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Art For Healing: An Exploration of Spaces to Facilitate Arts for Therapeutic Healings

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ART FOR HEALING

AN EXPLORATION OF SPACES TO FACILITATE ARTS FOR THERAPEUTIC HEALINGS

Request for Approval of Thesis Research
Project Book Presented to:

ARIEF SETIAWAN and CHRISTOPHER WELTY

and to the
Faculty of the Department of Architecture
College of Architecture and Construction Management
by

ANA GABRIELA HERNÁNDEZ-DELGADO

In partial fulfillment of the requirements for the Degree

BACHELOR OF ARCHITECTURE

Kennesaw State University Marietta, Georgia

May 2022



**“ HAPPINESS CAN BE FOUND
IN THE DARKEST OF TIMES
IF ONE ONLY REMEMBERS
TO TURN ON THE LIGHT. ”**

-ALBUS DUMBLEDORE

DEDICATIONS:

HECTOR AND MELBA

FOR ALWAYS SUPPORTING AND PUSHING ME THROUGH MY COLLEGE CAREER. YOU HAVE GIVEN ME EVERYTHING I NEED TO SUCCEED AND MORE. FOR ALL YOU HAVE DONE I AM THANKFUL BEYOND WORDS.

VERONICA, HECTOR AND SOFIA

I WOULDN'T CHANGE YOU GUYS FOR ANYONE ELSE. BEING THE YOUNGEST AND WATCHING YOU ALL GROW THROUGH THE YEARS IS SOMETHING I AM PROUD OF. YOU MAKE ME PROUD TO BE YOU BABY SISTER.

MY BESTRIEND

FOR BEING THERE FOR ME THROUGH MY WORST MOMENTS, PUSHING ME BACK UP WITH ALL HIS MIGHT. WE PUSH EACH OTHER TO BE OUR BEST SELVES, IN LIFE, SCHOOL AND WORK. I AM GRATEFUL FOR EVERYTHING.

ACKNOWLEDGMENTS:

PROFESSORS **ARIEF SETIAWAN** AND **CHRISTOPHER WELTY**
FOR HELPING ME BRING OUT A PASSION AND FOCUS MY THESIS, AND BEING THERE FOR
HELP OUTSIDE OF THESIS.

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FOR BEING A GUIDING HAND TO MY SUCCESS, AND ALWAYS BRINGING A BRIGHTER SIDE TO
LOOK AT.

PROFESSOR **AMEEN FAROOQ**
FOR BEING A GUIDING HAND TO MY SUCCESS, AND ALWAYS BRINGING A BRIGHTER SIDE TO
LOOK AT.

TABLE OF CONTENTS

INTRODUCTION

DEDICATIONS	v
ACKNOWLEDGEMENTS	vi
ABSTRACT	01
STATEMENT	02

01 DESIGN THEOREM

1.1 THESIS NARRATIVE	05
----------------------	----

02 RESEARCH

2.1 PROGRAM ANALYSIS	11
2.2 PRECEDENT ANALYSIS	23
2.3 ARTIST RESEARCH	41

03 DESIGN INTERVENTION

3.1 SPACIAL ANALYSIS IN GESTURES	47
3.2 PRELIMINARY DESIGNS	53
3.3 FINAL INTERVENTION	57

05 NOTES

REFERENCES	65
------------	----

ABSTRACT

Mental health is a complex and ever evolving State of being that architecture and technology play an important role in. For women, some of the ways that depression comes about is when we go through life-changing events. Giving birth, having an abortion, sexual harassment and assault just to name a few. Women have a higher chance to have severe depression and relapsing. With major depression comes the higher rate of suicide. Centers of this type have been improving their designs, but in a way that still feels like the old.

My interests lie in new forms of architecture related to psychology, such as neuro-architecture and how the spaces can significantly impact our health without us being fully cognizant of it? As well as art specifically visual, sonic, and kinetic. I grew up with an appreciation for the arts, dancing ballet, playing multiple instruments, and always having an interest in photography. As well as exploring the program, materiality, and lighting.

My proposal is to create a combination of spaces that encapsulate some traditional aspects of a psychiatric hospital but incorporating newer forms of therapy and spaces that can adapt into a new way of creating a therapeutic environment from when you enter the building to when you are receiving treatment whether it is inpatient or outpatient. Psychiatric facilities have been improving their design over the years, mostly in the interiors, with implementing gardens, common spaces with ample daylighting and acoustic privacy, attempting to create a form of "healthy architecture."

STATEMENT

Growing up with family members that have been diagnosed with anxiety and depression can be hard. Especially when you don't know about it. It's even harder as we get older, because some know how to mask it better. Some people with mental illnesses want to fight alone, thinking they've got it or no one understands. Others simply don't have the resources that they need to receive treatment. Many mental illnesses can run in the family. Some stem from their physical environment, whether the impact is the atmosphere or stress at family, school, or work. These past two years, the world underwent a tremendous amount of stress with a global pandemic, as well as the social, political and civil unrest.

In the US, as of 2019, the prevalence of mental illness in adults was 20.6%. With 29.4% being between the ages of 18-25. Around 19% of adults have some form of an anxiety disorder. I want you to think about a few traits that come with "high-functioning anxiety" a term that has become more common for a type of person living with anxiety. Someone who is a people pleaser, procrastinates to the point of burnout, has a great connection with people, periodic insomnia. In this case, the anxiety drives people to be better, but it also hurts. Some Co-occurring disorders or complications include depression, substance use disorders, eating disorders, and chronic physical illness.

Time to let oneself "regenerate" is imperative. And where we do it, can do more harm than good, whether that be with friends and family, going for a walk or spending alone time with a book.

