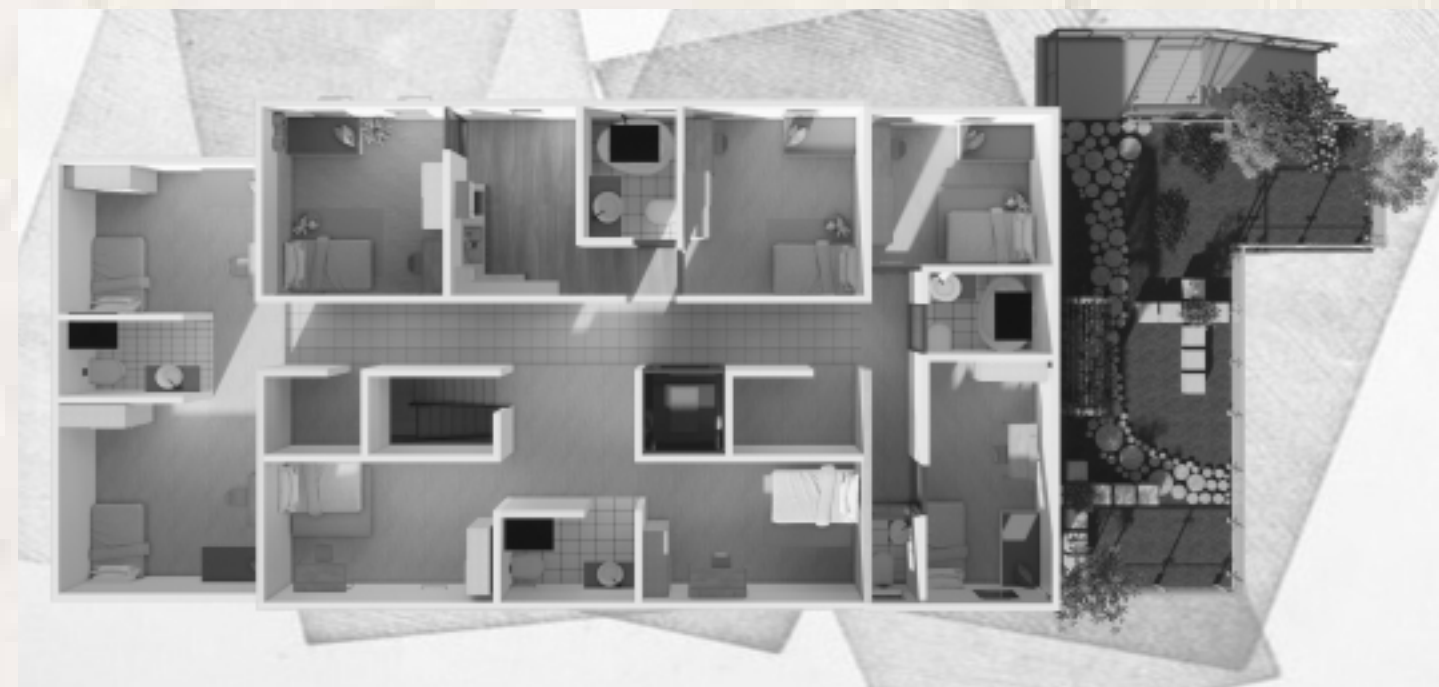


Post-Traumatic Stress Disorder retreat

AO XUE

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Introduction

As a populous country, China has been under great competitive pressure for children since childhood. Countless exams have left me exhausted, and the arduous high-pressure education has only earned me a ticket to enter. Because I loved design since I was young, I only learned how to draw during the college entrance examination. I only slept for 5 hours a day and eventually got admitted to a design school. I gradually developed PTSD and can no longer calm down to take exams or face high-pressure learning. After arriving in the UK, I truly began to learn independently and re-examine myself in a different cultural environment. In fact, I have many advantages, such as a good life and someone who loves me. Slowly reading, finding what I truly want is enough, and there is no need to excessively consume myself and pursue the path of unity.

However, many of my classmates around me have suffered from a certain degree of mental illness, and research shows that a quarter of people have had PTSD at some point in time, making it a relatively common mental illness.

Internal competition and malicious competition are endless, so I want to create a space that can be used to heal PTSD patients, divert their attention, and prevent what they care most about and are difficult to overcome from harming them.



Mentor Feedback

Maria: Analyzing a case using an architectural approach, such as a sectional view, the structure of the building is very important, as well as its functions. Group teaching is different from individual teaching, it is a process of sharing and discussion

Colin: Design is not about placing furniture, but about considering the distribution of space and materials based on the target theme.

Amritt: Some practical application issues of space, whether people can still move normally after opening the wardrobe, and what kind of feedback people will give to the space. How does the design work on PTSD patients. What makes my design unique to others and how architecture embraces patients.

I think the recent portfolio peer review is the most useful course. I have truly seen the gap with others, so in Unit 3, I will find the progression of my thinking in more detail, explain the details and connections of the design, make the models more detailed, and improve the visual effect of the portfolio.



Background

Data support for the number of patients

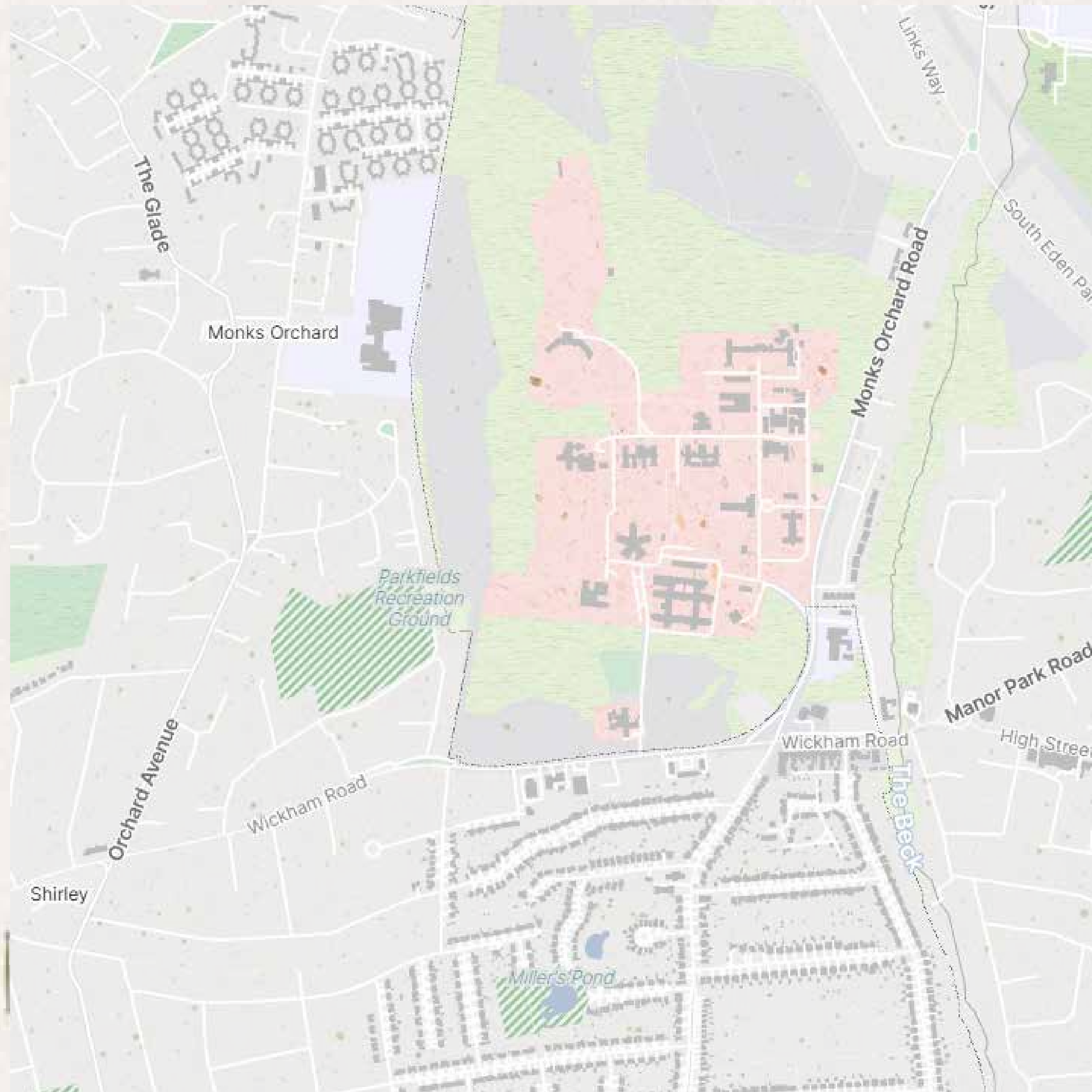
Post-traumatic stress disorder (PTSD) is a condition that develops in some people after experiencing or witnessing a traumatic life-threatening event or serious injury. Despite its prevalence, limited research has been conducted in the UK in previous years, although this is slowly improving. Estimates of PTSD prevalence vary widely, partly due to differences in study design, populations, trauma exposure, exposure to war and combat events, cultural factors, healthcare utilisation and methods, and, more recently, the lack of nationally representative estimates. Efforts to increase PTSD screening and awareness could not only improve detection but also support those affected by it.

- It is estimated that 50-70% of people will experience trauma at some point in their lives. Most people exposed to a traumatic event experience some short-term distress, but eventually, their trauma fades into memory—painful, but not devastating.

* Approximately 20% of people who experience trauma may go on to develop PTSD (this equates to 10% of the population). This figure can vary widely between studies, populations, and communities. For example, a recent UK study looking at the prevalence of PTSD following the COVID 19 pandemic estimated an overall pooled estimate of PTSD prevalence of 17.52% (double and nearly triple previous estimates).

- In the UK, it is estimated that 1 in 10 people will experience PTSD at some point in their life.
- Around 6,665,000 people in the UK are expected to develop PTSD or C-PTSD at some point in their lives, yet it remains an incredibly misunderstood, frequently misdiagnosed and stigmatised condition.

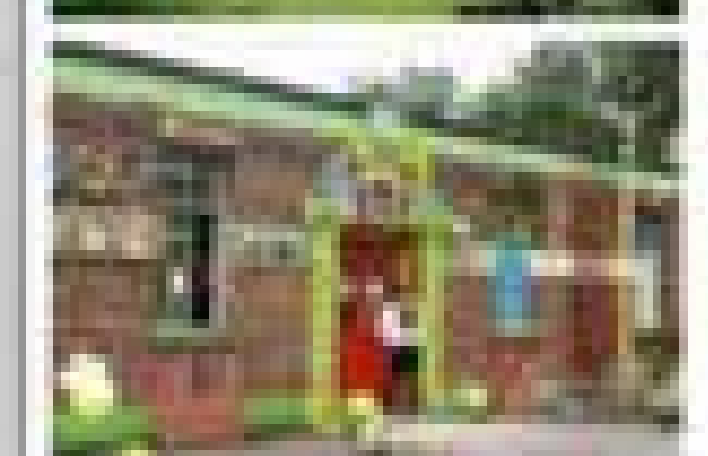
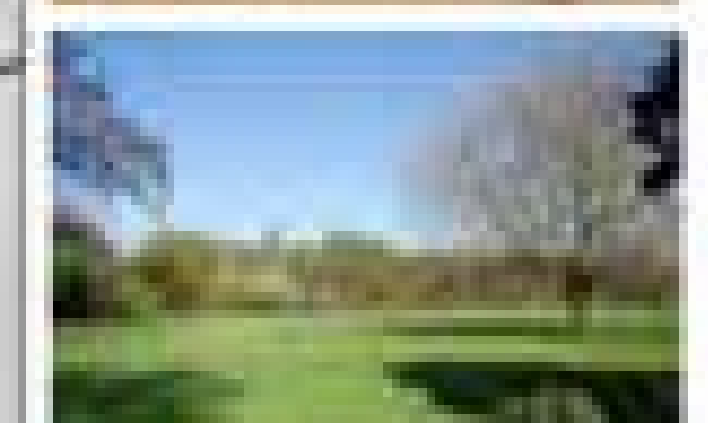
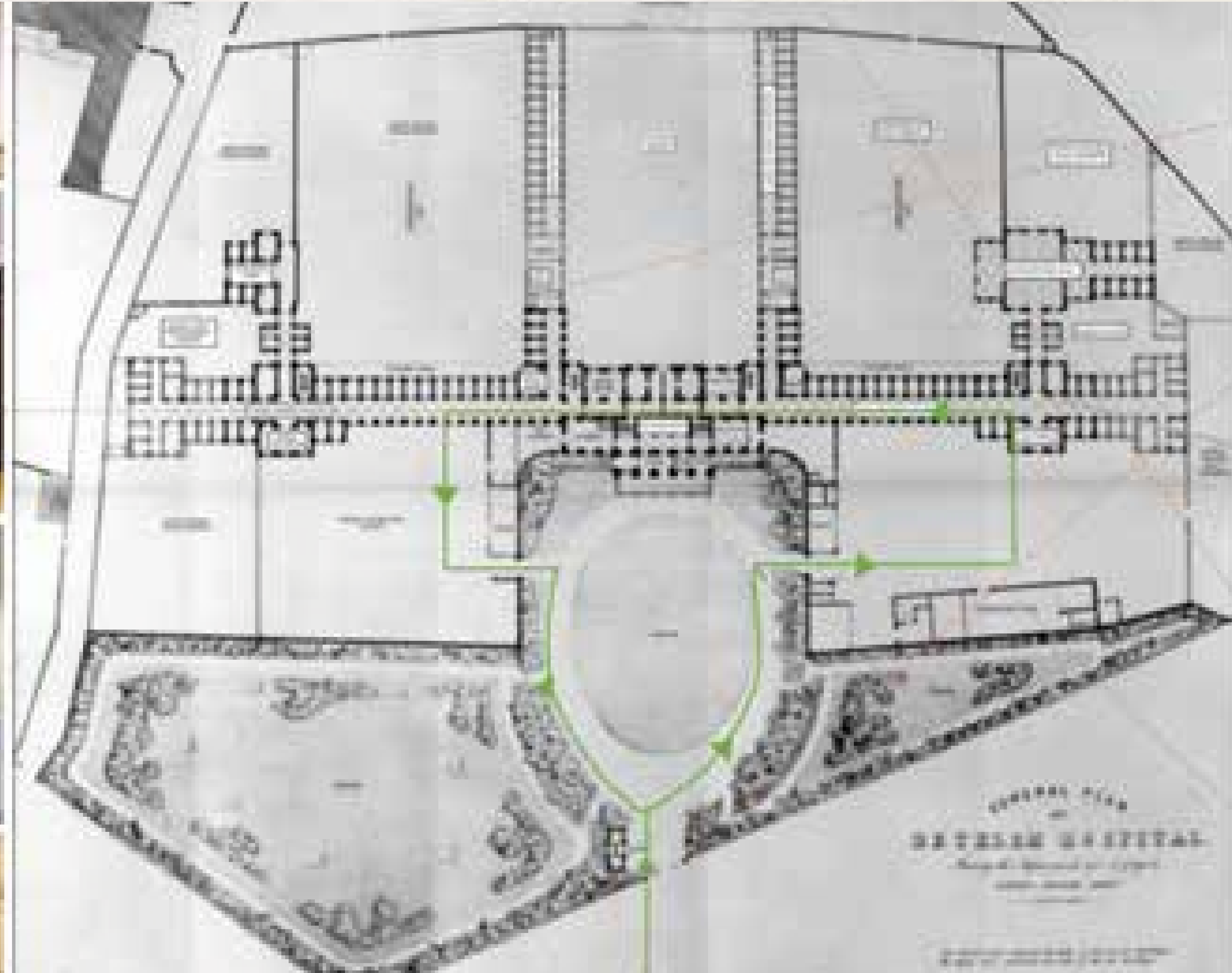
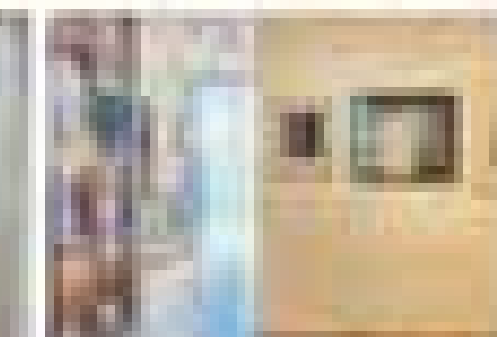
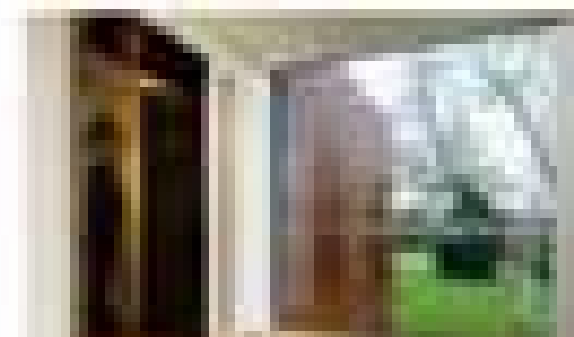
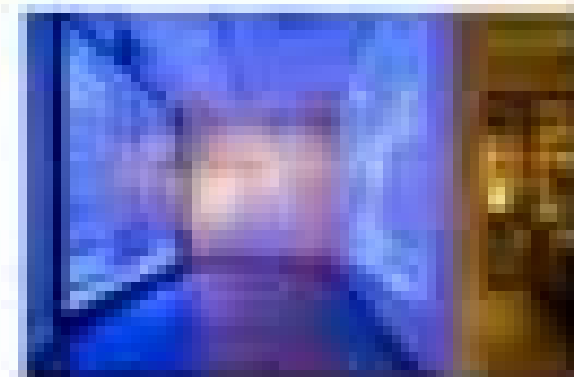
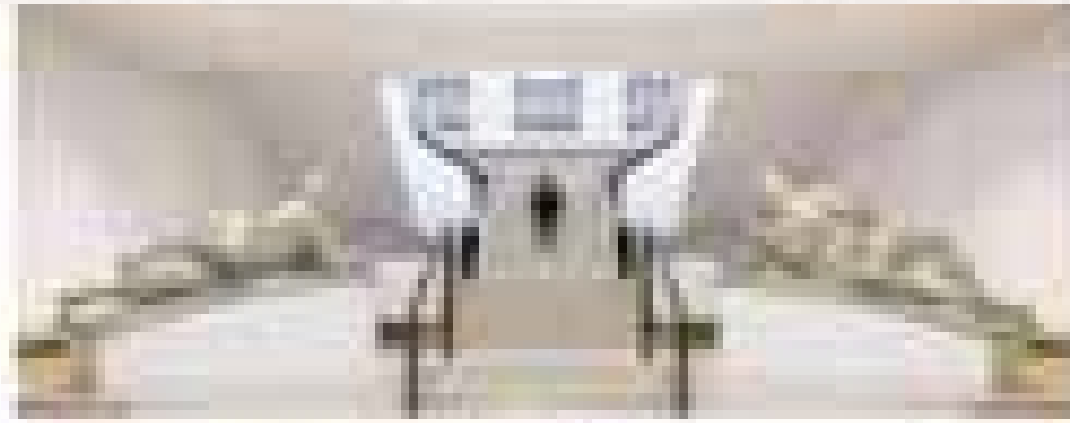
Site analysis



