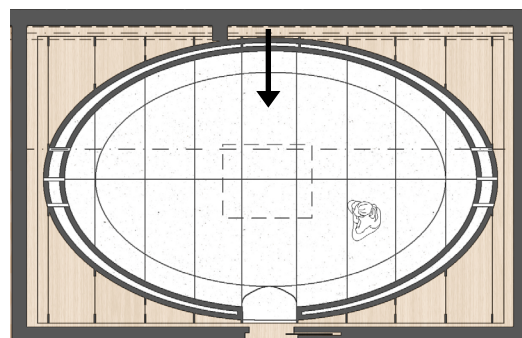






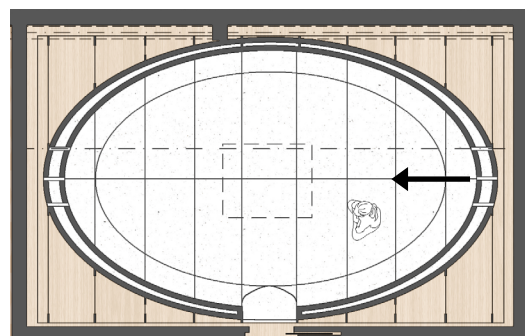




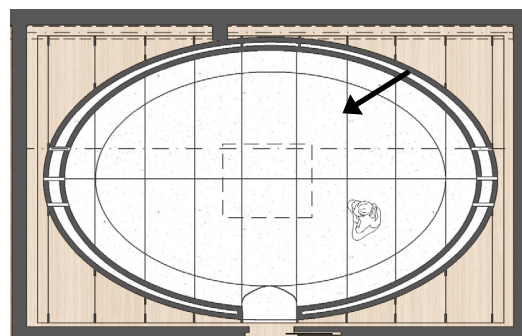


Group meditation room