01 DESIGN THEOREM

1.1 THESIS NARRATIVE

05

1.1 THESIS NARRATIVE

“Stigmatization of the mentally ill has a long tradition, and the word “stigmatization” itself indicates the negative connotations: in ancient Greece, a “stigma” was a brand to mark slaves or criminals. For millennia, society did not treat persons suffering from depression, autism, schizophrenia and other mental illnesses much better than slaves or criminals: they were imprisoned, tortured or killed.”

“The stigmatization of mental illness is still an important societal problem. The general population is largely ignorant about this problem, and fear of the mentally ill remains prevalent. Although we no longer imprison, burn or kill the mentally ill as in the Middle Ages or in Nazi Germany, our social standards and attitudes are nonetheless unworthy of modern welfare states. Structural discrimination of the mentally ill is still pervasive, whether in legislation or in rehabilitation efforts.”

“Stigma can be described on three conceptual levels: cognitive, emotional and behavioural, which allows us to separate mere stereotypes from prejudice and discrimination. Stereotypes refer to prefabricated opinions and attitudes towards members of certain groups, such as ethnic or religious groups, whites

and blacks, Europeans and Latin Americans, Jews and Muslims, and the mentally ill. The most prominent stereotypes surrounding the mentally ill presume dangerousness, unpredictability and unreliability; patients with schizophrenia are most affected by such views.”

- Wulf, Rössler. “The Stigma of Mental Disorders: A Millennia-Long History of Social Exclusion and Prejudices.” EMBO reports. John Wiley and Sons Inc., September 2016. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5007563/>.

The Stigma around mental health, well-being, and illness varies but it is still there today. The generational trauma from being stereotyped because of some form of mental illness takes more of a toll on those who receive than what is perceived. Wulf mentions the stereotypes in different demographics, while the ones surrounding mental illness have negative tone.

One focus for this thesis it to help minimize the stigma around mental health, well-being, and illness.

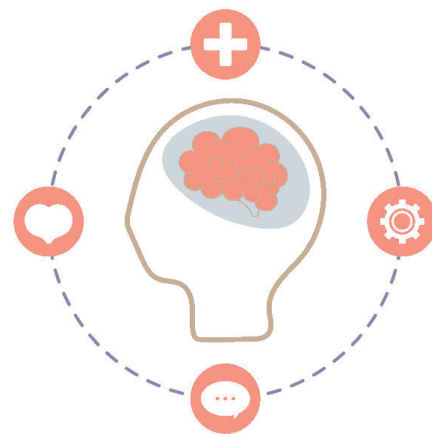


Fig. 1

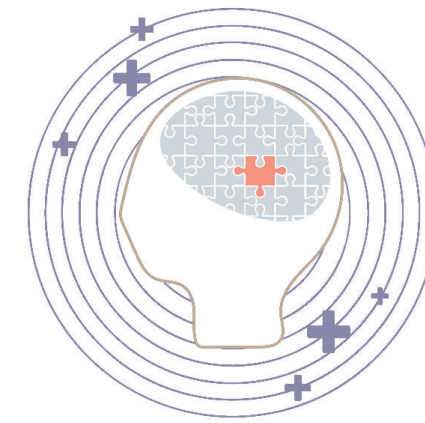


Fig. 2



Fig. 3

"The formal practice of art therapy has its origins in the mid-20th century Europe, with the coining of the term being attributed to British artist Adrian Hill in 1942.

At a time where thousands suffered in sanatoriums from tuberculosis, it was observed that drawing and painting was a creative outlet for patients that provided them the freedom their confines did not.

The practices in art therapy soon spread to mental hospitals through the work of Edward Adamson, who observed and further studied the connection between artistic expression and emotional release. The British Association of Art Therapists was founded in 1964."

"It's been widely studied and observed how art therapy is effective to treat trauma, abuse, grief, anxiety, and eating disorders. It is a helpful tool to alleviate stress through major life transitions and eases pain and suffering associated with mental, physical and emotional diseases.

By working to bring the conscious, unconscious and subconscious into expressive and tangible forms, the creative processes involved in art therapy have been

praised for their ability to encourage personal growth, mindfulness, and self-discovery."

- "The History of Art Therapy." Adelphi Psych Medicine Clinic, July 5, 2017. <https://adelphipsych.sg/the-history-of-art-therapy/>

Art therapy began as an activity offered to psychiatric patients to prevent deprivation and keep them busy. Recently arts therapists faced the challenge to show evidence and effectiveness of their work. Interventions need to be described and manualized to design suitable research projects that will continue to help designers create spaces that will allow for better creative freedom over their mental health care. A change needs to happen so that these spaces are designed in a way that is accommodating to a "new" therapeutic environment for patients. The design of spaces for this typology should be as diverse as the patient diversity. Creativity in these designs can soften the feel of the environment. A sense of belonging inside of these facilities can help make them more therapeutic. Sometimes, this is safer than a patient being in their own home.

"To realise what the architect Isadore Rosenfield described as the 'humanization of mental hospitals', they needed some form of central agency where hospital planners, administrators, architects, engineers and psychiatrists could contribute ideas and access the latest information, criteria and standards.¹⁵ Architects expressed their frustration at not having fully explained to them the function of a ward or treatment and on the absence of a comprehensive source of reliable answers to a wide range of questions. Therefore they were hindered in their attempts to realise functional design, the precepts of which are central to modern architecture. Psychiatrists, in turn, were disappointed by how poorly medical needs were met by designers.¹⁶"

- Ramsden, Edmund. "Chapter 10 Designing for Mental Health: Psychiatry, Psychology and the Architectural Study Project." National Library of Medicine, 2018. <https://www.ncbi.nlm.nih.gov/books/NBK538043/>.