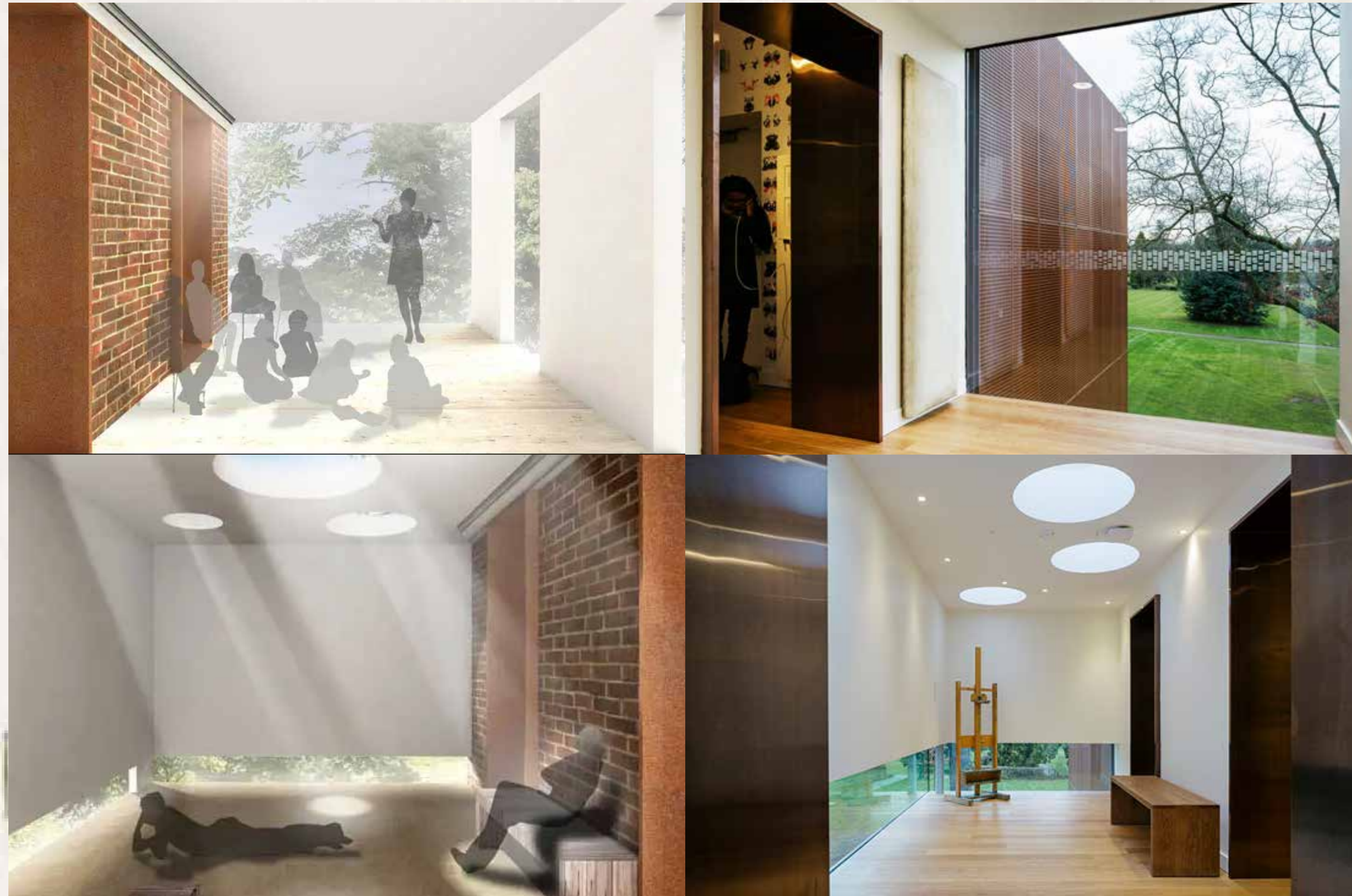
<https://www.facebook.com/bethlemroyalhospitallondon/>

In October 2022, I went to the world's first psychiatric hospital for research and visit. Unlike what I had imagined, the details of the interior design were filled with warmth everywhere. The top and bottom windows made the space much more lively. The gallery was colorful, and the staff were unexpectedly friendly. They helped me find every place I wanted to go, patiently answering every question I wanted to know. The large green plants and grasslands provided a particularly good view of the entire park.

My research sharing at Royal Bethlem



Some of my observations and practices



Situated within the hospital grounds, in a stunning Art Deco building shared with the Bethlem Gallery, Bethlem Museum of the Mind was formally opened by artist Grayson Perry in March 2015. The museum cares for an internationally renowned collection of archives, art and historic objects, which together offer an unparalleled resource to support the history of mental healthcare and treatment.

There are a large number of advanced interior design techniques that can have a positive effect on the patient's healing process. The meditation space with circular windows, bottom windows and large transparent windows can open up the view between indoor and outdoor.

Lack and problems:

The entire campus is located in a remote, suburban area, and is quiet. However, due to the long construction period, the building facilities are relatively old, including living space and activity space. Therefore, new building materials and designs are needed to be added to this hospital so that patients do not live in a depressing, prison-like ward, but can heal energetically.



Greenery can reduce depression



The oldest psychiatric hospital in the world, Bethlem was founded in 1247. It moved to its current 200-plus acre site in southeast London in the 1930s, and provides a huge range of mental health services, including for autism, eating and anxiety disorders, brain injuries and forensics.

Within the grounds is an orchard, planted in the 1940s and recovered from the dense woodland in 2010 with assistance from the Orchard Project. Today, 200 well-maintained trees supply apples and plums to the occupational therapy kitchen, with surplus sold to staff, the local community and visitors through the on-site Bethlem Gallery shop.

Nearby residents and staff are invited to enjoy waymarked walking trails in the extensive grounds, passing through a bluebell woodland, neat lawns and wildflower-filled meadows that attract bees and darting blue butterflies. The green walking routes are also incorporated into mental health recovery programmes for patients.

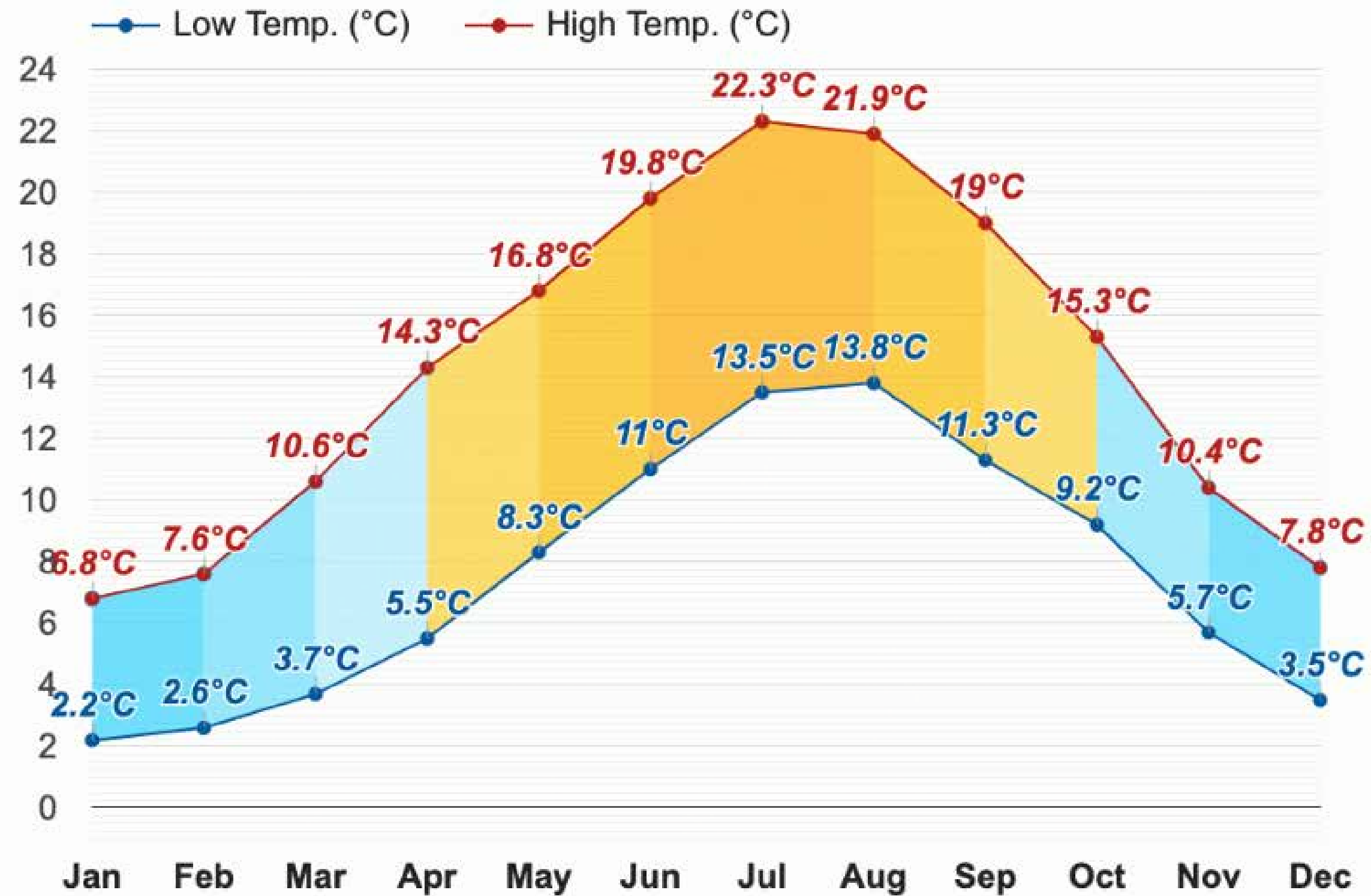


**The space
before
renovation**

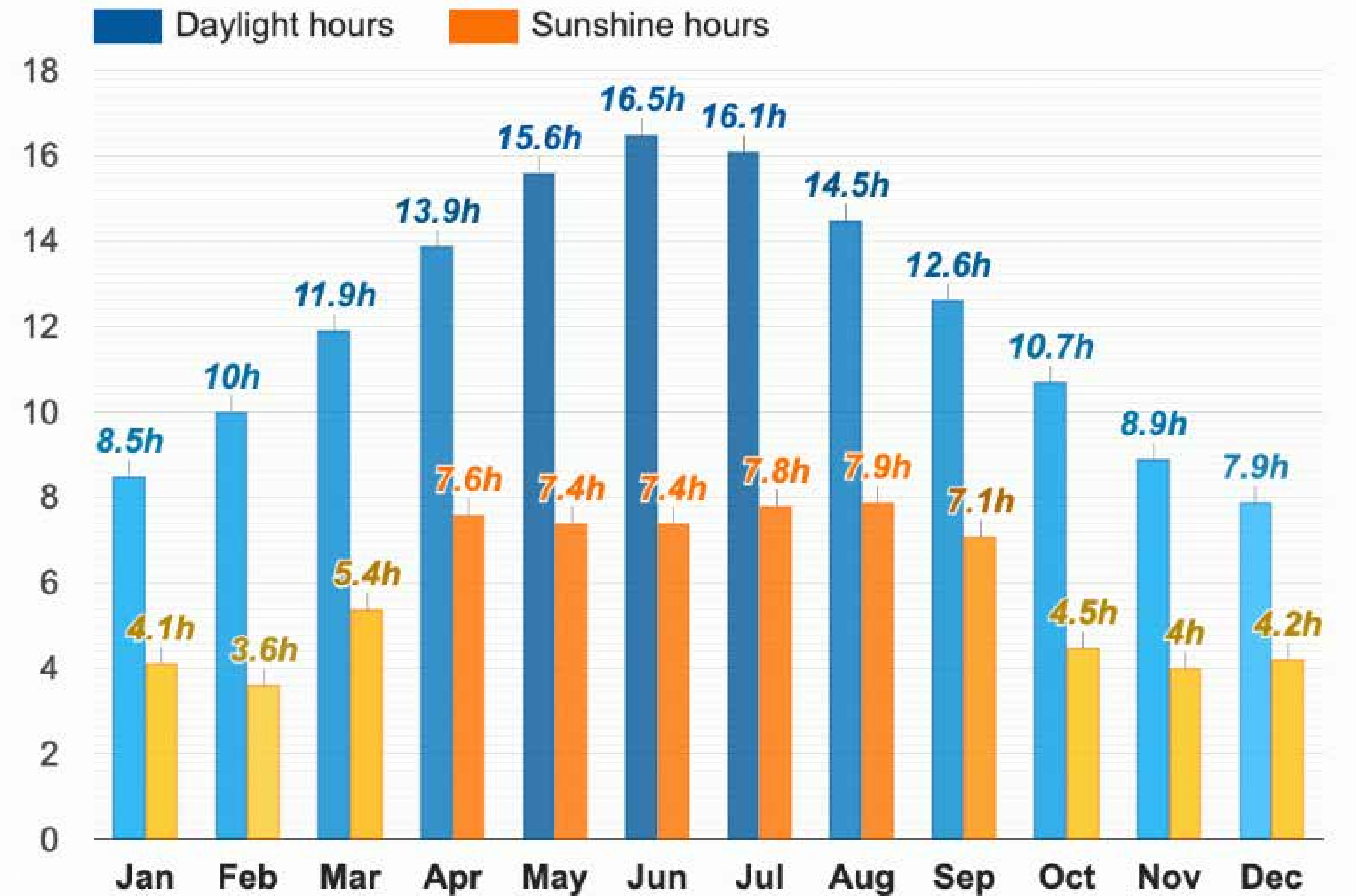


Temperature and sunshine

Temperature - London, United Kingdom



Daylight hours / Sunshine hours - London, United Kingdom



Winter activity of people

6:00

Feeling tired after having nightmares



7:00

Going to work, but feeling uneasy



9:00

Trying to focus but always getting distracted



11:00

Sometimes feeling fearful



Biological clock - In autumn and winter, the body receives less sunlight, the daytime is shorter, and indoor activities are frequent, which can affect mood and even lead to depression; these factors may also change the amount and time of melatonin secretion in the body, potentially interfering with the body's regulation of sleep patterns and mood.

Exercise intensity - In cold winter weather, people may reduce the time and intensity of outdoor activities, and heavy clothing can also hinder exercise, which may lead to a decrease in the secretion of substances such as serotonin, dopamine, and adrenaline in the body.

Nutrients - In winter, the body receives less sunlight, resulting in reduced vitamin D synthesis; in winter, people tend to reduce the intake of fresh vegetables, bananas and other foods, resulting in reduced intake of folic acid and tryptophan.

Scenery - In late autumn and winter, withering grass and trees, large-scale death of small animals such as insects, and cloudy or foggy skies may all affect people's moods

Social networks - Modern people may increase their use of social networks in winter, and often observe the activities of people living in places that are very different from their own surroundings. This can easily lead people who use social networks for a long time to misunderstand other people's lives, underestimate the proportion of difficulties and pain in their lives, and feel that their lives are particularly unsuccessful, particularly painful, and particularly meaningless.

Summer activity of people

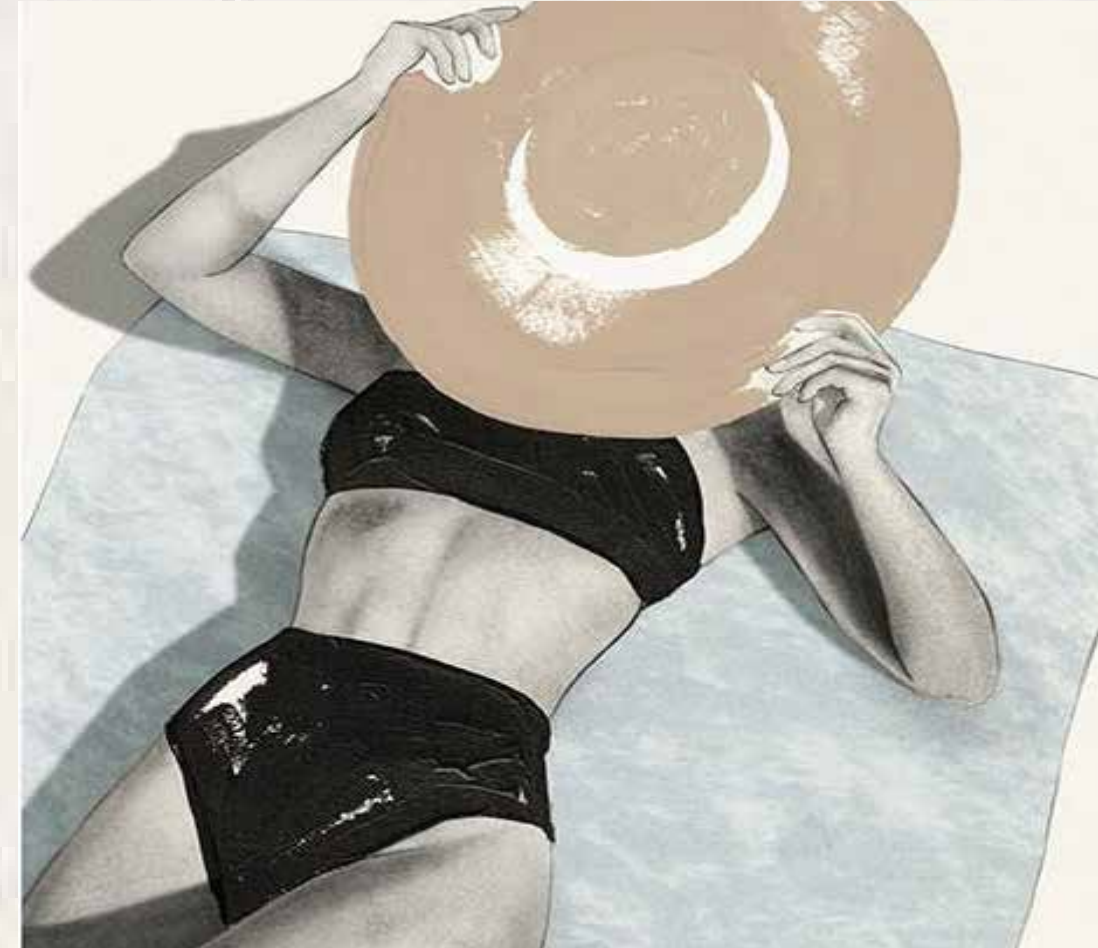
6:00

Feeling tired after having nightmares



7:00

Going to work, but feeling uneasy



9:00

Trying to focus but always getting distracted



11:00

Sometimes feeling fearful



1. Endocrine system: Sweating at high temperatures can affect water and salt metabolism. It is necessary to replenish water and electrolytes in a timely manner to prevent electrolyte imbalance, leading to symptoms such as weakness, thirst, oliguria, increased pulse, and fainting.