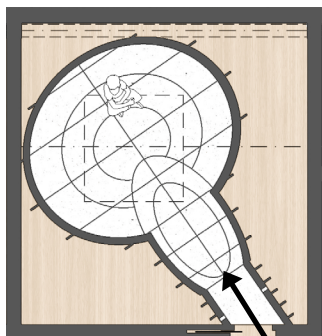






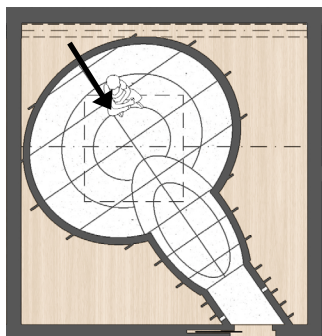




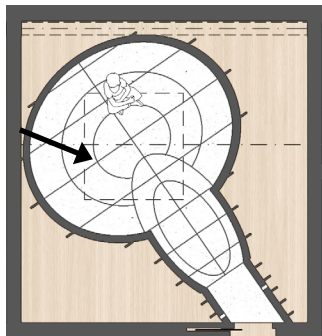
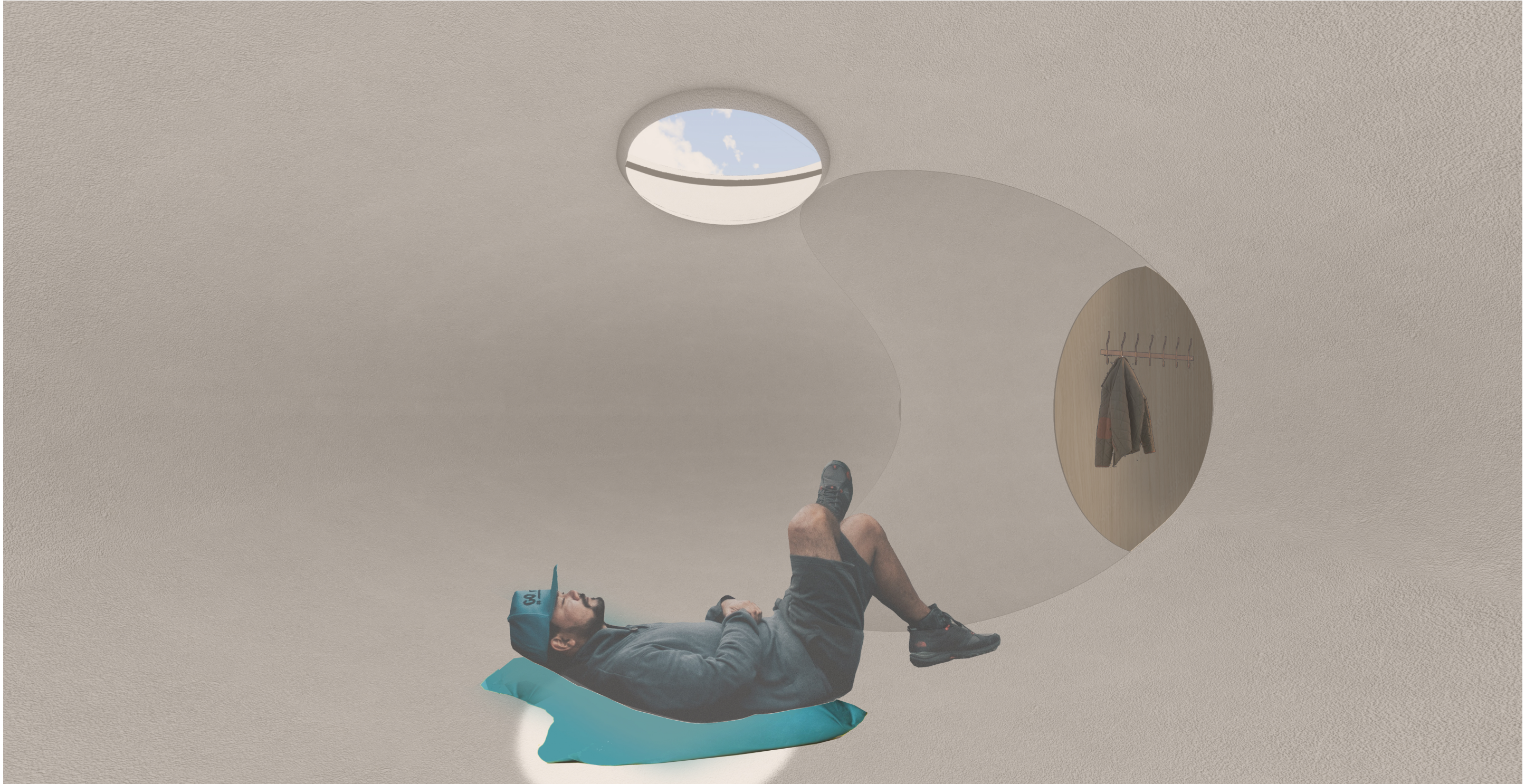