The design of spaces for this typology should be as diverse as the patient diversity. Creativity in these designs can soften the feel of the environment. A sense of belonging inside of these facilities can help make them more therapeutic. Sometimes, this is safer than a patient being in their own home.

"Spatial structures promote certain patterns of behavior, and designs and equipment animate us to certain ways of dealing with and using them... The arrangement, equipment and dimensioning of spaces and their design influence the human patterns of movement, actions and usage. If spaces are created in a way that runs counter to our patterns, it can hamper our movements and actions and cause anger or frustration. Or, conversely, support the structures of everyday life and make us feel comfortable."

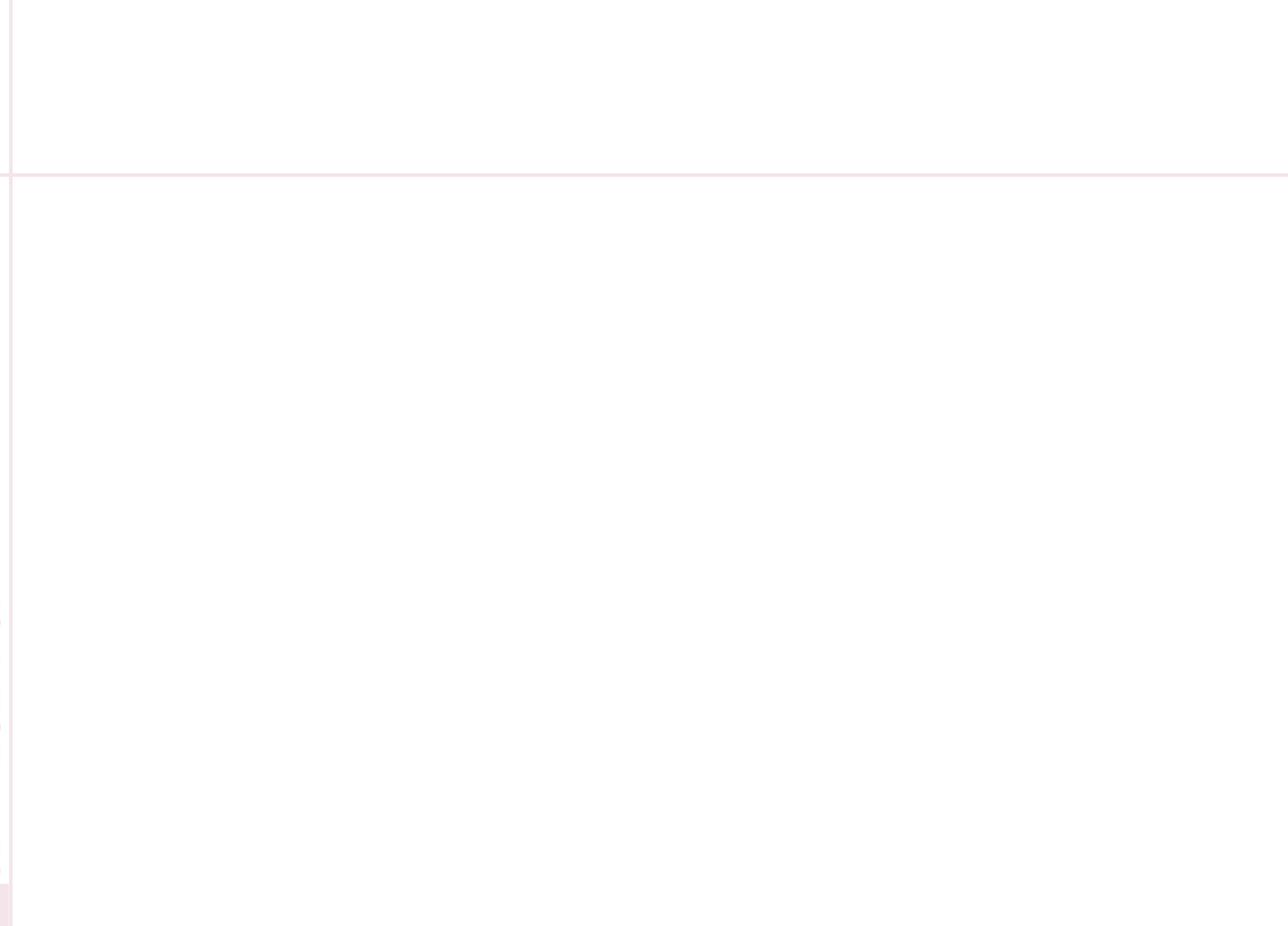
- Margarete. "1# Architectural Psychology: The Influence of Architecture on Our Psyche." Medium. Architecture Analysis, June 14, 2018. <https://medium.com/archilyse/1-the-influence-of-architecture-on-our-psyche-f183a6732708>.

The way a space or structure is set up affects peoples movements, to the point it becomes routine. If that routine is disrupted, meaning the space is configured in a different way, it can have a negative impact. Disruption in routines is a thing everyone encounters at some point during their lifetime. A way to minimize that for all, is to design with safety, and well-being in mind.



Fig. 4

02 RESEARCH



2.1	PROGRAM ANALYSIS	13
2.2	PRECEDENT ANALYSIS	41
2.3	ARTIST RESEARCH	45

2.1 PROGRAM ANALYSIS

Program is a large part of the design aspect for this thesis.