2. Circulating system: High temperatures can increase the burden on the heart, reduce cardiac output, lower blood pressure, and may cause symptoms such as dizziness, nausea, and shock. 3. Nervous system: High temperatures may cause a decrease in brain reaction speed, attention, and reduced mobility.

Causes of PTSD



Car Accident



Sexual abuse



Natural disasters



Violence



war



Illness



Death of a loved one

Worryingly, many children are not getting the support they need after being diagnosed with post-traumatic stress disorder (PTSD), new research has found.

In the first study of its kind, conducted by King's College London, more than 2,000 children born in England and Wales between 1994 and 1995 were studied.

The study found that nearly a third of participants had experienced trauma in childhood and a quarter went on to develop post-traumatic stress disorder - an anxiety disorder that can develop after participating in or witnessing a very stressful, scary or distressing event.

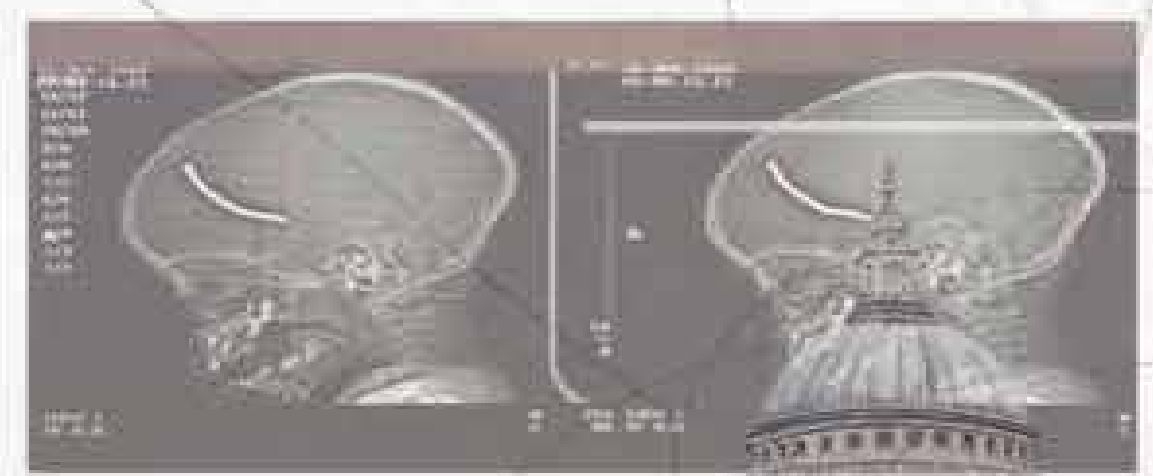
escape



nightmare



Lonely



headache



social anxiety



restless

PTSD
post traumatic stress disorder
flashbacks
fear
anxiety
trauma
hypervigilance
guilt
avoidance
triggers
nightmares
social anxiety
depression
panic attacks
irritability
concentration problems
startle response
sleep problems
mood swings
self-harm
substance use
isolation
difficulty trusting others
persistent negative beliefs
persistent negative emotions
persistent avoidance of stimuli associated with the trauma or event
persistent or exaggerated physiological reactivity



unhappy



powerless



mad



persecution delusion



depraved



boring

Therapy way

Cognitive behavioural therapy (CBT)



Cognitive behavioural therapy (CBT) is a type of talking therapy that aims to help you manage problems by changing how you think and act.

Trauma-focused CBT uses a range of psychological techniques to help you come to terms with the traumatic event.

For example, your therapist may ask you to face your traumatic memories by describing aspects of your experience in detail.

During this process, your therapist helps you cope with any distress you feel while identifying any beliefs you have about the experience that may be unhelpful.

Your therapist can help you gain control of your fear and distress by reviewing with you any conclusions you have drawn about your experience (for example, feeling you're to blame for what happened, or fear that it may happen again).

You may also be encouraged to gradually restart any activities you have avoided since your experience, such as driving a car if you had an accident.

You'll usually have 8 to 12 weekly sessions of trauma-focused CBT, although fewer may be needed. Sessions usually last for around 60 to 90 minutes.

Eye movement desensitisation and reprocessing (EMDR)



Eye movement desensitisation and reprocessing (EMDR) is a psychological treatment that's been found to reduce the symptoms of PTSD.

It involves recalling the traumatic incident in detail while making eye movements, usually by following the movement of your therapist's finger.

Other methods may include the therapist tapping their finger or playing sounds.

It's not clear exactly how EMDR works, but it may help you change the negative way you think about a traumatic experience.

Garden therapy



The 2 medicines recommended to treat PTSD in adults are paroxetine and sertraline.

Paroxetine and sertraline are both a type of antidepressant known as selective serotonin reuptake inhibitors (SSRIs).

These medicines will only be used if:

- you choose not to have trauma-focused psychological treatment
- psychological treatment would not be effective because there's an ongoing threat of further trauma (such as domestic violence)
- you have gained little or no benefit from a course of trauma-focused psychological treatment
- you have an underlying medical condition, such as severe depression, that significantly affects your ability to benefit from psychological treatment

One day of PTSD patients

6:00

Feeling tired after having nightmares



7:00

Going to work, but feeling uneasy



9:00

Trying to focus but always getting distracted



11:00

Sometimes feeling fearful



12:00

Afraid of falling asleep during lunch break



15:00

Anxiety and excitement, wanting to go home



17:00

Exhausted after returning home



19:00

Trying to watch TV but feel afraid



One day of normal person

6:00

Get up



7:00

prepare breakfast



9:00

Read newspaper



11:00

Go to work



12:00

meeting



15:00

Have afternoon tea



17:00

Do exercise



19:00

Take a bath and rest



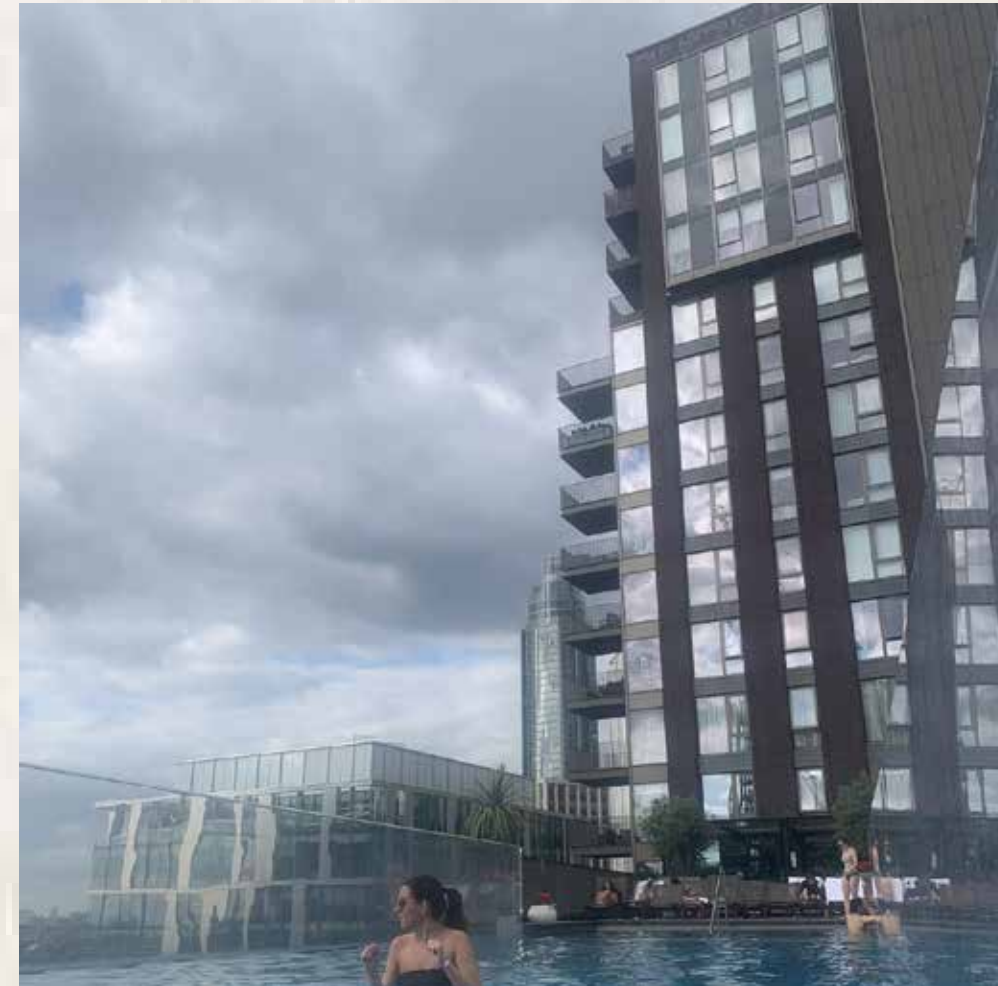
Sky pool winter summer people outdoor activities



summer in suny night



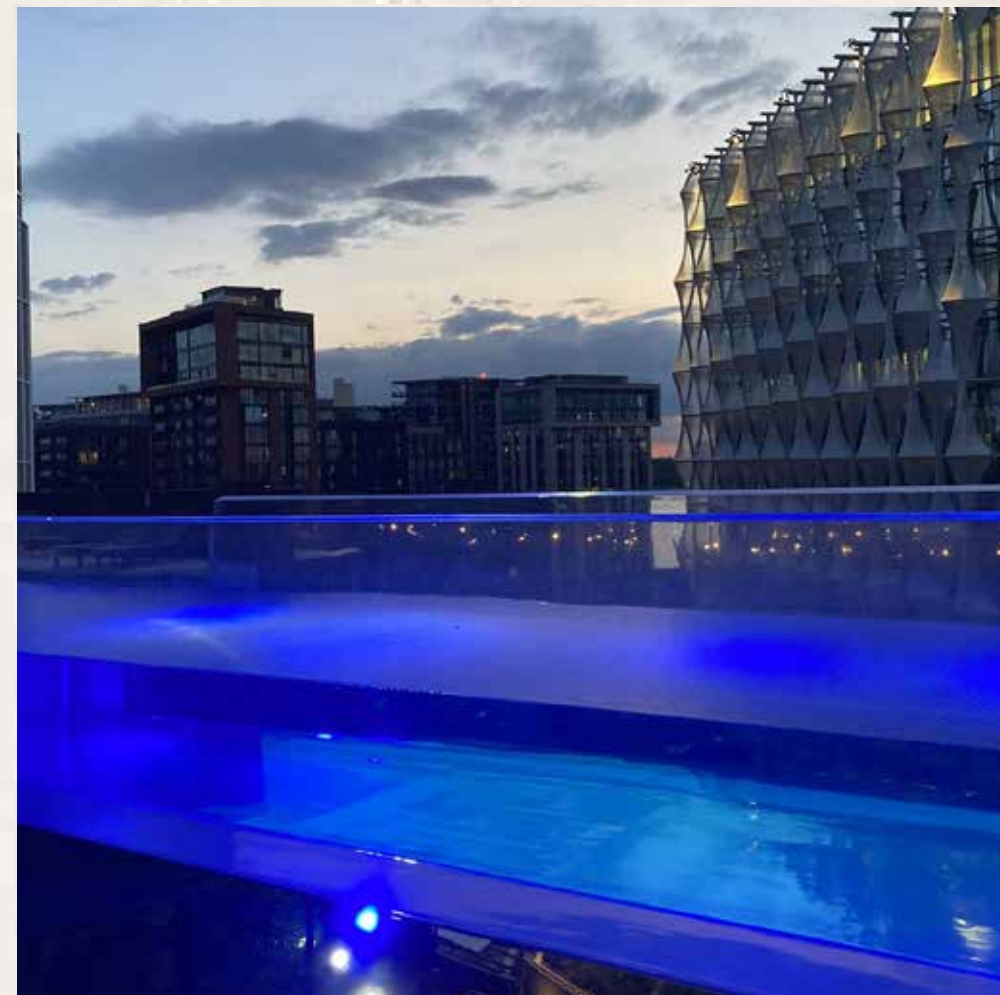
summer with good temperature noon



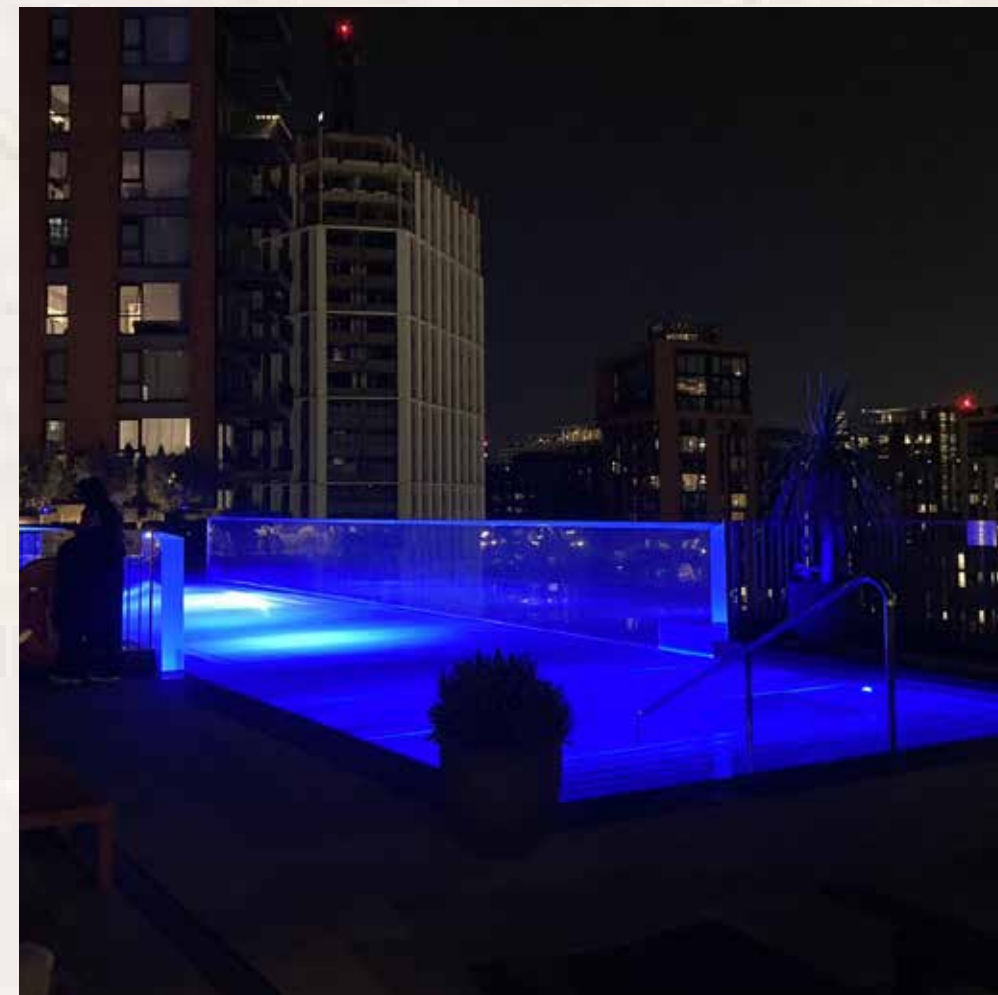
summer cloudy noon



winter all day

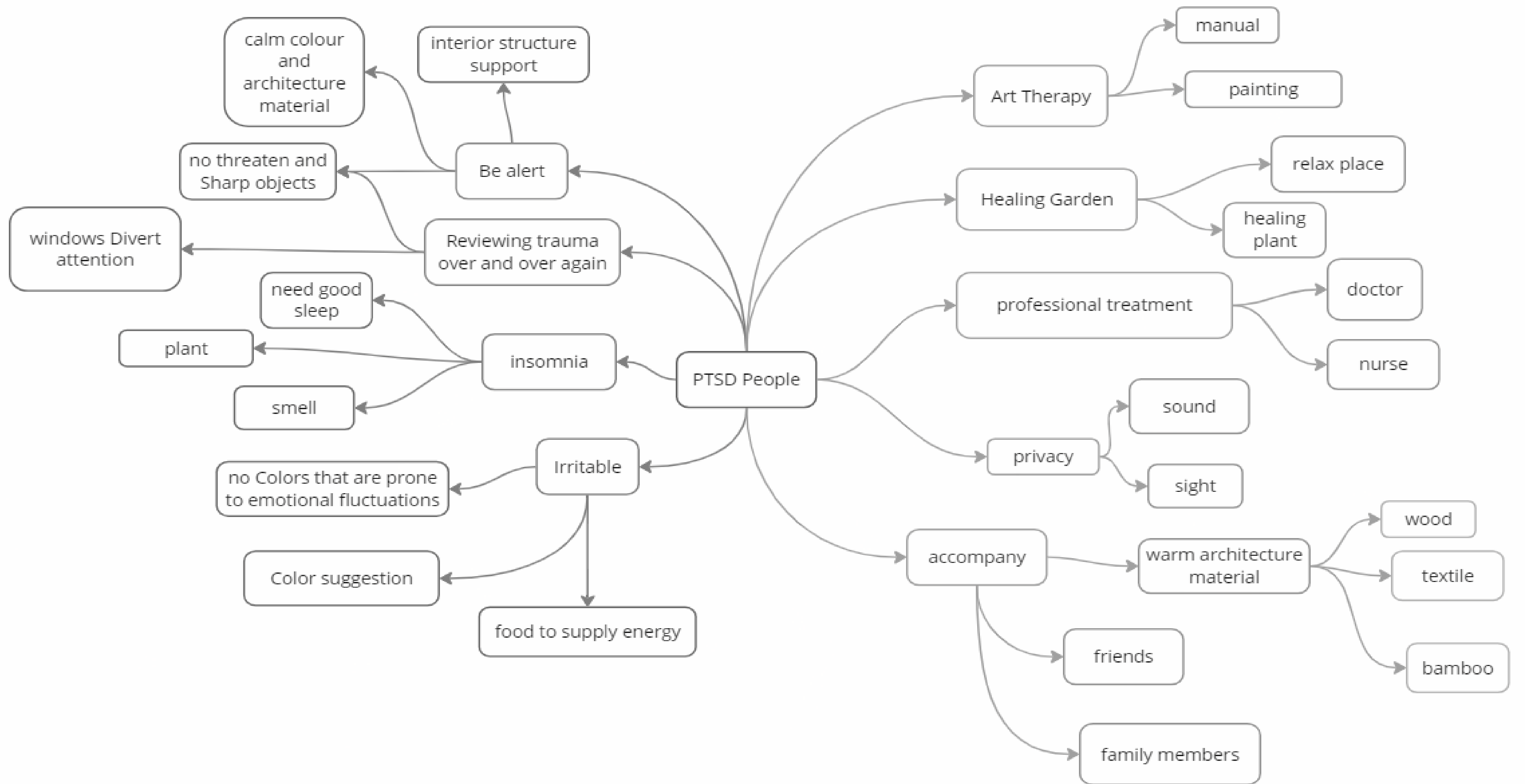


evening



night

Through observation of my public terrace, the frequency of use varies greatly in different seasons. The most frequent use is on sunny days from June to August. Basically, the 50 terrace seats and the swimming pool with a limit of 20 people are full. In the morning, the sun is bright and a small number of people are sunbathing. In the evening, a small number of people come to see the night view. In winter, there is almost no one all day because of the cold weather.