Silence room



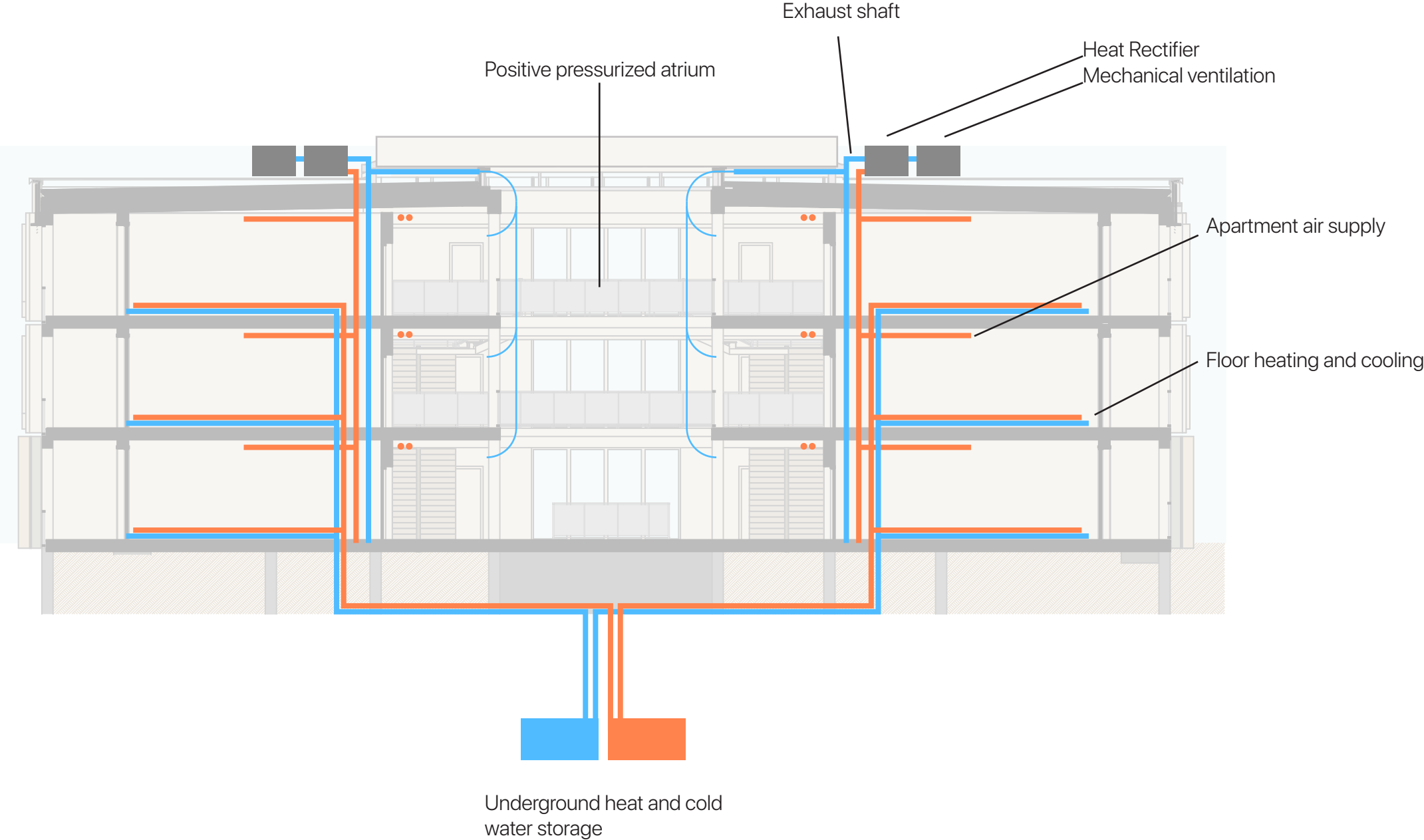








● Building technology aspects

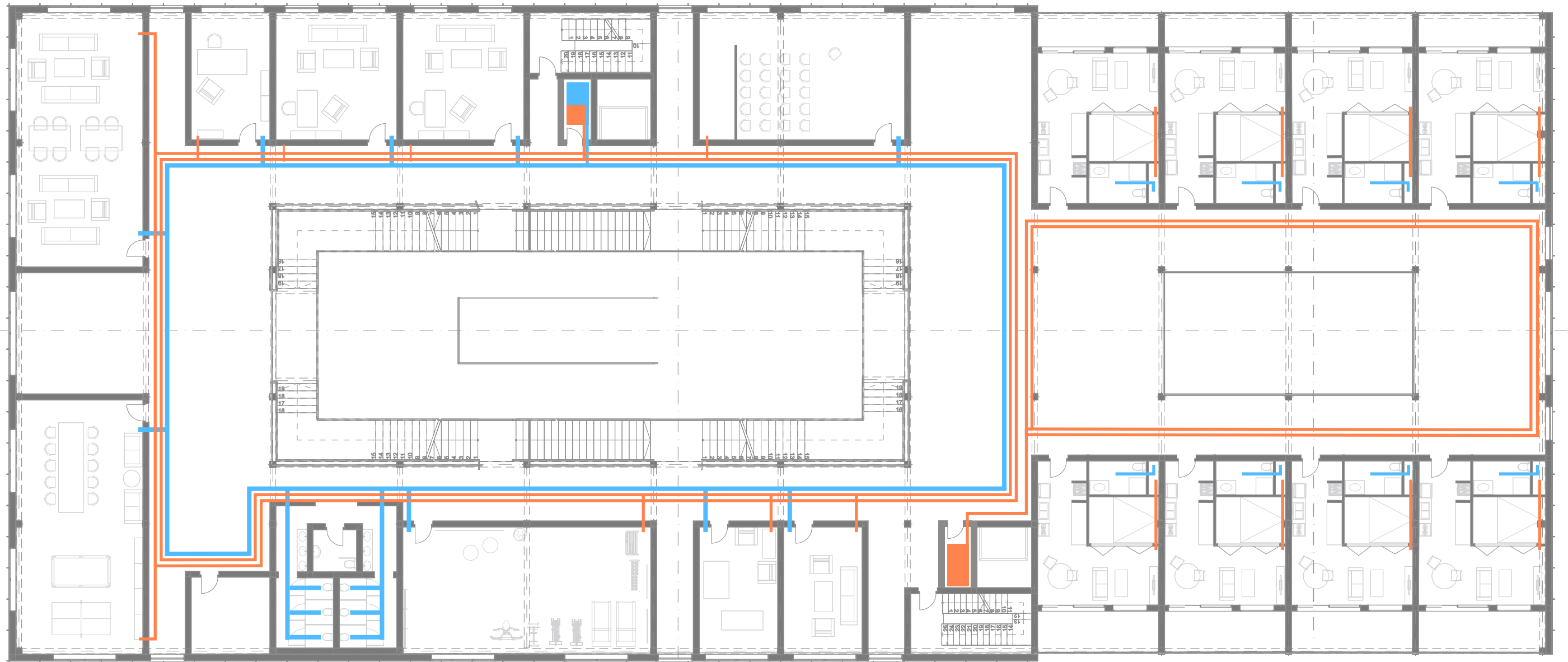