In this research the exploration of Sonic, Visual and Kinetic Arts takes place. Understanding Standards for each individual space is needed, as well as the arrangements for various size groups, Small, Medium, and Large groups.

When designing with a psychological aspect the understanding of spaces for a singular person versus a large group of people is important, in terms of safety and well as that individuals process of healing.

Sonic Arts

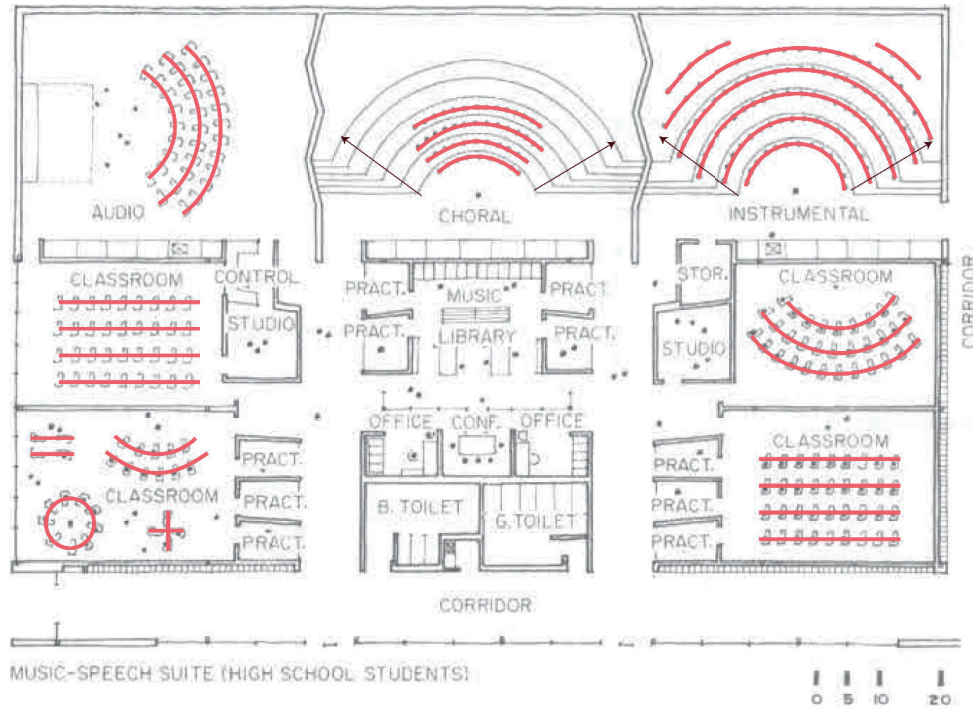


Fig. 5- Seating Arrangement from Time-Saver Standards for Building Types, p 208