Trauma-Informed Design

Trauma-informed design incorporates the principles of trauma-informed care: empathy and understanding. It is an effective approach to designing spaces where individuals with traumatic experiences can spend time, such as hospitals, Veterans Affairs facilities, behavioral health centers, and social service facilities. The goal of trauma-informed design is to create an environment that promotes a sense of calm, safety, dignity, empowerment, and well-being for all occupants. These outcomes can be achieved through adjustments to spatial layout, thoughtful furniture selection, visual interest, light and color, art, and biophilic design.

Spatial Layout

Create "space availability" through clear sight lines, high ceilings, and minimal obstructions. This can increase a person's sense of safety and reduce the feeling that people feel crowded or trapped

Design a space that is easy to navigate, with consistent and clear signage, to create a sense of calm, familiarity, and empowerment

Dedicated spaces for somatic/body-based therapies, such as yoga and meditation rooms

Trauma-Informed Design Framework



Trauma-informed Design Framework 'Designing for Healing, Dignity and Joy (2020). Shopworks Architecture Group, 14 Engineering, & University of Denver Center for Housing and Homelessness Research'

<https://www.archdaily.com/958099/form-follows-feeling-trauma-informed-design-and-the-future-of-interior-spaces/60476527f91c81f506000113-form-follows-feeling-trauma-informed-design-and-the-future-of-interior-spaces-image>

Trauma-informed design principle

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Spatial Layout

Create “space availability” through clear sight lines, high ceilings, and minimal obstructions. This can increase a person’s sense of safety and reduce perceived crowding or feeling trapped
Easy-to-navigate spaces and consistent and clear signage create a sense of calm, familiarity, and empowerment
Dedicated spaces for somatic/body-based therapies, such as yoga and meditation rooms

Furniture

Consider how the arrangement of furniture affects users’ sense of safety, perceived crowding, and relationships with staff (e.g., communication or authority). Sitting face-to-face across a table can be perceived as confrontational, whereas sitting corner-to-corner, with no barriers in between, can spark conversation and trust.
Choose furniture with soft, comfortable, and “cocooning” elements, which can make users feel protected and safe
In waiting areas or common areas, orient seating so users are facing away from a shielded wall
Always reference universal design principles to promote accessibility
Designated areas that provide a sense of privacy

Visual and auditory interest

Limit visual complexity, such as distracting wallpaper or rugs. This can increase stress and anxiety
Symmetry and soft patterns can create a sense of security and grounding
Minimize unnecessary and overwhelming ambient noise
Consider playing music that includes natural sounds

Light and color

Ensure adequate lighting that doesn’t buzz or flicker, and includes controls that can be operated for light-sensitive and visually impaired people
Avoid using dark tones of warm colors (reds, oranges, yellows)
Use cool colors (blues, greens, purples) to create a calming effect. Light-colored rooms are perceived as having a greater sense of space and are therefore safer and calmer
Avoid stark white walls
Use windows and natural light whenever possible

Art

Art can create a visual distraction that reduces stress and increases comfort
Nature paintings and photography have been linked to improved mood and lower stress levels
Avoid abstract works with harsh lines and colors

Biophilic design

Research shows that environments that include vegetation, gardens, and green spaces can reduce stress, pain, increase healing rates, and promote peace, tranquility, increased self-esteem, and a sense of connection to the environment. Research has also shown that even just views of nature (whether directly, through a window, or by viewing art) as well as indoor plants are associated with increased positive emotions and comfort. Plants not only serve an important biophilic function by connecting occupants to the natural world, but they may also improve air quality

Space & Layout

Nha Khoa Nu Cui Viet Dental Clinic

The space is also designed to address how clients feel when sitting, waiting, moving, healing, and interacting with different forms of services. It focuses on a relaxing atmosphere that puts people first: clients, doctors, and service staff. The central atrium and surrounding public and service spaces allow the building to be connected in multiple ways, providing greater flexibility for internal functions in the operation and maintenance areas.

The building's shell is covered with an outer steel curtain, followed by a layer of trees that are responsible for filtering the building's air and light, delineating interior and exterior attributes through layers of glass. The harsh climate is actively regulated through the multi-layered envelope, making the building's atmosphere natural, open, and welcoming



Furniture

Furniture

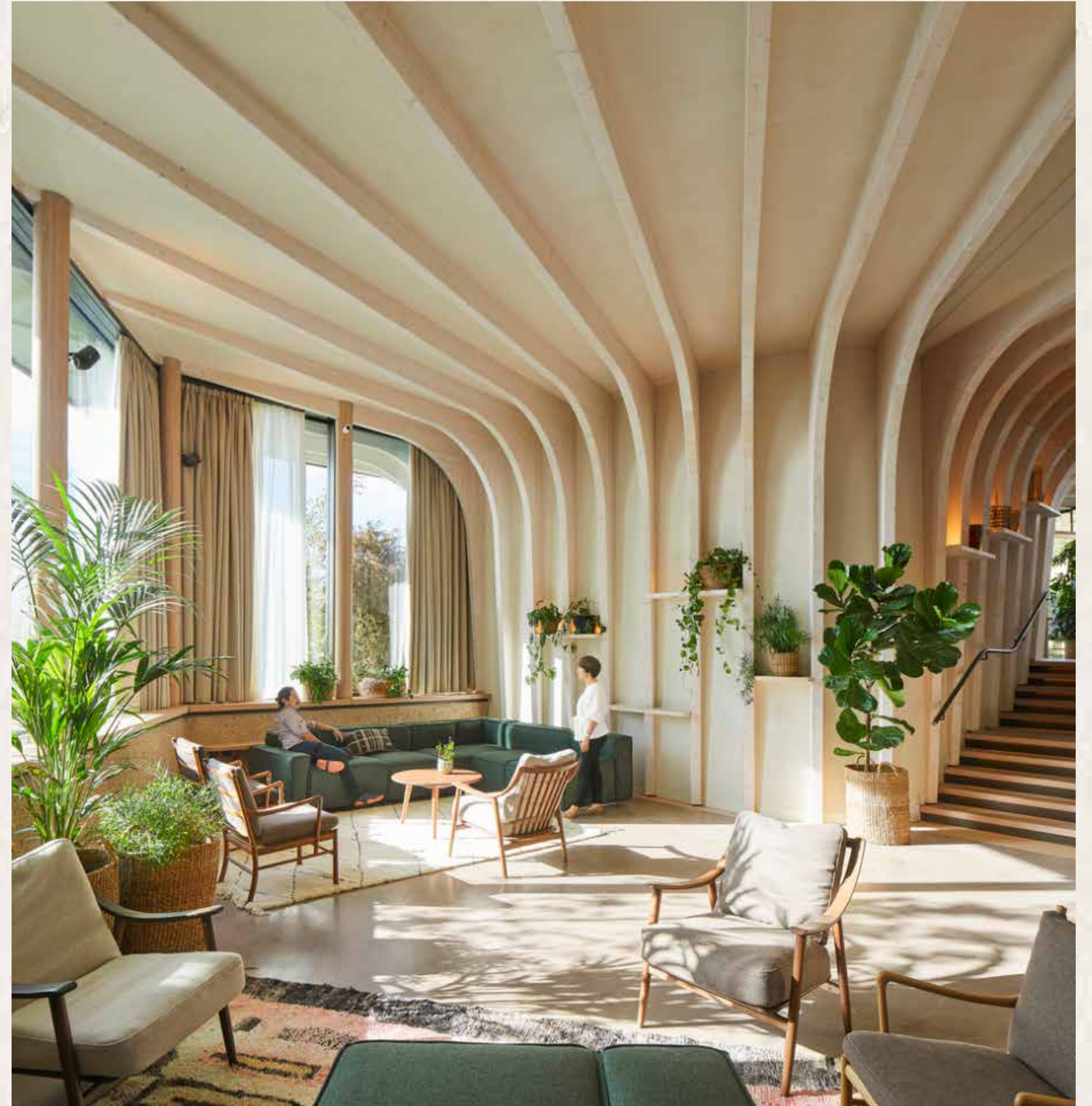
The arrangement of furniture needs to consider how it affects users' feelings of safety, perceived crowding, and relationships with staff (e.g., communicative or authoritative). Sitting face-to-face across a table or desk can be perceived as adversarial, whereas sitting corner to corner, with no barriers in between, can foster conversation and trust.

Choose furniture with soft, cozy, and “cocooning” elements that can make users feel protected and safe

In waiting areas or common areas, orient seating so users face a blocking wall

Always reference universal design principles to promote accessibility

Designated areas that provide a sense of privacy



Visual and auditory

Architecture Tailored for the Deaf and Hard-of-Hearing Community



Space and proximity

When gathered in larger groups, deaf people often form a circle where everyone can communicate with each other. These communication methods typically require more spacious space to accommodate all types of interactions.

Sensory Touch

Sensory touch refers to the interrelated perceptual systems (auditory, visual, olfactory, sensory) that individuals use to understand and locate space. For deaf people, expanding their sensory range involves utilizing vision, vibration, touch, and social cues to achieve comprehensive spatial awareness. When designing spaces for the deaf, various strategies can enhance these multisensory communication systems

Mobility and proximity

Sensory touch refers to the interrelated perceptual systems (auditory, visual, olfactory, sensory) that individuals use to understand and locate space. For deaf people, expanding their sensory range involves utilizing vision, vibration, touch, and social cues to achieve comprehensive spatial awareness. When designing spaces for the deaf, various strategies can enhance these multisensory communication systems

Light and color

One of the main goals of the deaf space system is to create safe conditions and freedom of movement for the sign language community, minimizing danger and achieving easy circulation. Wider sidewalks, paths, and corridors are crucial for accommodating crowds signing while walking. Sudden tilting or sudden transitions should be avoided.

acoustics

Deaf and hearing impaired individuals heavily rely on visual communication methods such as sign language, lip reading, and facial expressions. Poor lighting conditions, glare, and shadow patterns can interrupt these types of communication, leading to eye fatigue and lack of concentration. Throughout the university campus, specific architectural elements such as sun blinds are used to control sunlight and diffuse direct sunlight.

Visual and auditory interest

Limit visual complexity, such as distracting wallpaper or rugs. This can increase stress and anxiety

Symmetry and soft patterns can create a sense of security and grounding

Light and Color

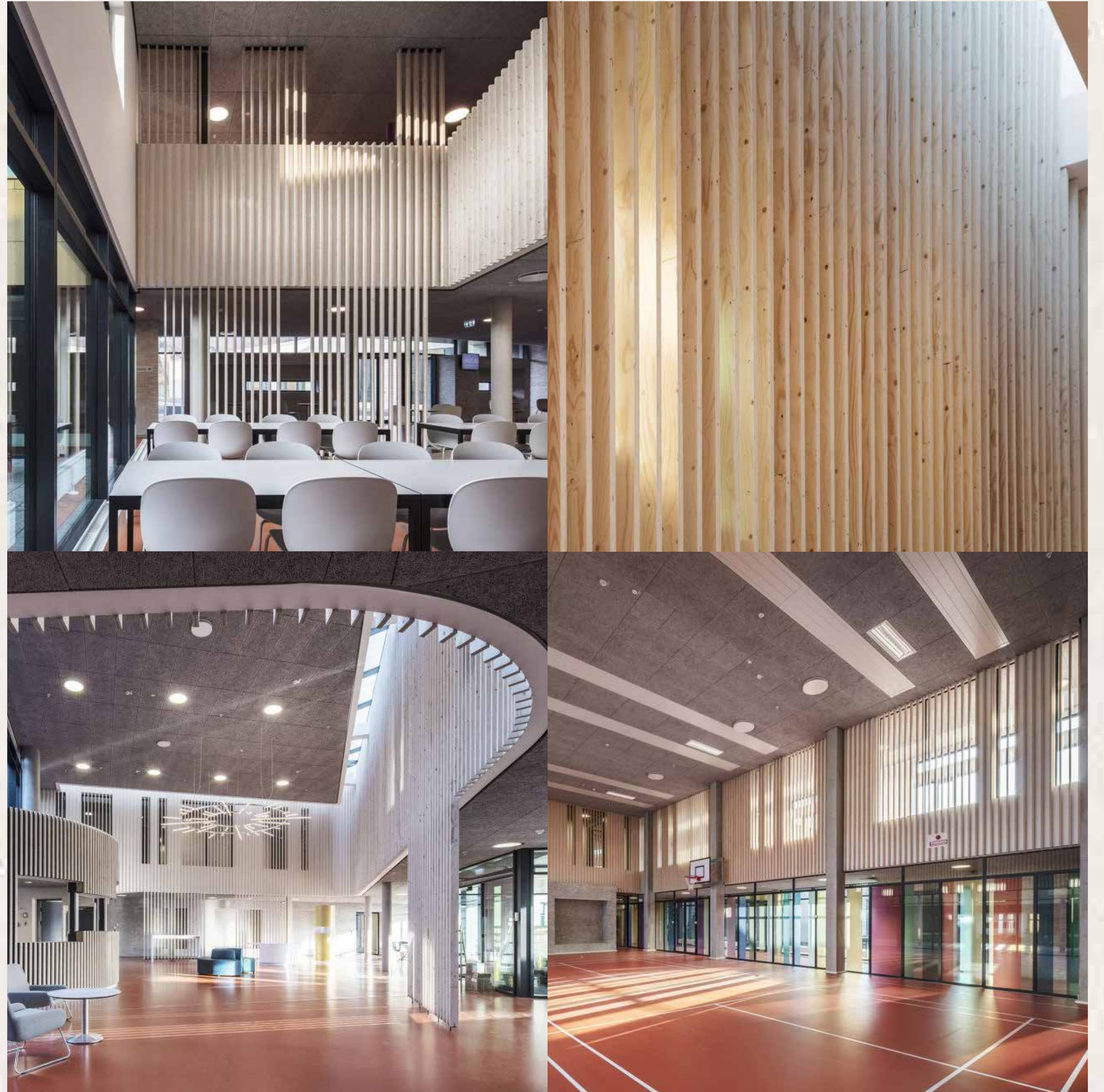
Ensure adequate lighting that doesn't buzz or flicker, and includes controls that can be operated for light-sensitive and visually impaired people

Avoid dark shades of warm colors (reds, oranges, yellows)

Use cool colors (blues, greens, purples) to create a calming effect. Rooms with lighter colors are perceived as more spatially usable and therefore safer and calmer

Avoid stark white walls

Provide windows and natural light whenever possible



Art

Art can create a visual distraction that reduces stress and increases comfort
Nature painting and photography have been linked to increased mood and decreased stress levels

Avoid abstract work with harsh lines and colors

British painter Thomas Edwin Mostyn

His paintings are far from realism, depicting life outside the city, making people feel peaceful and relaxed. This is the true meaning of life.



Biophilic design

The garden was designed in partnership with John Warland and in collaboration with survivors of torture to provide a place of sanctuary and healing, where horticultural therapy calms, heals and restores on their journey to recovery. It demonstrates best practice for the creation and relocation of show gardens. Employing long-term sustainable techniques, it is a minimal waste, concrete-free, nectar-rich green space for wildlife and humans.

A sinuous rill, fed from an overflowing pithoi, runs through the garden and around the sunken seating area. This gentle sound of trickling water permeates the garden, bringing the focus away from the world outside, down into the garden.

Waves of willow wash through the garden, subtly dividing the space, creating coves of tranquillity and resting spots along the stoney path. The warm, tactile willow mutes external noise and clamour, enveloping the sitter: providing places of refuge and peacefulness.

Swathes of naturalistic planting, designed to stimulate happier memories of homelands far away, sweep around the sunken seating area and across the garden. The planting is steeped in significance: from the fig tree that traditionally indicates the presence of hidden water, to the beautiful edimentals chosen by survivors to remind them of home, such as chickpea, nigella and poppy. The plants too are survivors, able to tolerate harsh conditions and a changing climate.

Finally, an elegant curved wooden bench, with the word ‘freedom’ inscribed into the cedar of Lebanon timber in five different languages invites survivors to come together around the communal bread oven, to share stories, forge new friendships, bake and break bread.