Legend



Supply air	
Exhaust air	
Cold water	
Warm water	

Ventilation diagram Section

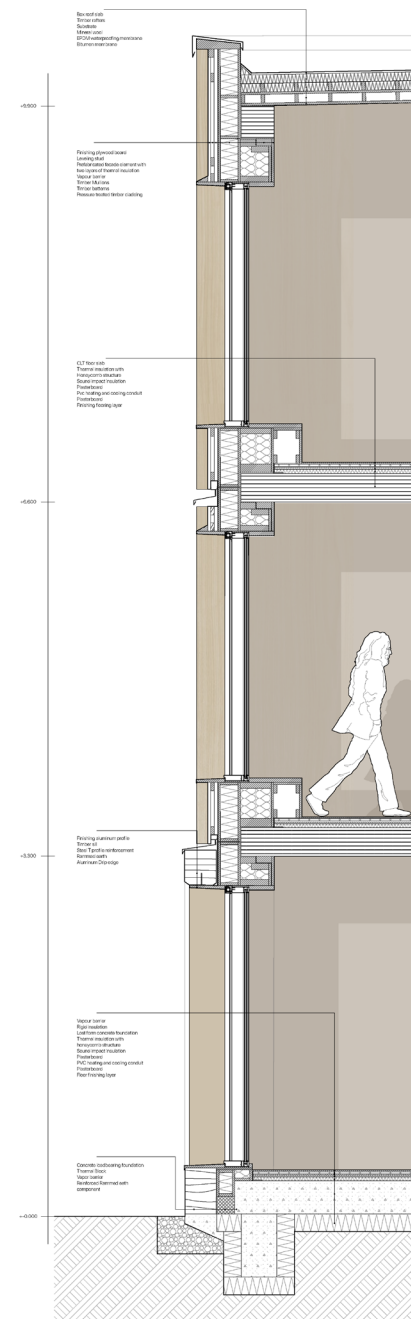