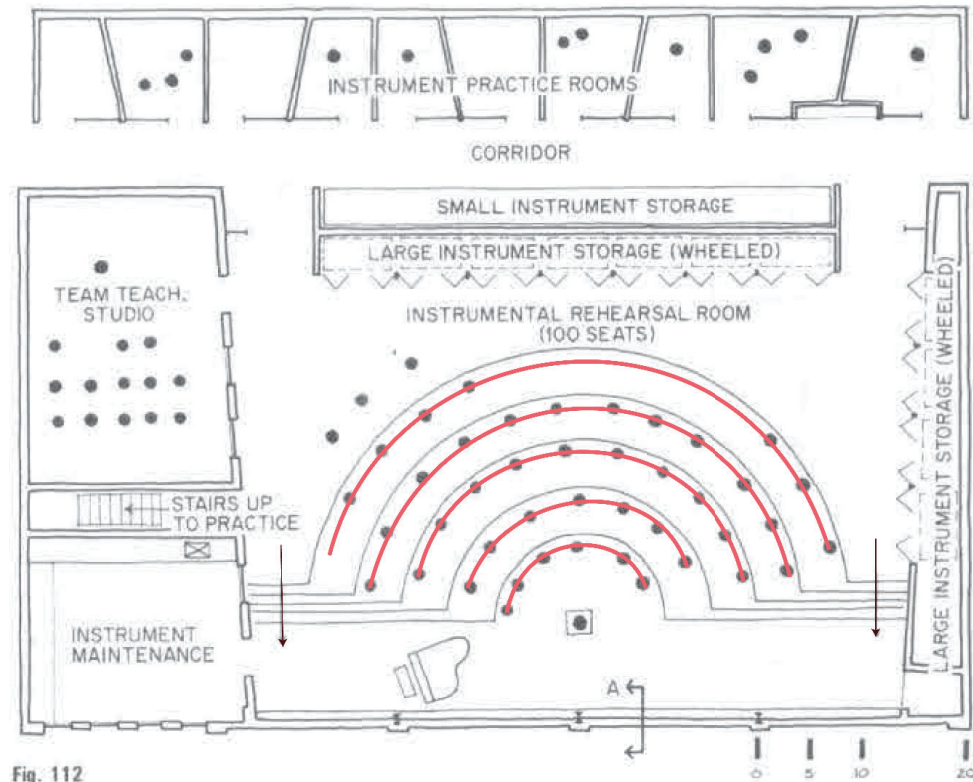


Fig. 7 - Seating Arrangement from Time-Saver Standards for Building Types, p 209

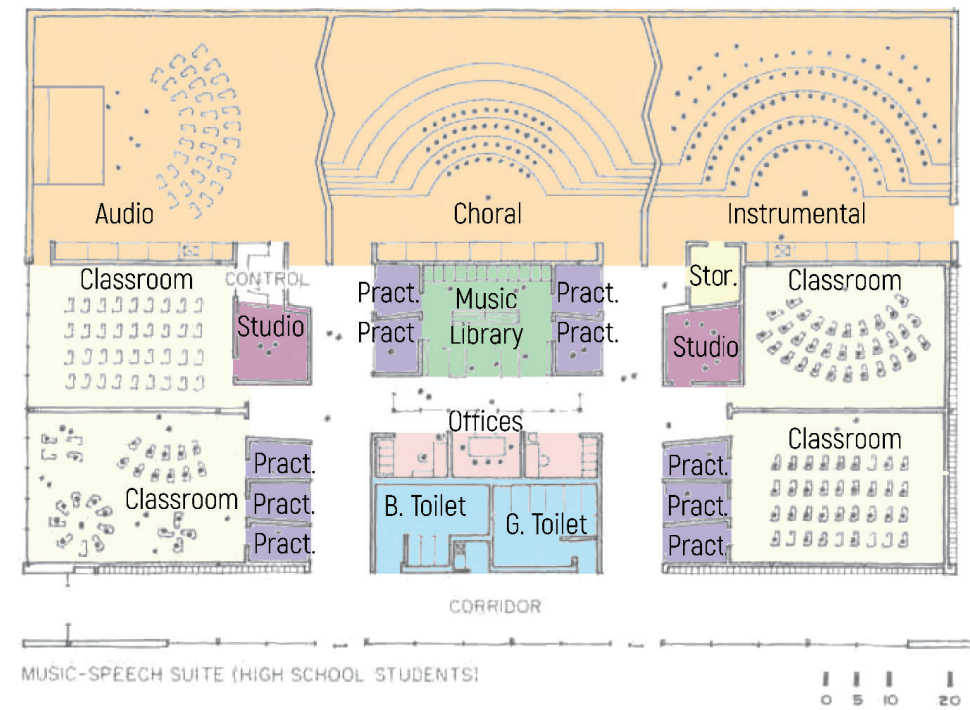


Fig. 6- Program Definition from Time-Saver Standards for Building Types, p 208

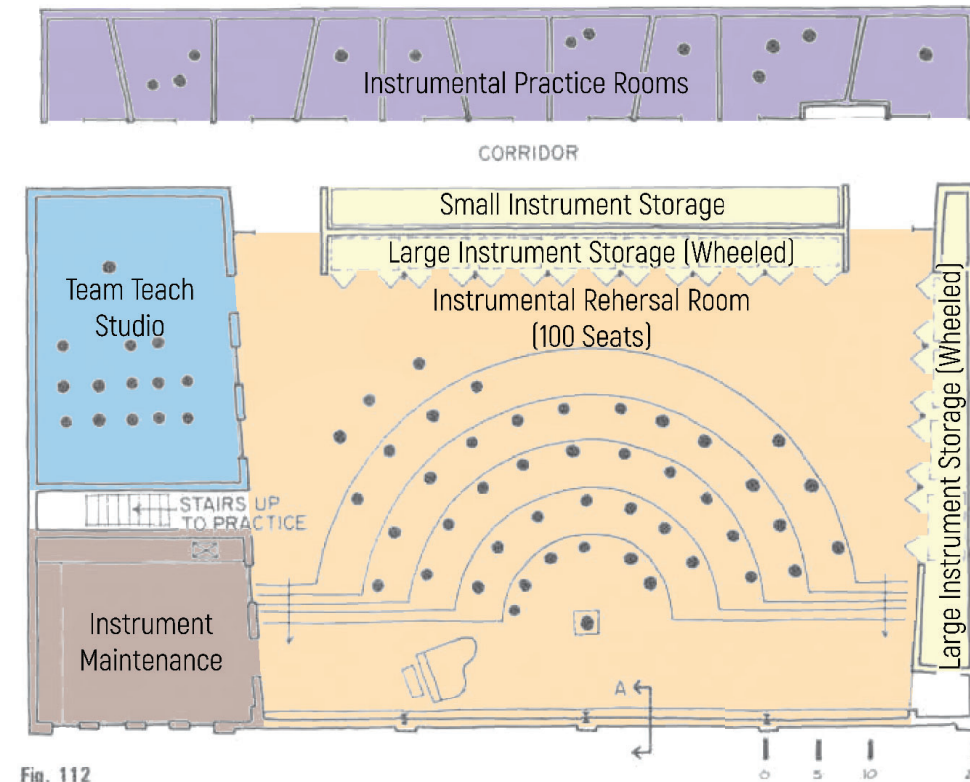


Fig. 8 - Program Definition from Time-Saver Standards for Building Types, p 209

- Instrument Storage
- Rehearsal Rooms
- Practice Rooms
- Sound Studios
- Restrooms
- Classrooms
- Offices
- Instrument Maintenance
- Music Library
- Teaching Studios