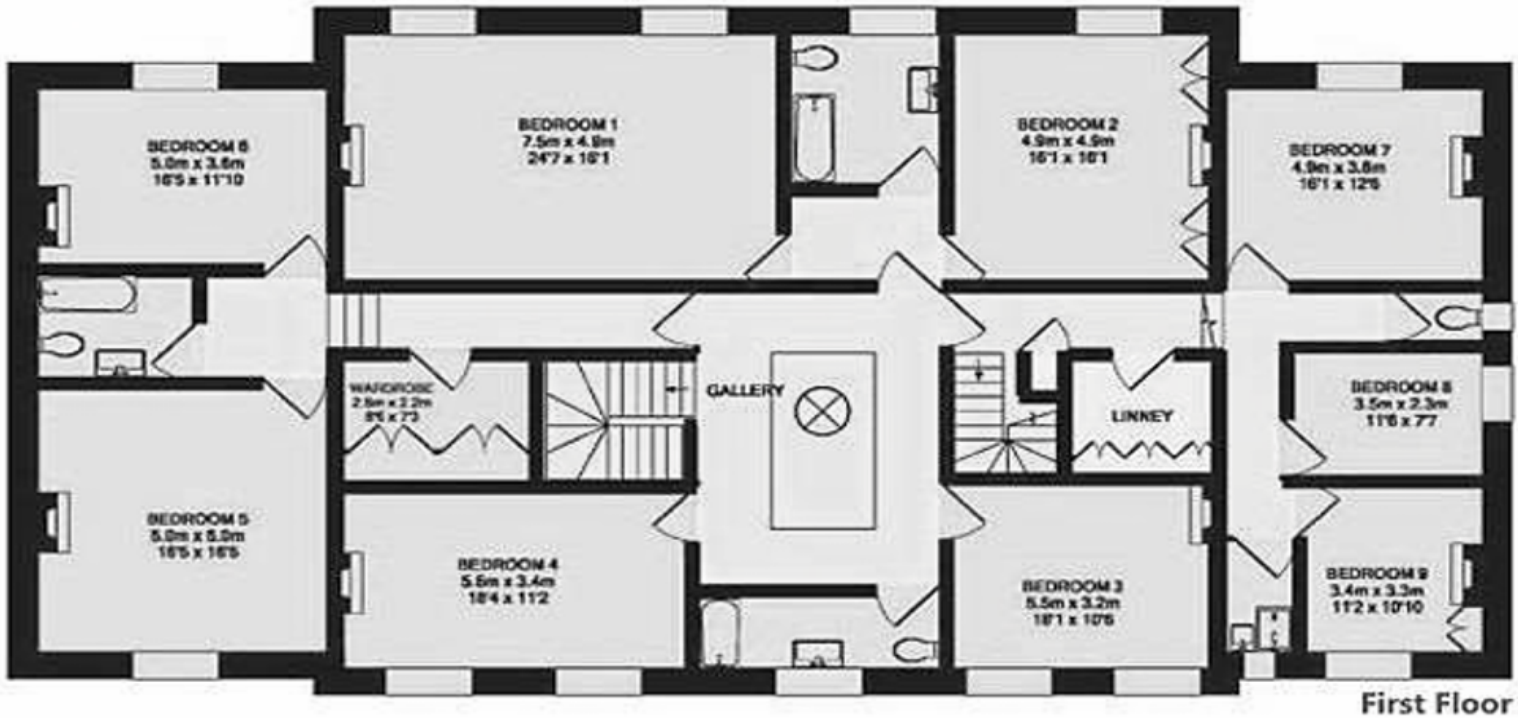
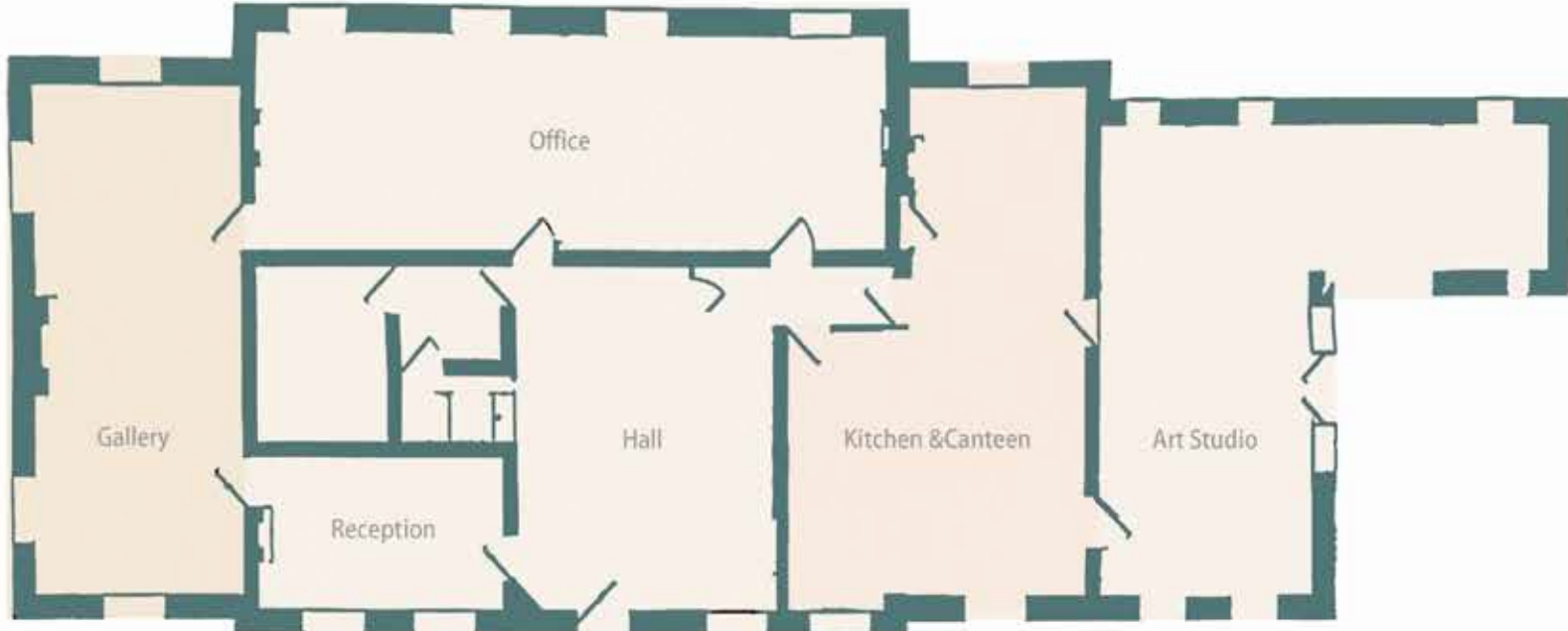
Biophilic Design

Studies show that environments that include vegetation, gardens, and green spaces can reduce stress, pain, increase healing rates, and promote peace, tranquility, increased self-esteem, and a sense of connection to the environment. Research also shows that even just appreciating natural views (whether directly through a window or viewing art), as well as indoor plants, are associated with increased positive emotions and comfort.



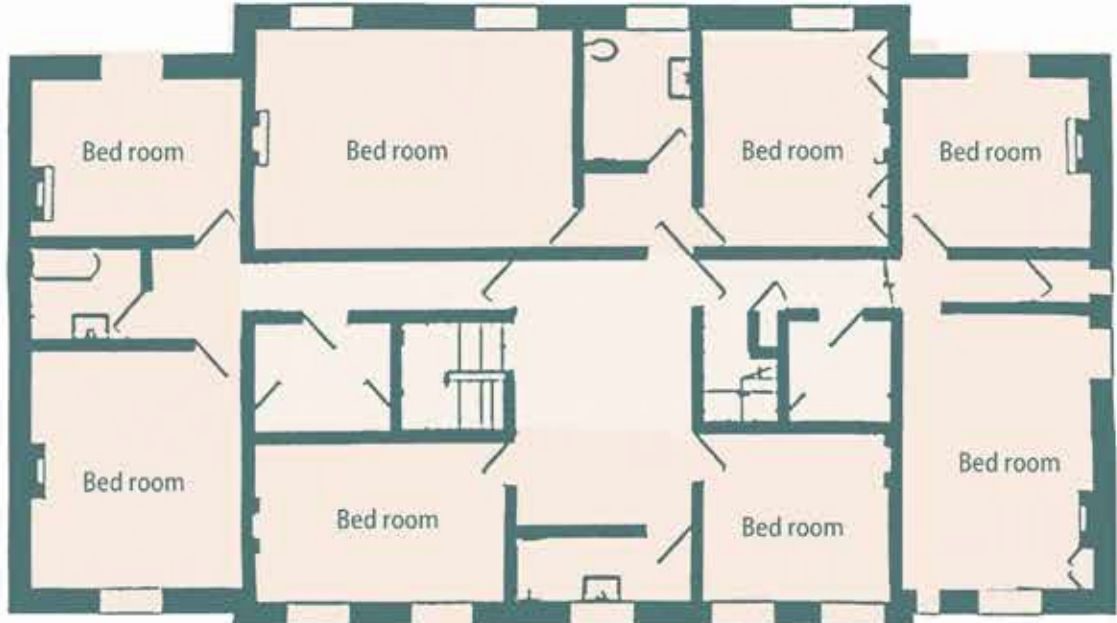
Plan Design

Regarding the modification of the traffic flow, the previous house was an old building, and there were many unreasonable aspects in the division of living and space, such as too much storage space, small and narrow space, etc. I rearranged them one by one.



Approximate Gross Internal Floor Area
6225 sq ft / 578 sq m

This plan is for guidance only and must not be relied upon as a statement of fact. Attention is drawn to the important Notice on the last page of the brochure.



My Garden

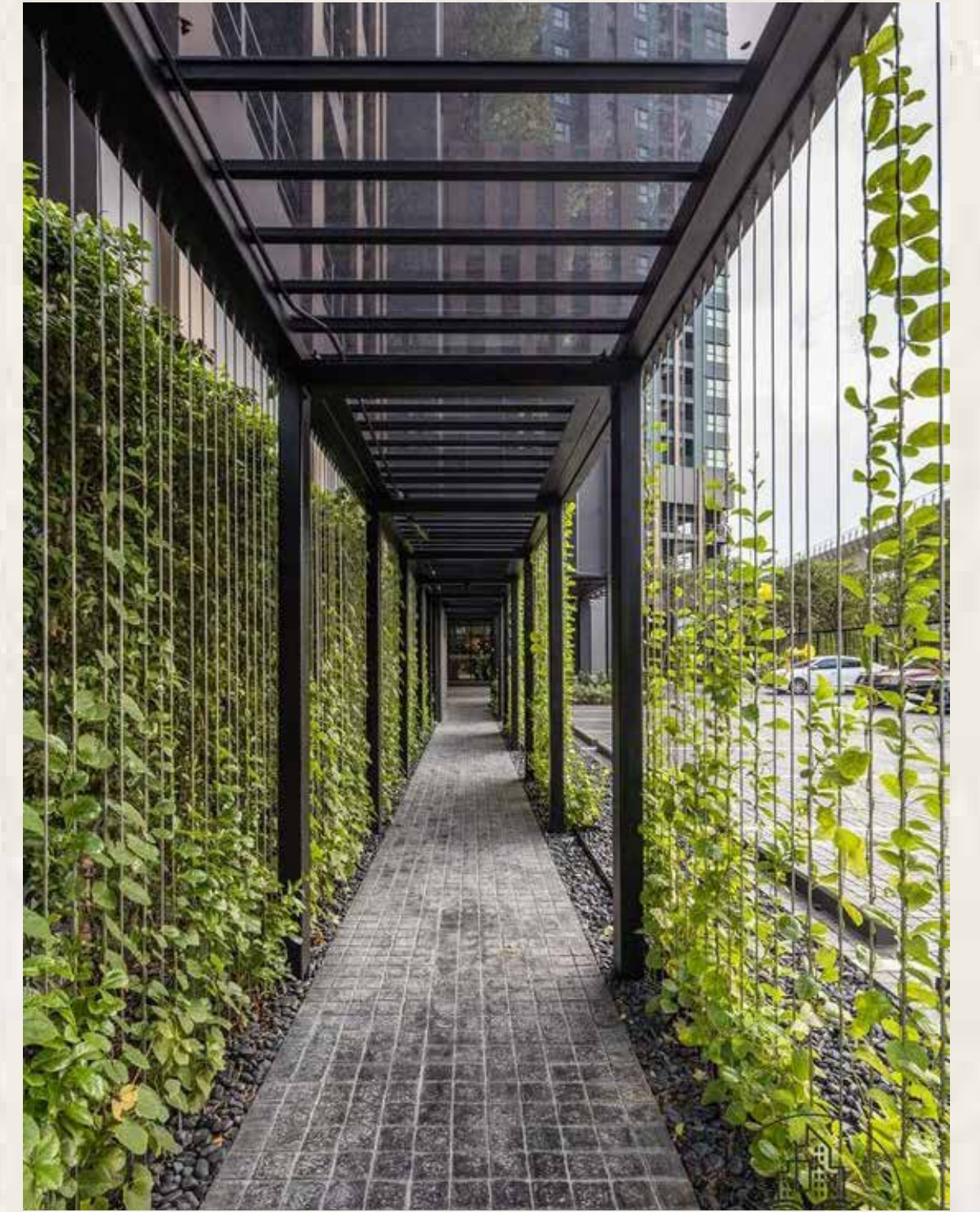


When I try to design a garden,I just think I have a little garden at home,When I see them I just feel so glad. They have many stages,from a little plant to Bloom and fruiting during the different seasons.

Garden Research



I randomly picked some plants in the garden, which have different materials, colors, and flowering periods. I was thinking that the landscape may be different in different seasons, and they have different shapes and functions. For example, vines are like fabrics, and they have different shapes and functions. Taste is also very important, as it provides different experiences in terms of five senses.



Famous Cases



Shopworks' design for PATH was strongly influenced by trauma-informed design, an emerging architectural discourse that aligns the built environment with the principles of trauma-informed care, which aims to mitigate the physical and mental toll of past harm.

Designing to Avoid Inciting Trauma

Shopworks founder Chad Holtzinger and his colleagues needed to have long conversations with Second Chance staff about things like door handles, to avoid using handles that looked like those used in prisons. That's why the stairwells are wide and have windows. "That was really important," says Latif, who has been incarcerated for 18 years. "For a lot of us, a lot of things happen in stairwells. These are things I didn't know would be required.

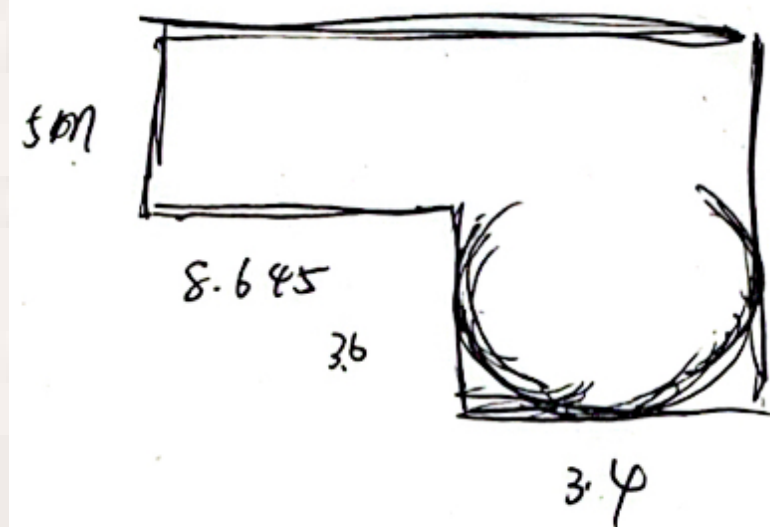
With TID, buildings become "the first line of treatment," Holtzinger says. "We're raising awareness of how the built environment can neglect mental health."



Maggie's Centres are located in the UK and overseas. They are a refuge for cancer patients to provide emotional support and medical treatment. They are affectionately called "second homes". Inspired by Maggie Keswick Jencks' new medical building design, they spared no effort to use architectural elements to inspire the spirit and bring positive energy to patients during treatment. Set in a garden landscape, the Manchester Center aims to create a local and intimate feeling. You will inadvertently see it at the end of a tree-lined street, just a short walk from the Christie Hospital and its top brain tumor department.



Hope Street is a pioneering residential community for women and their children who have experienced trauma and are in the justice system.

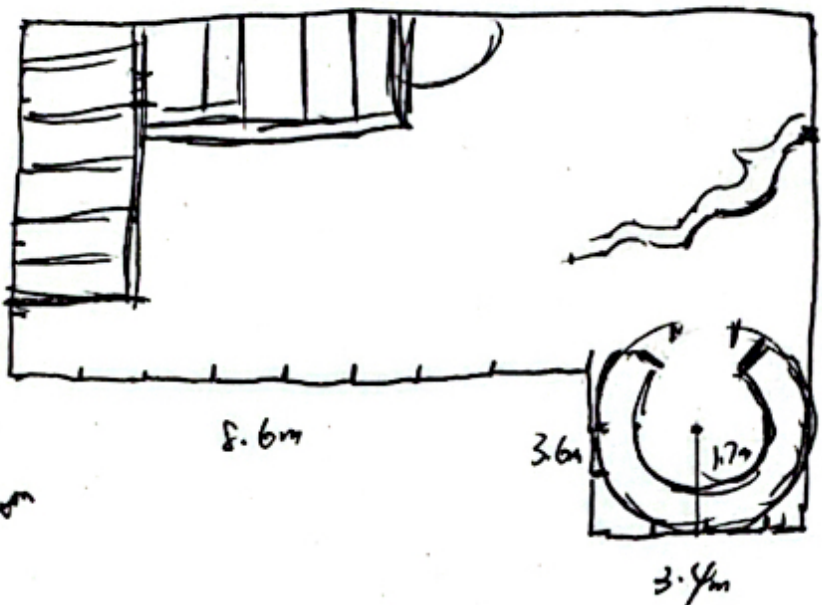


$$\frac{1.52}{363.26} = \frac{x}{98mm}$$

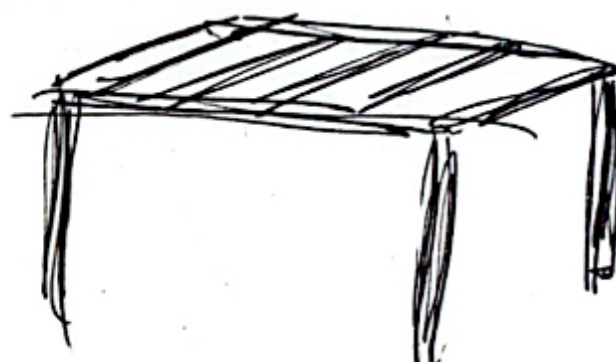
$$363.26x = 98 \times 152$$

$$= 49mm$$

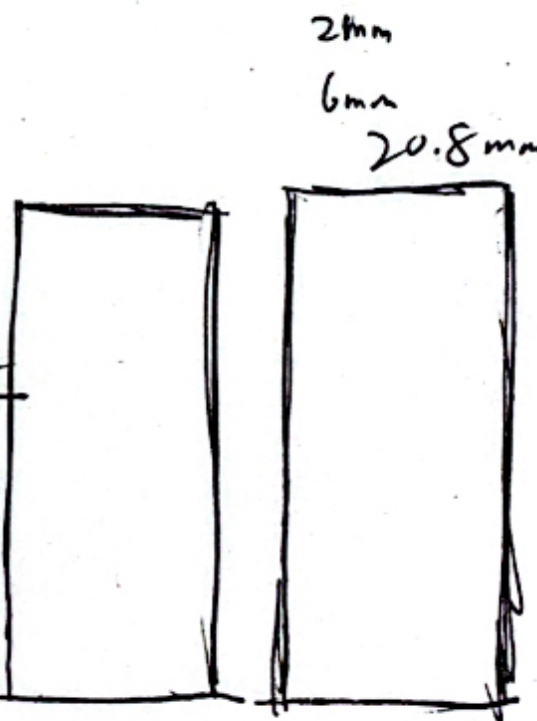
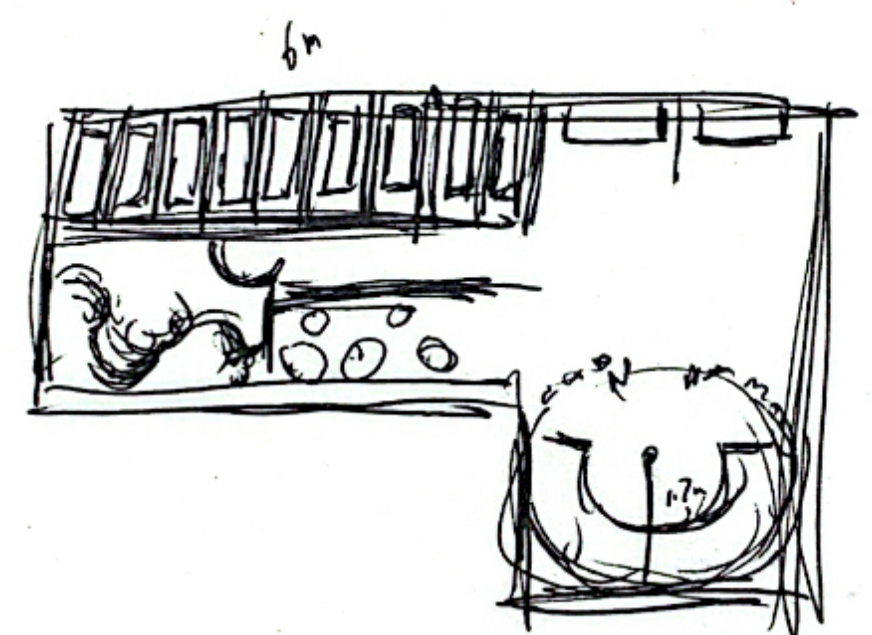
2m. 200cm. = 12m. 1m = 1.66cm