Ventilation diagram floorplan

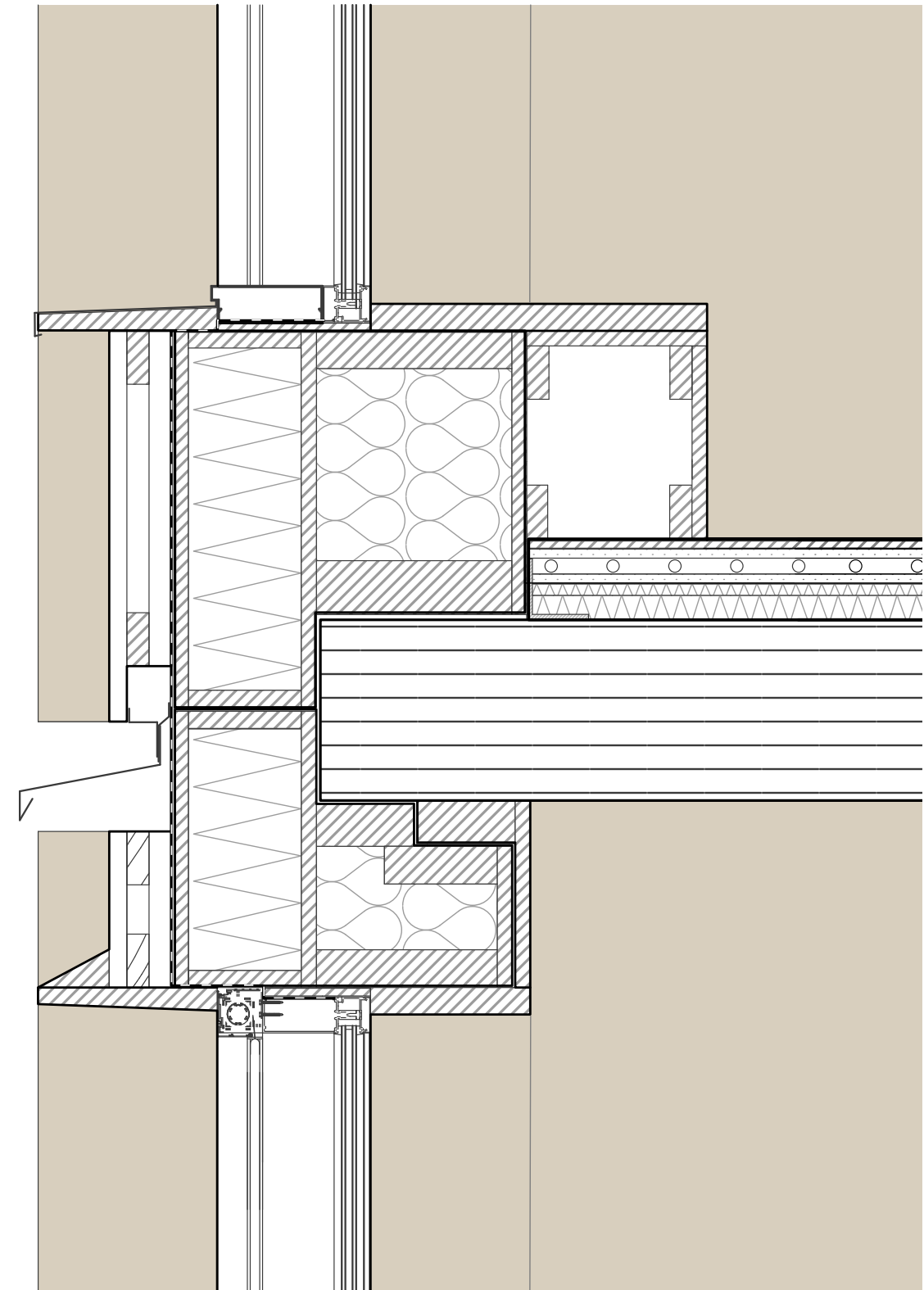
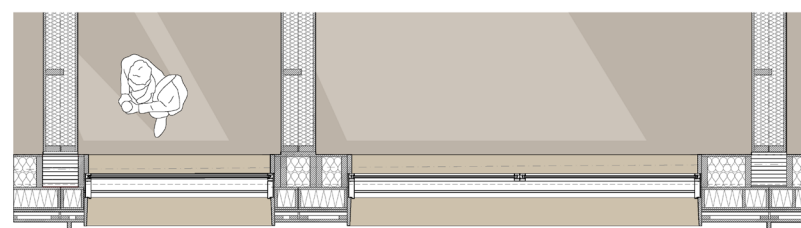
Legend  
 Supply air   
 Exhaust air 