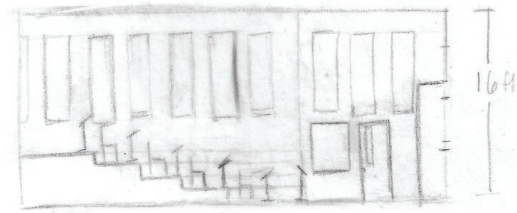


Fig. 9 - Author's typ. music room section

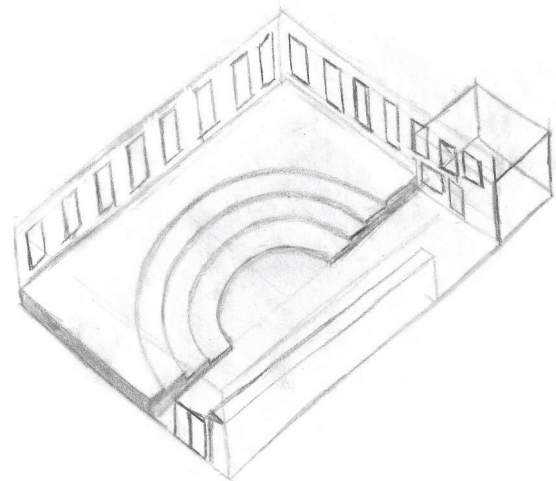


Fig. 10 - Author's typ. music room axon

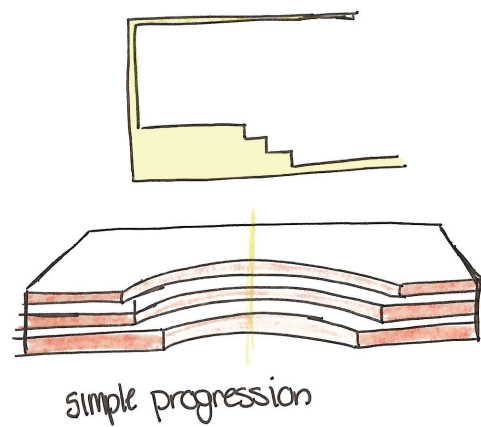


Fig. 11 - Author's Sketch of Scalar Sequence

Newport Harbor Performing Arts Academy



Fig. 12

Carthage College Group Rehearsal Spaces



Fig. 13

Music rooms have a variety of spatial components as well. The examples show basic standards for different layouts.

These plans not only show the main space but also practice rooms, storage, classrooms etc.

Some specific spatial components shown are **dynamic spaces, group open and close functions vs a compartmentalized plan, universal arrangement** in the classrooms, **walls and storage division** of spaces and **simple progression** in the larger spaces.

Music rooms tend to have some form of acoustic panelings, whether they are integrated on the walls or hanging from the ceiling, some basic shapes are barrel or pyramid shown below.

Visual Arts



Fig. 14 - Large Art Suite, Time-Saver Standards for Building Types, p 206, fig 100



Fig. 15 - Large Art Suite, Time-Saver Standards for Building Types, p 206, fig 100

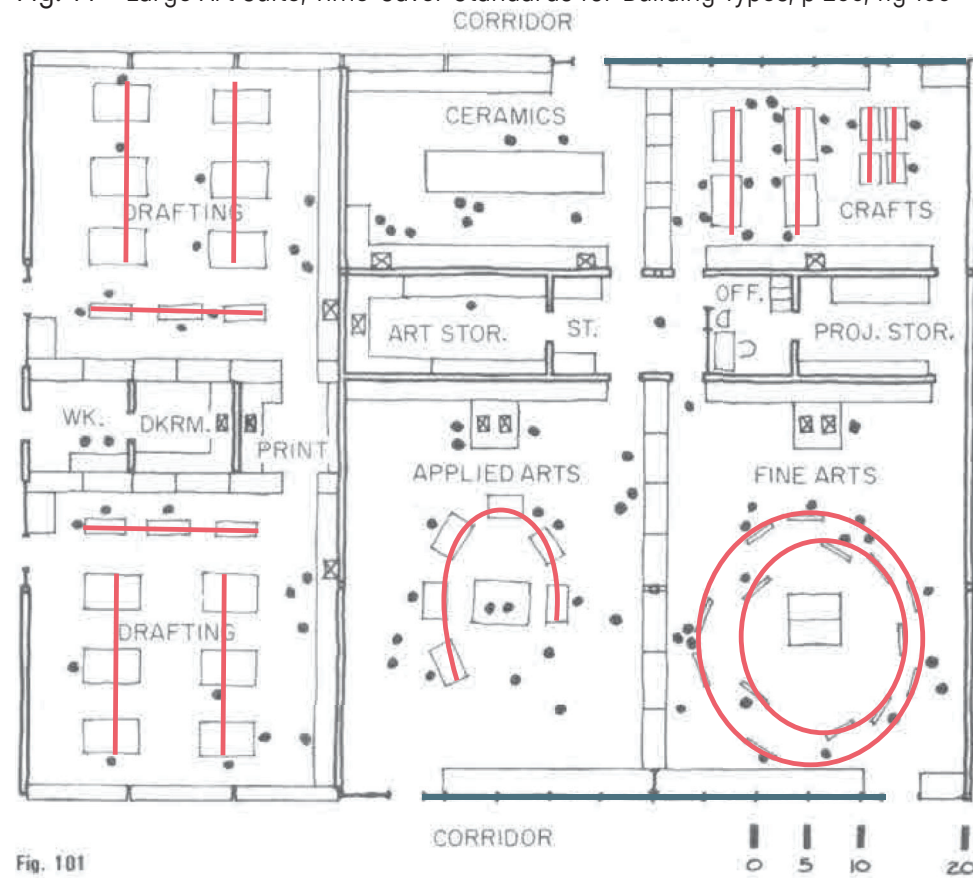


Fig. 101

Fig.16 - Large Art Suite, Time-Saver Standards for Building Types, p 206, fig 101