1.2m = 20m
 写排板+小说法
 小样 泥条
 胶水 2层



7.24 = 2mm
 15.12 = ?
 13 X 2 m
 1m X 121

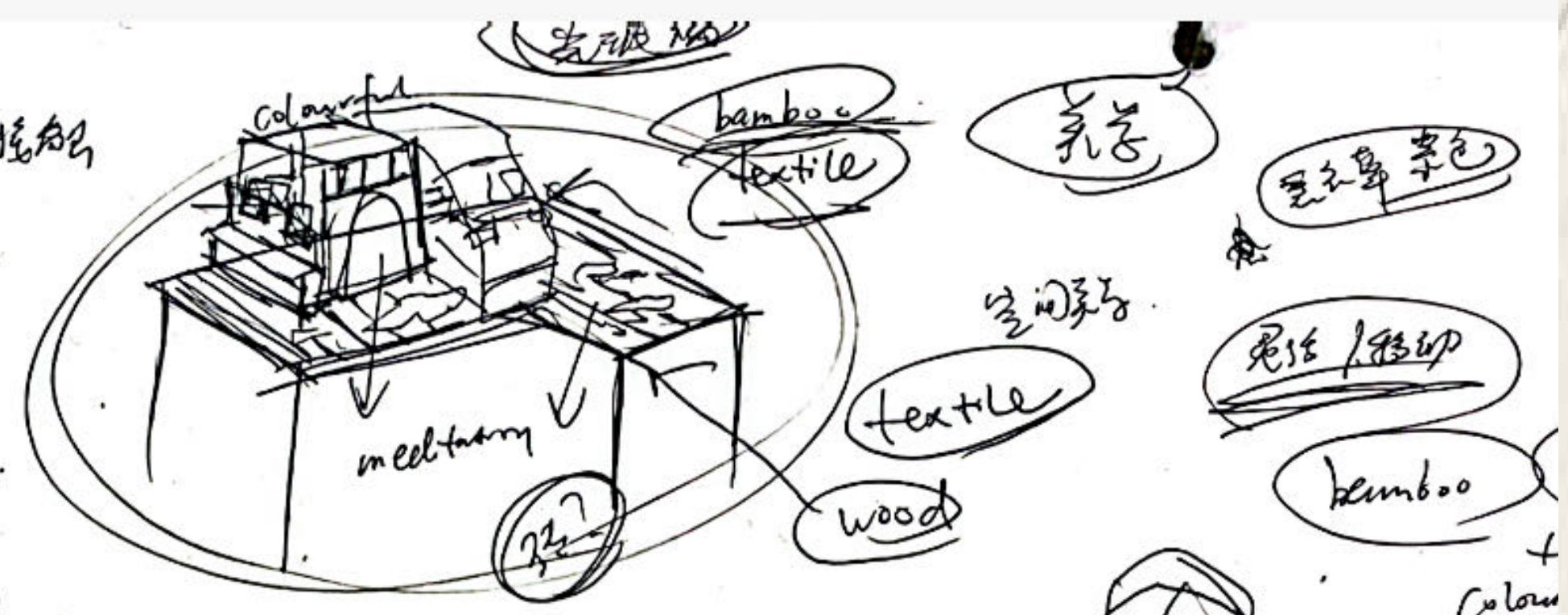


$$\frac{7.32}{2} = \frac{x}{50}$$

需要什么 (1917) (去顶)

避免内凹 / 不好人的接触
 又柔软 / 空间开阔
 但又过
 高低错落

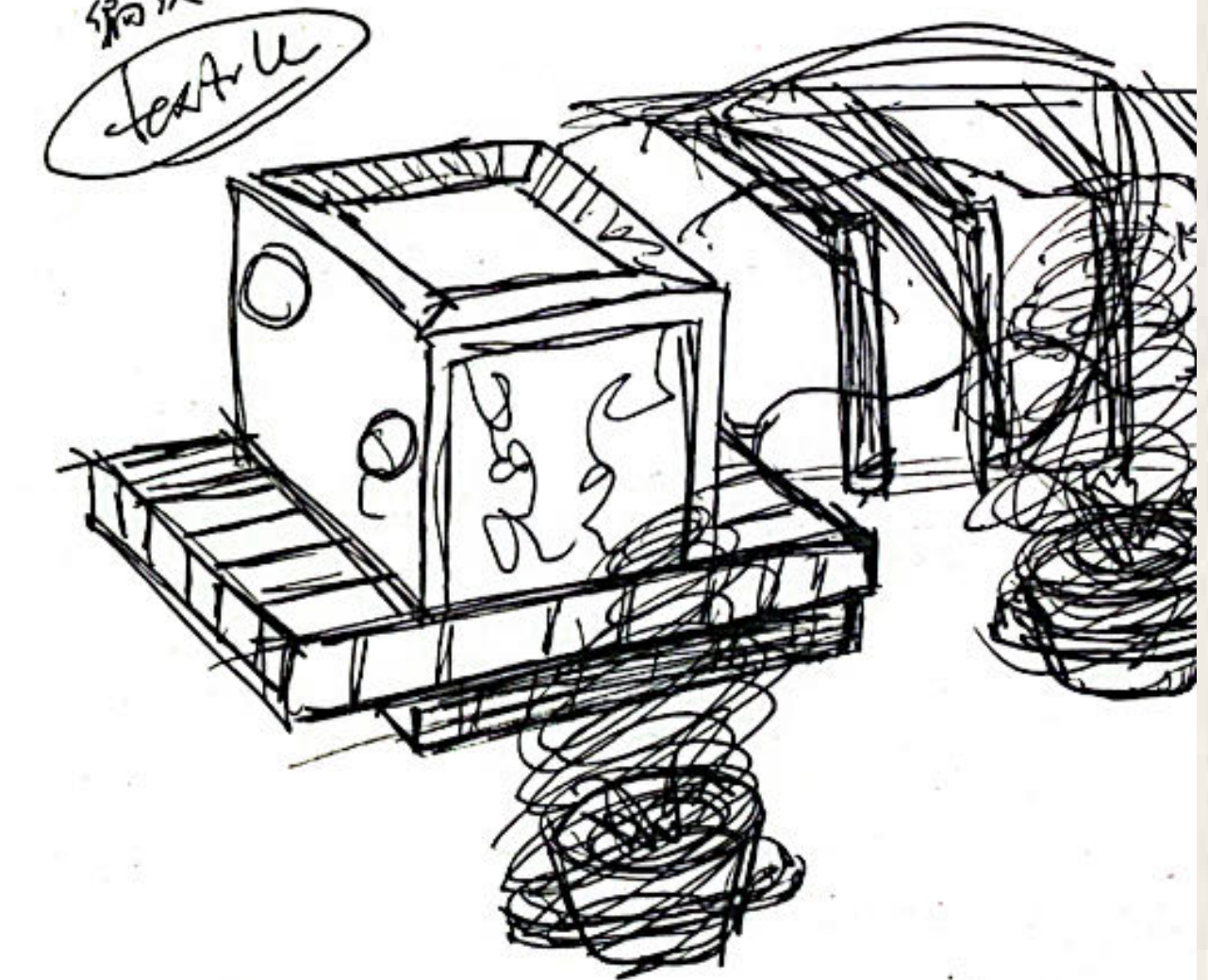
高质量环境 / 设计后续
 处理物点
 路Proposal



touch.
 Shaker -> function

textile
 bamboo...

空间学习计划, 扩大更多范围, 实
 打印 老师 future 表
 纺织 textile



textile

A Day in the Life of PTSD

Support Groups: Support groups can provide a sense of community and understanding for people with PTSD. They provide a safe space for individuals to share experiences and offer mutual support. Organizations such as the National Alliance on Mental Illness (NAMI) offer support groups specifically for people with PTSD.

Exercise and Relaxation Techniques: Exercise and relaxation techniques such as yoga and meditation have been shown to be helpful for people with PTSD. These techniques can help individuals manage symptoms such as anxiety and stress.

Virtual Reality Therapy: Virtual reality therapy has emerged as a new and promising treatment for PTSD. This therapy involves exposing individuals to virtual environments that simulate the trauma they experienced, allowing them to face and process their emotions in a controlled environment.

PTSD is a serious mental health condition that requires professional treatment. Treatment options for PTSD include psychotherapy, medication, support groups, exercise and relaxation techniques, and virtual reality therapy. If you or someone you love is experiencing symptoms of PTSD, it is important to discuss treatment options with a healthcare provider or mental health professional. With the right treatment and support, people with PTSD can learn to manage their symptoms and improve their overall quality of life.

To illustrate my life with PTSD, we wrote about the example of someone who has been in a car accident. This can be extremely challenging and can affect every aspect of a person's daily life. Here is an example of a day in the life of John, a person with PTSD from a car accident:

6am - John wakes up feeling tired and anxious after another night of having vivid nightmares about the car accident that caused his PTSD. He struggles to get out of bed and start his day.

7am - John goes to work, but he feels overwhelmed and uneasy during his commute. The sound of car horns and screeching brakes brings back his memories of the accident, and he has to pull over to calm down.

9:00am - At work, John tries to focus on his tasks, but he keeps getting distracted by intrusive thoughts about the accident. He feels nervous and irritable, and he avoids his coworkers.

12:00pm - During his lunch break, John tries to relax by taking a walk, but he can't shake the anxiety and fear that comes with going out. The sight of passing cars and the sound of engines trigger his PTSD symptoms.

3pm - As the workday approaches, John becomes increasingly anxious and agitated. He begins to feel like he is in danger and can't wait to get home.

5pm - John arrives home feeling exhausted. He is relieved to be in a familiar and safe environment, but he is still on edge and easily triggered by sounds and sights that remind him of the accident.

8pm - John tries to relax and watch TV, but his mind replays the accident over and over again. He has trouble falling asleep because he knows he will probably have another nightmare.

This is just one example of a day in the life of someone with PTSD after a car accident. It is important for people with PTSD to seek professional help and support to address their symptoms and improve their quality of life. Treatment options for PTSD may include psychotherapy, medication, support groups and lifestyle changes. With the right treatment and support, people with PTSD can learn to manage their symptoms and improve their overall health and wellbeing.

At Serenity we offer professional, private and completely confidential psychotherapy and counselling services. Based in Solihull and Burton upon Trent, we work with and help people across the Midlands. Our psychotherapists and counsellors will put you at ease and help you achieve better mental health.

We believe that the relationship between client and therapist is vital to the success of your counselling service. We know that life can feel like a tangled web of uncertainty and some situations can feel difficult to deal with on your own. We are here for you and we have a safe and welcoming space to support you through it all.

Nursing home How to design

Black Walnut

Wood is more expensive and is mainly used for furniture, flooring and plywood

Teak

Teak does not warp or crack in the case of large changes in sun, rain, dryness and wetness. It is highly resistant to water and fire; it can resist termites and sea worms in different seas, and is extremely resistant to decay.

Oak

Oak wood is white or yellowish white in color, with fine structure, hard wood, slow growth, and clear distinction between heartwood and sapwood.

Rubber Wood

The wood is light yellowish brown or yellowish white, diffuse porous, thin-walled cells are short-cut linear or periporous, with crystalline cells. When the tree is old, its trunk can be used to make furniture.

Cherry

It is expensive, prone to cracking and warping, and is mostly used to make furniture, toys, etc.

Ash

Ash wood is tough and has beautiful textures. It is yellowish white (sapwood) or brownish yellow (heartwood). The annual rings are obvious but uneven. The wood structure is coarse, the texture is straight, the pattern is beautiful, shiny, and the hardness is relatively high. Ash wood has the characteristics of good elasticity, toughness, wear resistance, and moisture resistance.

Pine

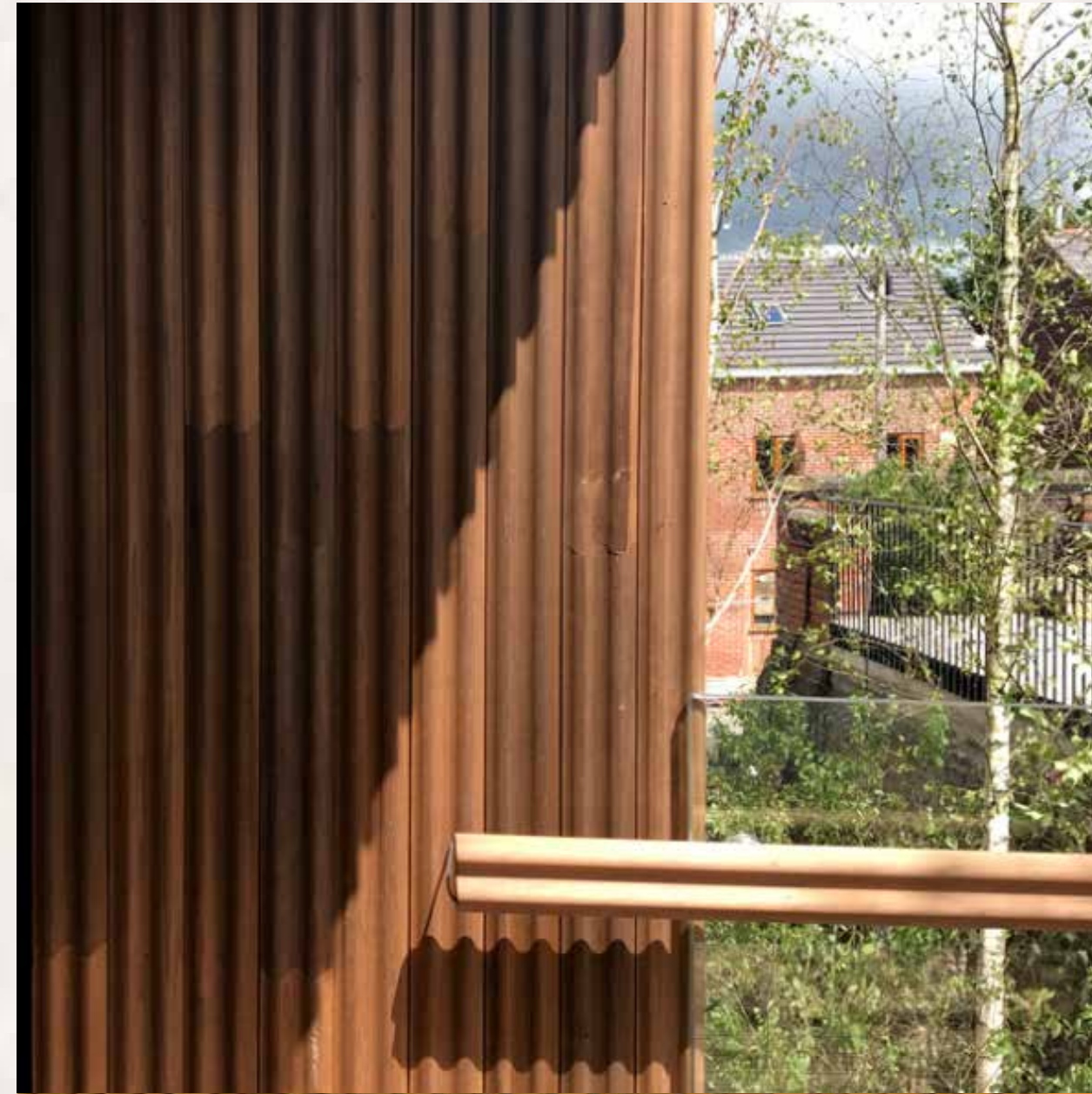
Red pine furniture is cheap, strong and durable, with good elasticity and breathability, and the disassembly and assembly design is relatively simple, and the installation is also convenient. Good quality pine has small knots, less oiliness and is not easy to change color

Elm

Elm wood is tough, with clear texture, moderate hardness and strength, and can be used for general openwork and relief carving. The planed surface is smooth, the string surface has beautiful patterns, and has the pattern of "chicken wing wood". It can be used for furniture, decoration, etc.

When it comes to traditional building materials, wood has been shown to be extremely beneficial for physical and mental health. Studies have shown that the visual presence of wooden elements is more effective at reducing stress than plants, and that rooms with around 45% wooden surfaces can increase comfort, lower blood pressure, and improve cognitive abilities. However, it is key to source materials from sustainably managed forests, or use recycled wood, to ensure environmental health. Similarly, bamboo has been called a happy material; viewing it can calm nervous minds, reduce anxiety, and improve concentration. It is also highly sustainable: as a fast-growing grass, bamboo requires no fertilizer and can reproduce on its own. Compared to the same mass of trees, bamboo produces 35% more oxygen and absorbs up to 12 tons of carbon dioxide per hectare per year. Stainless steel is also a great option, and while not a natural resource, it can be recycled infinitely and emits no toxins (which explains its prevalence in cookware).

For the healthiest homes, hard floors are often a better choice than carpet, laminate, or vinyl. Carpeting traps pollutants and can never be fully cleaned, while some laminate floors can emit dangerous levels of formaldehyde. Instead, consider wood floors with a low-VOC finish, or tiles with low-VOC sealants, such as ceramic, porcelain, and glass tiles, which are easy to clean. If you still want to go with carpet, go with wool rugs, wood, or felt mats made from natural, renewable fibers that are chemical-free and sustainable. For installation, it's important to look for non-toxic adhesives or hook-and-loop systems that require no adhesive at all.