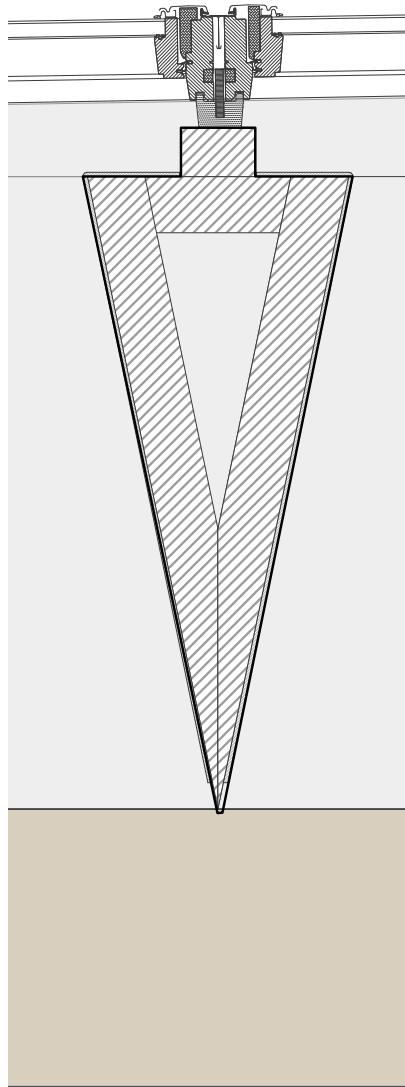
Combination drawing  
Scale 1:20

Combination drawing



Floor detail  
1:10









Exterior perspective of the psychiatric facility







Thank you for your attention











# External references

Figure 1. Pilgrim State Hospital, Brentwood, N.Y., 1938. Alfred Eisenstaedt/Life Pictures/Shutterstock

Figure 2. CBS mental health statistics, Centraal Bureau voor de Statistiek. (2021, September 2). Mentale gezondheid in Eerste Helft 2021 OP dieptepunt. Centraal Bureau voor de Statistiek. <https://www.cbs.nl/nl-nl/nieuws/2021/35/mentale-gezondheid-in-eerste-helft-2021-op-dieptepunt>

Figure 3. EU mental mental health disorders data, Mental Health Briefing Sheets Facts and activities in member states . (n.d.). [https://ec.europa.eu/health/archive/ph\\_determinants/life\\_style/mental/docs/sweden.pdf](https://ec.europa.eu/health/archive/ph_determinants/life_style/mental/docs/sweden.pdf)

Figure 4. Social media trends: YouTube. (2022). How Meditation Works & Science-Based Effective Meditations | Huberman Lab Podcast #96, YouTube. Retrieved June 18, 2023, from <https://www.youtube.com/watch?v=wTBSGgblvsY>, YouTube. (2018). Guided Breathwork Meditation. YouTube. Retrieved June 18, 2023, from <https://www.youtube.com/watch?v=F-2d2vYsHsI>, YouTube. (2014). How Do You Get Started With Spirituality? | Sadhguru. YouTube. Retrieved June 18, 2023, from <https://www.youtube.com/watch?v=fdHjqVEQvLw>, YouTube. (2019). What is the point of spirituality. YouTube. Retrieved June 18, 2023, from <https://www.youtube.com/watch?v=xum35-XplNY>, Top meditation apps in the U.S. for February 2020 by downloads. Sensor Tower - Market-Leading Digital & Mobile Intelligence. (n.d.). <https://sensortower.com/blog/top-meditation-apps-united-states-february-2020>, Wiest, B. (2022, October 12). Nicole LePera, "The holistic psychologist," is radically changing the business of mental health. Forbes. <https://www.forbes.com/sites/brian-nawiest/2020/01/17/nicole-laperlathe-holistic-psychologist-is-radically-changing-the-business-of-mental-health/>, Magazine, A. F. (2022, December 19), Unwind your mind. Austin Fit. <https://www.austinfmagazine.com/September-2017/unwind-your-mind/>

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Figure 5. Aim of the project: Cognitive-behavioral therapy. CHADD. (2018, May 14). <https://chadd.org/for-adults/cognitive-behavioral-therapy/>, TravelBook. (n.d.). <https://www.travelbook.co.jp/topic/1276>. TravelBook. (n.d.). <https://www.travelbook.co.jp/topic/1276>

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