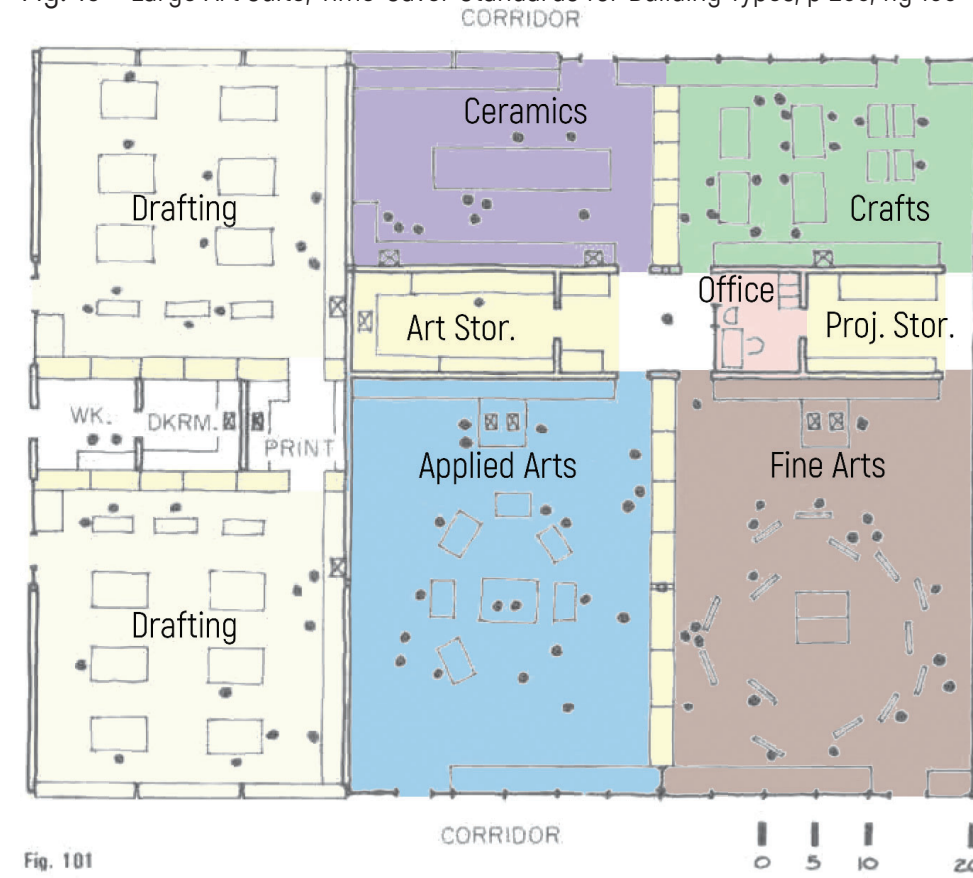


Fig. 101

Fig. 17 - Large Art Suite, Time-Saver Standards for Building Types, p 206, fig 101

- Art Storage/Moveable Storage
- Art Survey
- Ceramics
- Commercial Art
- Drawing & Painting
- Drafting
- Offices
- Fine Arts
- Crafts
- Applied Arts

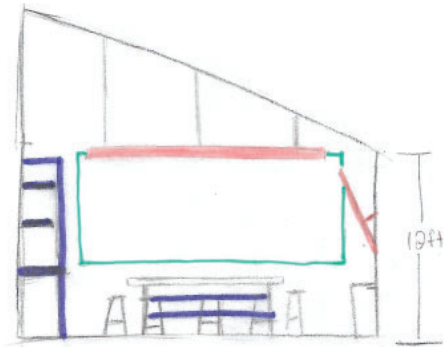


Fig. 18 - Author's Section Sketch Fig. 21

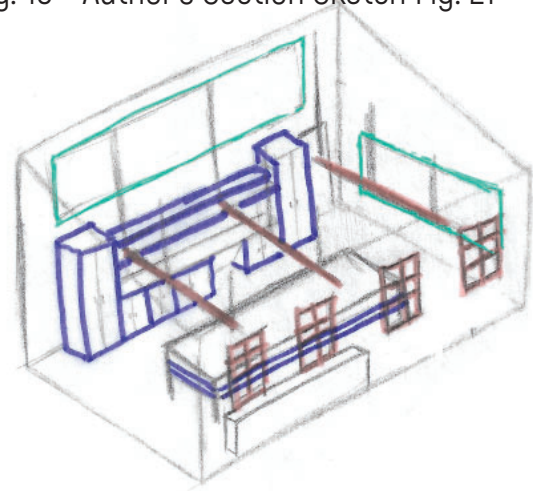


Fig. 19 - Author's Axon Sketch of Fig. 21

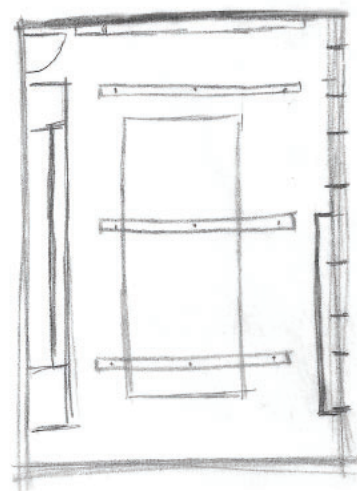


Fig. 20 - Author's Plan sketch of Fig. 21

Leroy Neiman Art Studio At Mission Boys & Girls Club



Fig. 21

Smith System Educational Furniture



Fig. 22

Art rooms have a variety of spatial components.

The examples above show basic standards for different layouts depending the medium of art being used.

Some specific spaital components shown are **static spaces, open plan vs a compartmentalized plan, universal arrangement** as well as **walls and storage division** of spaces.