Maggie's Oldham /

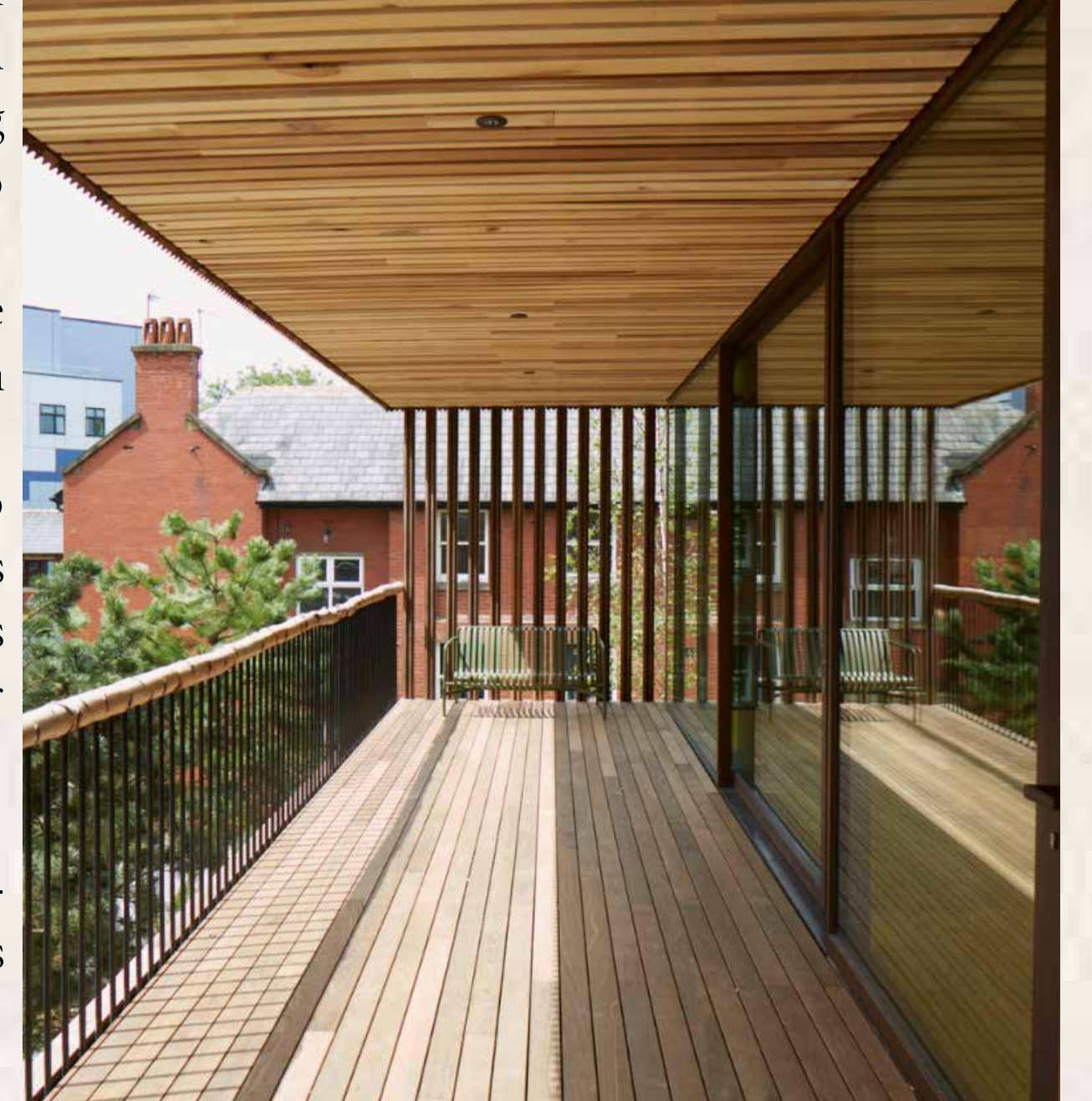
Maggie's Cancer Care Centre in Oldham, UK is the world's first building made from hardwood cross-laminated timber (CLT).

Maggie's is a charity that provides practical and emotional support to people living with cancer following the new ideology of cancer care laid out by Maggie Keswick Jencks. Built on the grounds of specialist NHS cancer hospitals, Maggie's Centres are warm and welcoming places with qualified professionals on hand to offer a programme of support shown to improve physical and emotional wellbeing.

dRMM chose tulipwood for the design of Maggie's Oldham for the positive influence wood has on people and for the beauty, strength and warmth inherent to American tulipwood.

"In wood there is hope, humanity, scale, warmth, and nature's clever plan to absorb carbon. Wood is a non-toxic, versatile, benign, anti-carcinogenic material. Maggie's Oldham has a built-in, very visible holistic design message that supports the central aims of the design – to uplift and offer hope to people affected by cancer. The applications for sustainably grown hardwood, particularly fast growing tulipwood CLT is endless." – Professor Alex De Rijke, Founding Director, dRMM Architects.

The finished building is thoughtful, holistic, therapeutic, warm and filled with surprises, – even the smallest detail has been carefully considered and chosen to improve the patient's wellbeing.



Origin Chairs Features analysis:



Base
Lightweight and easy to move



Contour
Suitable for outdoor



Lotus
360° sitting posture supports
movement in all directions



Flux
Flexible and comfortable



Mojo
Easy to assemble

This armchair is named after the Paimio tuberculosis sanatorium in Southwest Finland. The chair was designed by Alvar Aalto at the same time as the sanatorium and it was chosen for seating in various places including the sanatorium common room. The chair was shown to the public for the first time at an exhibition of standard products held in conjunction with the Nordic Building Forum in Helsinki in 1932.

The armrests and the legs of the chair, the rings, were made by bending thin slats of solid timber to shape in a mould. The rings for the first Paimio chairs were made in beech. The raw material for the seat was birch-ply and once the beech of which the rings were made had been replaced by birch in 1934, the chair could be marketed as: 100 % Finnish, as far as invention, raw materials and manufacture are concerned.

Paimio chair





The Depot

I studied the terrace space design of the depot. It uses large French windows to make the indoor and outdoor space very transparent. The chairs are made of wire, which looks very light. The tabletop is also transparent, which allows people to have a very safe and quiet leisure environment while fully enjoying the natural scenery and light. The overall material combination of the space is very light.



Art space



The art space on the first floor is designed with large floor-to-ceiling windows, which can fully bring sunlight and greenery into the interior space. People can create art, paint or perform music activities here.

Art space



The furniture is made of wire mesh chairs and glass tables because they are light-transmitting and can make the entire space lighter, making the patients feel relaxed and light.

Winter Gardens

The winter garden provides a good outdoor view and ensures the temperature. The temperature in London gradually drops from autumn. The design of the winter garden can maintain the temperature, allowing people to spend more time outdoors and get in touch with greenery and nature. Plants and green space can provide a beautiful environment, and the courtyard can also ensure the temperature for their growth. There is a part of light-transmitting glass on the inside, which can bring more sunlight to the first floor.





Mind museum exhibition design

The furniture is made of wire mesh chairs and glass tables because they are light-transmitting and can make the entire space lighter, making the patients feel relaxed and light.



Booth Design

<https://www.gooood.cn/jia-garden-concept-space-by-hangzhou-mountain-soil-interior-design-co-ltd.htm>



Gallery



The extra-long seat connects the front desk and the gallery, providing more rest space for patients and connecting several spaces to increase continuity. Pink makes the whole space gentle and caring. Exhibitions can be held in the center of the room and various spatial layouts can be transformed. The actual construction example of the bench is on the 17th floor of the apartment, which perfectly solves the design of the corner space.

The Blind

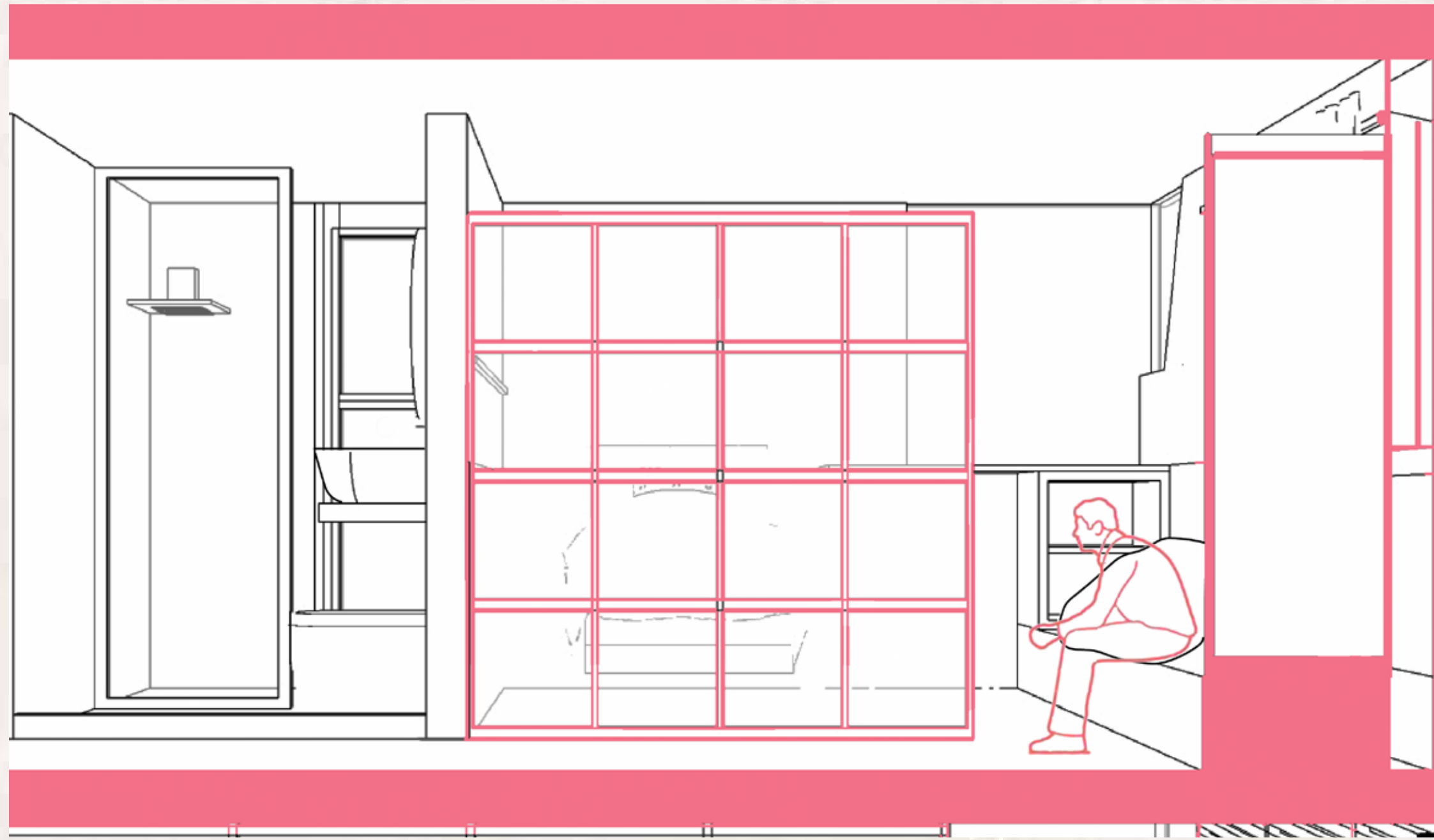


The blinds on the front protect the privacy of patients, and the windows on the sides and bottom provide more sufficient light in the room. I took a photo of the light and shadow of the blinds from the community, which changes unpredictably under the sunlight.

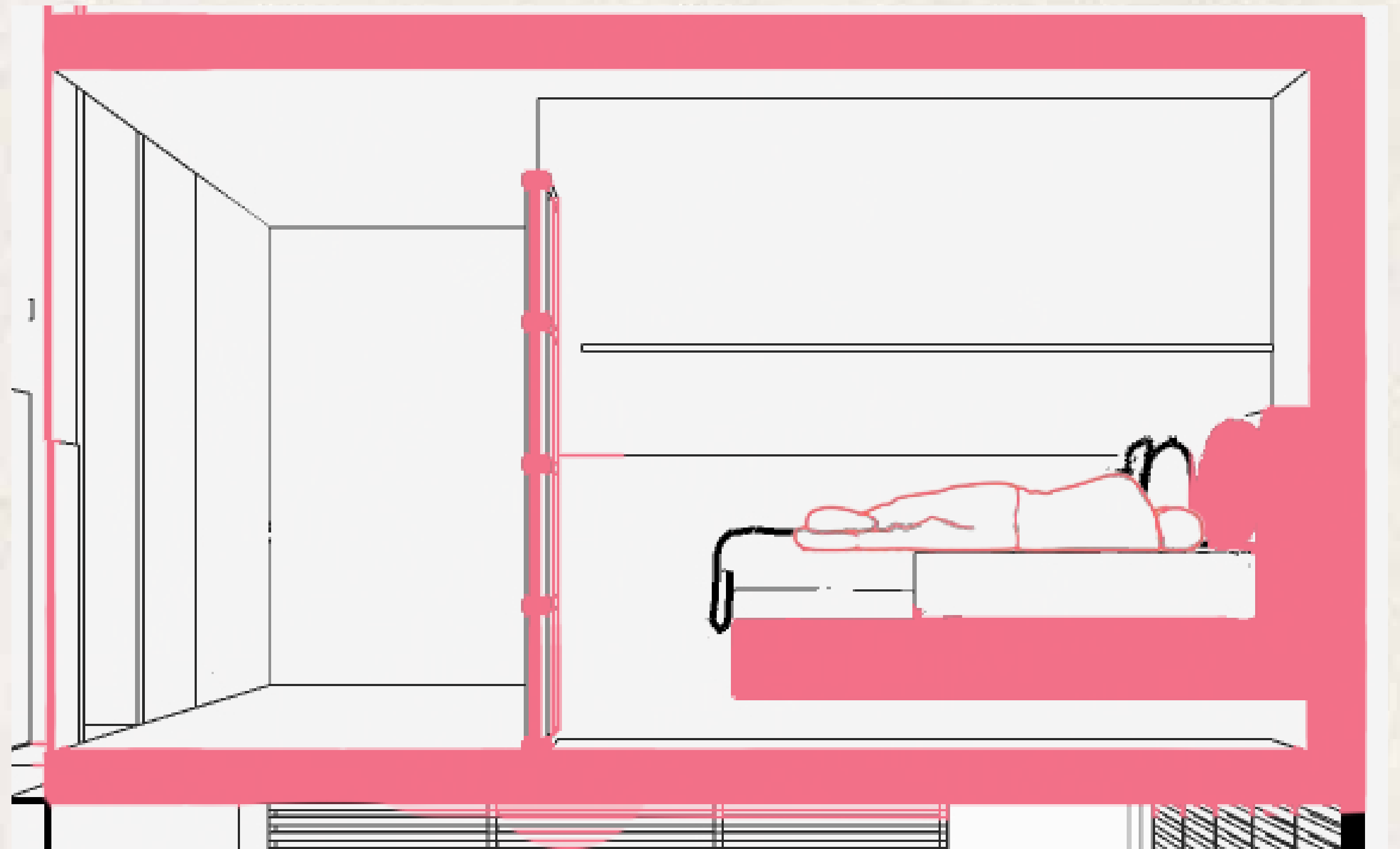
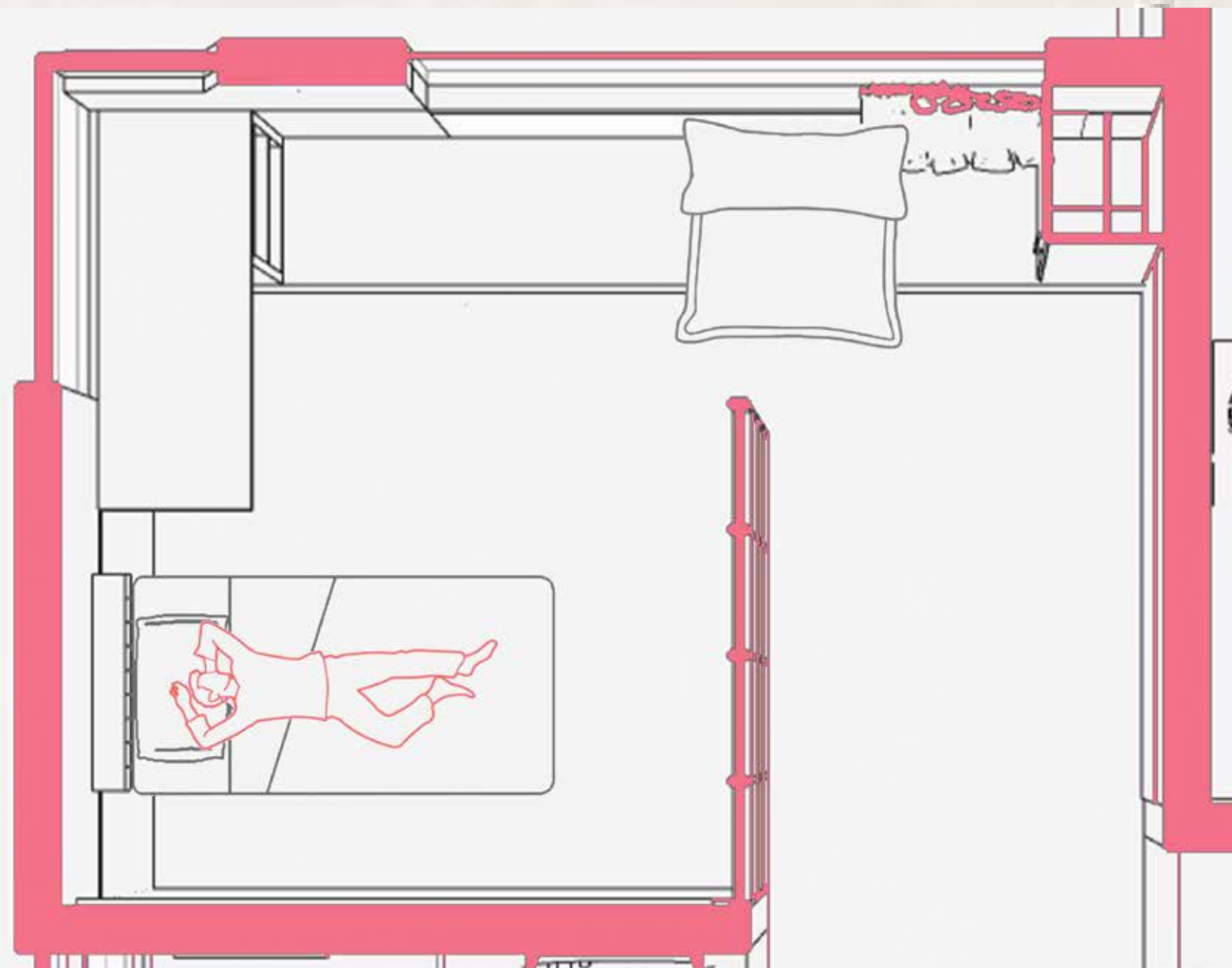




The kitchen is made of solid wood, which is simple, clean and peaceful. The screen separates the space and protects the privacy of the diners. When cooking, too much fumes drift into the living room and dining room. At the same time, the screen is made of transparent glass to ensure the transparency of the field of vision. If the cook is in danger, he can be seen in time, and the other side can also be seen in the same way, ensuring safety in all directions.



Bedroom Section





Bedroom

The bedroom space is designed with a floor to allow patients to have a quiet place to read, they can lie on their backs, they can lie down, and the whole glass introduces a lot of natural light, but the windows below are blurred, borrowing from the design of the glass house in Paris, protecting the privacy of patients and making them feel more secure.



The windows are lit on both sides of the ladder, bringing in more light, and the screens allow patients to have more privacy to rest, so as to avoid being seen by more people when the door is opened, which can cause secondary trauma.



The toilets are simple and bright, shared by two people, and have bright floor-to-ceiling windows for ventilation to avoid overly dark rooms.

Office



In addition to the patient's living space, attention should also be paid to designing activities and rest spaces for staff, where they have comfortable sofas to rest, a bar counter for working and studying, a handwashing station for washing hands, and a door with a glass view.

meeting room

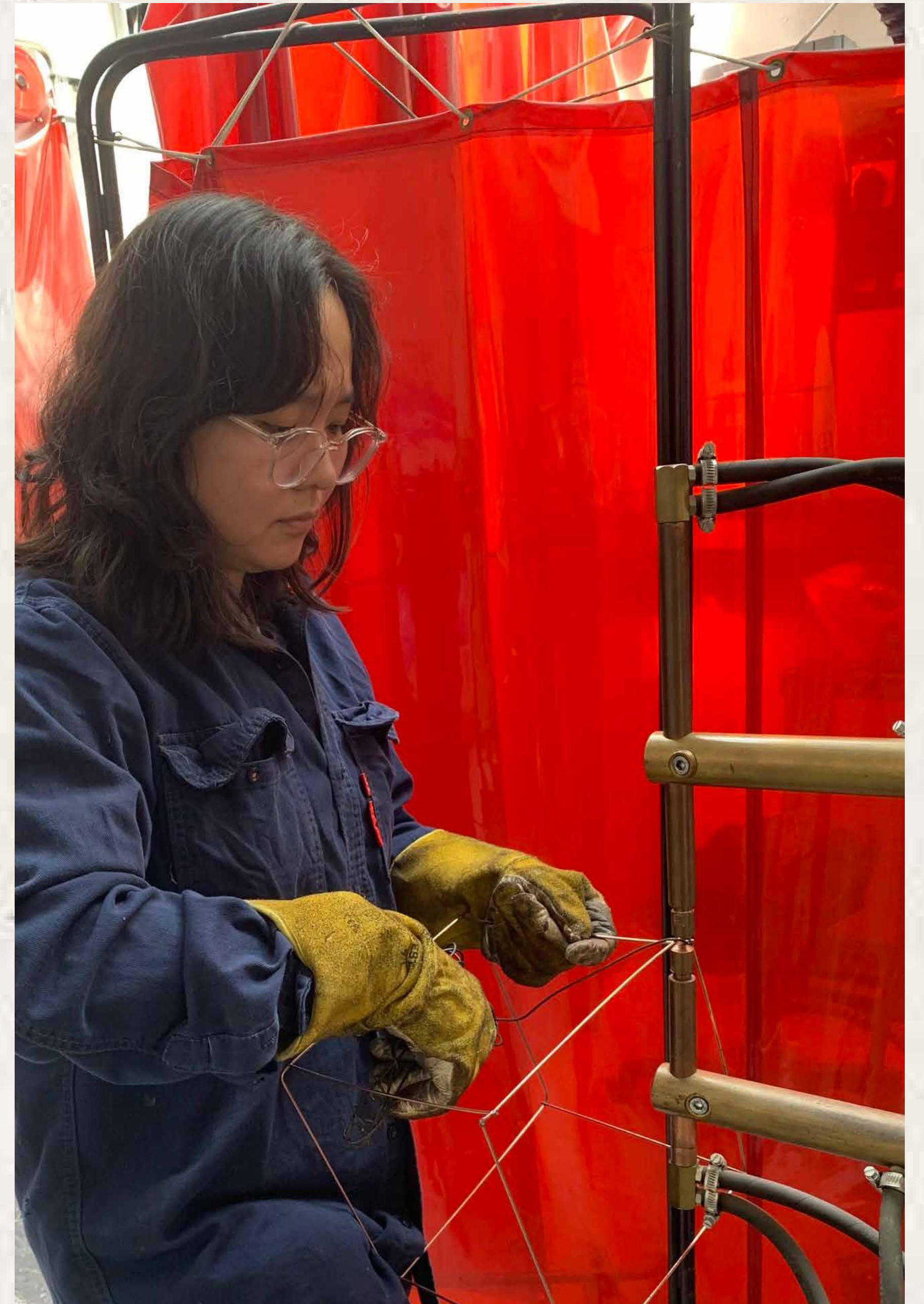


The meeting room is very simple, only the table is placed, and the baffle on the table is removable, which is convenient for switching scenes for work or meetings, and some simple storage space will be added for materials and documents in the future. You can also talk to the patient and talk to your heart.



M e t a - l W o r k s h o p

I tried a variety of different material workshops to familiarize myself with the process of making different items, so that I could gain experience and create better works.



Wax Making



Making some small objects to add fun to the patient's mundane life, reflected in aspects such as clothing, food, housing, and transportation, such as candles. I wrapped a ball of cotton thread to describe the patient's feeling of being "bound", but under the burning flames, the rope was gradually untied. Candles are warm and can provide physical and emotional comfort to people. Flames transmit energy, dispelling some low-energy and dark sensations. The behavior of patients in a space is also closely related to the spatial design, artistic conception, and atmosphere.



Ceramic

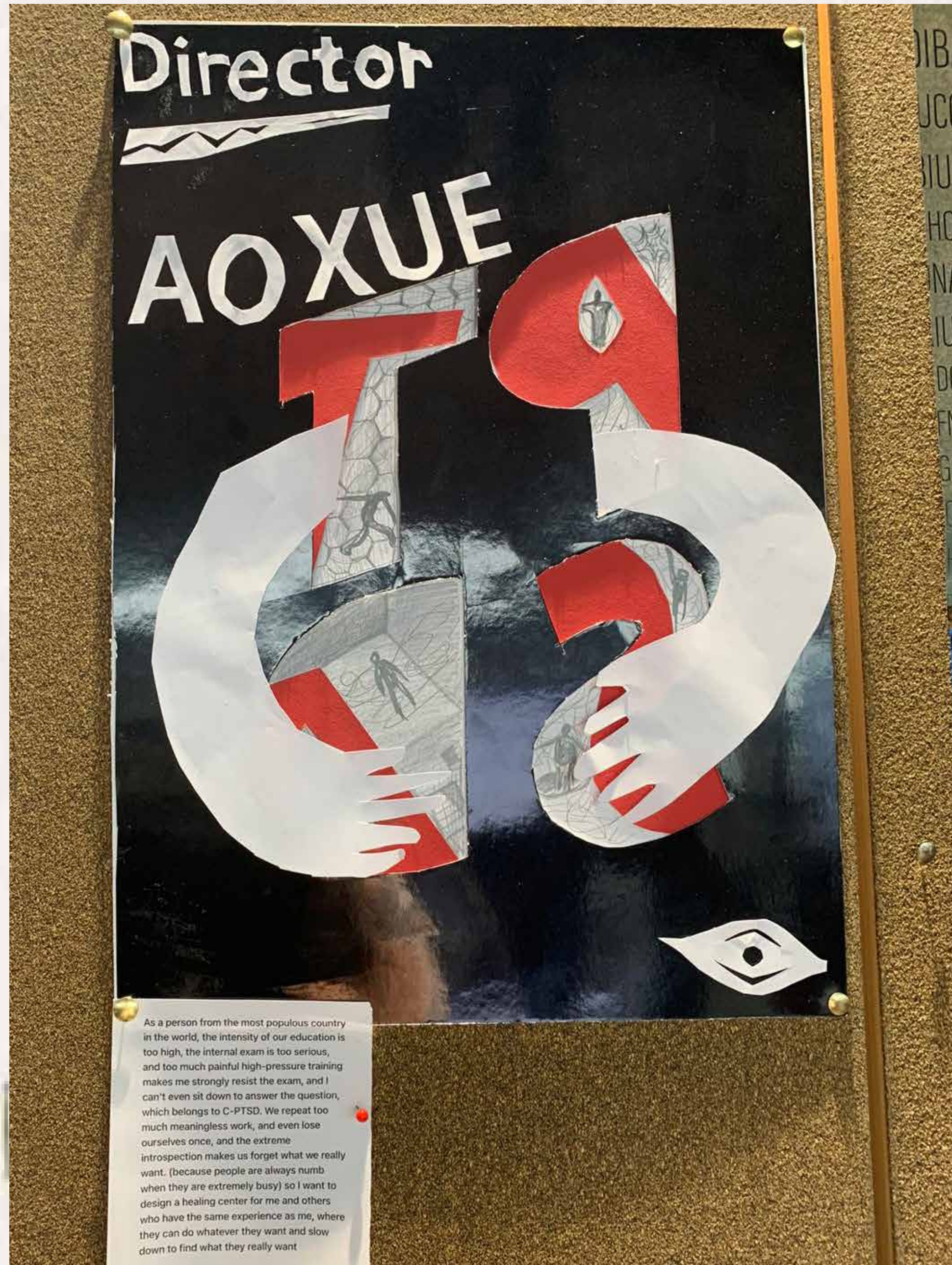
Trying the pouring and shaping in the ceramics, two different ways of making them can have different effects, and after they have dried, there will be a new way of glazing. Different colors and different ways of stacking will have different effects.





Poster Design

PTSD is a difficult to describe illness, so I use a direct name to refer to it. However, when reversed, it transforms from a flat space to a three-dimensional space, showing that we are a spatial work filled with people who are struggling to heal despite suffering. The red color represents fear and exclamation, and the outside is filled with mirror paper, allowing viewers to see themselves. Perhaps everyone has inner fears, but they can all be healed

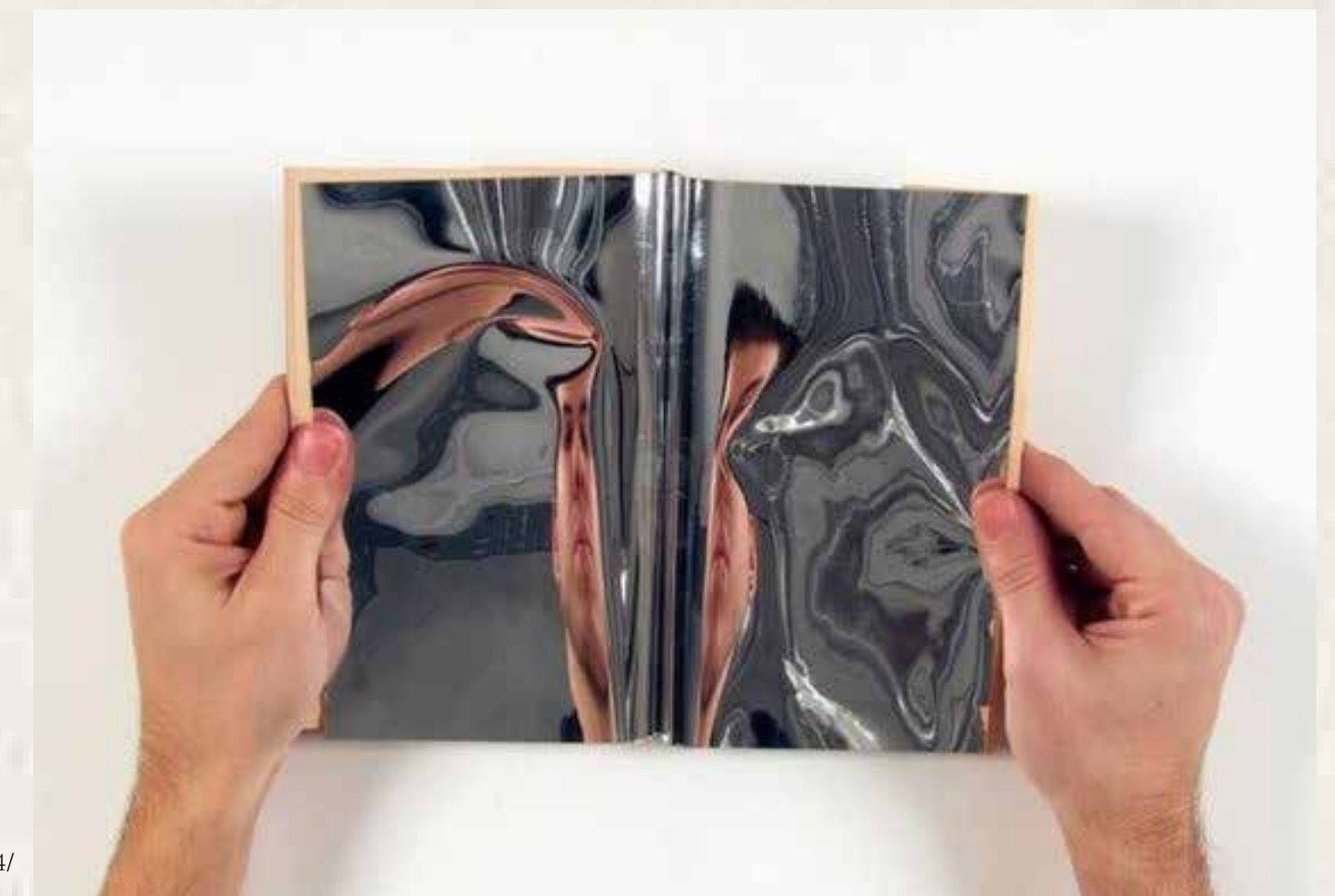


<https://www.pinterest.co.uk/pin/6122149484434629/>

Graphic Design Inside



<https://www.pinterest.co.uk/pin/2674081023674634/>



Exhibition



Post traumatic stress disorder retreat

AO XUE

This project has been designed for people with PTSD. I had my own experiences with this disease, which resulted in my academic work suffering, which is why I care so strongly about this theme. I plan to use architectural and material design methods to combat the various issues. I will incorporate horticulture and outdoor spaces, encouraging patients to use all of their senses to feel recovery, step by step physically.



1. This drawing is to express my idea directly with hand. What function the patients need and which structure can help



2. This image is the finished product of my design, you can know what it looks like clearly. This rendering can give the answer.

3

3. The model I made from wood workshop for 1 week. I try different kinds of my materials and glues, also the colours match

4

4. You can touch the material to feel healed - warm - smooth and comfortable.



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Pin-up

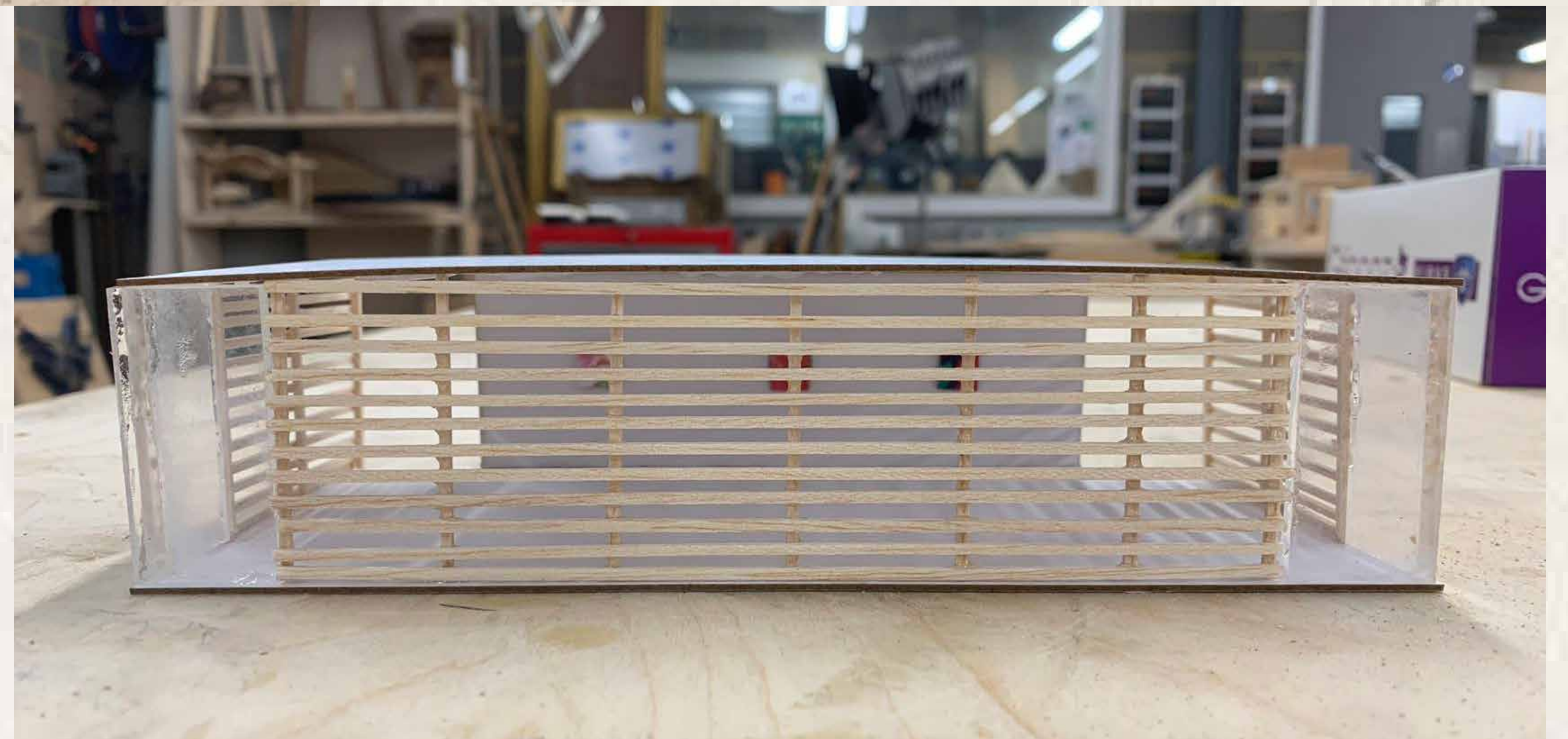
The last pin-up tutor I showed the model I made recently, the mind map of the garden design, shared the plants I planted and my feelings about living with plants, the plants I researched and made specimens in the garden, my hand-drawn design drawings, and the research record booklet I made using the silk screen printing process. There are also rustic decorations made of laser-cut wood boards. In the first few pin-ups, I didn't have any ideas, only 6 drawings. After studying other people's exhibitions, I found that everyone combined sculpture, painting, curation, models and even light to create rich content and design.





Model

I measured the size of the room and made a scale model. I learned a lot about material selection and model pasting. When it came to pasting wood strips and acrylic, I found that light materials were difficult to connect with heavy ones, so I screened the glue in many aspects.





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