Kinetic Arts

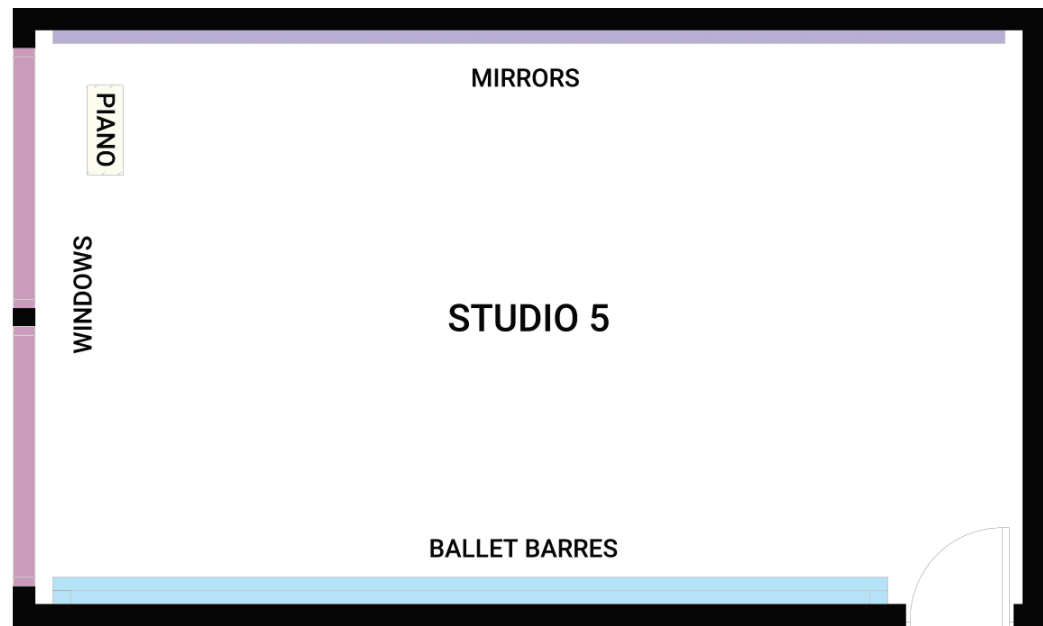


Fig. 23 - Small Dance Studio Plan

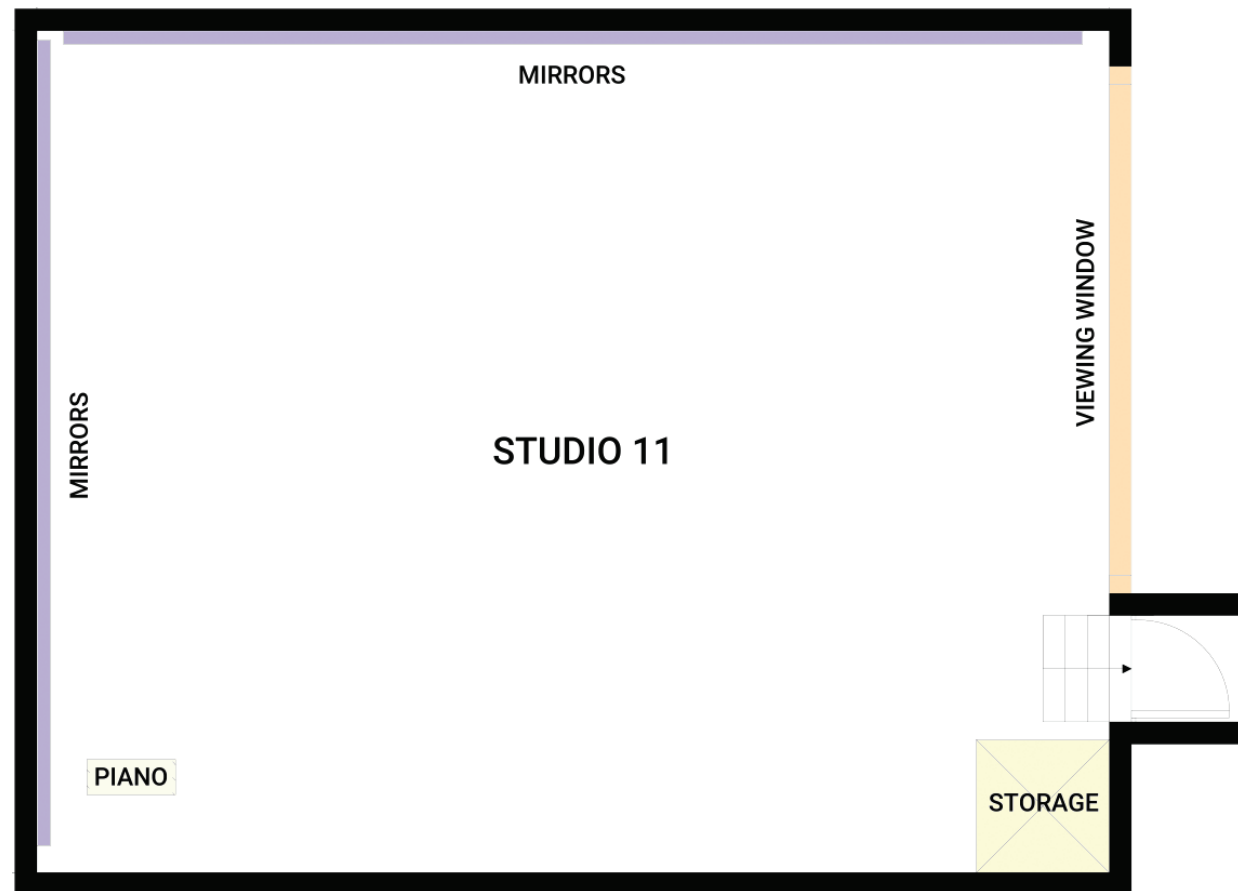


Fig. 24 - Large Dance Studio Plan

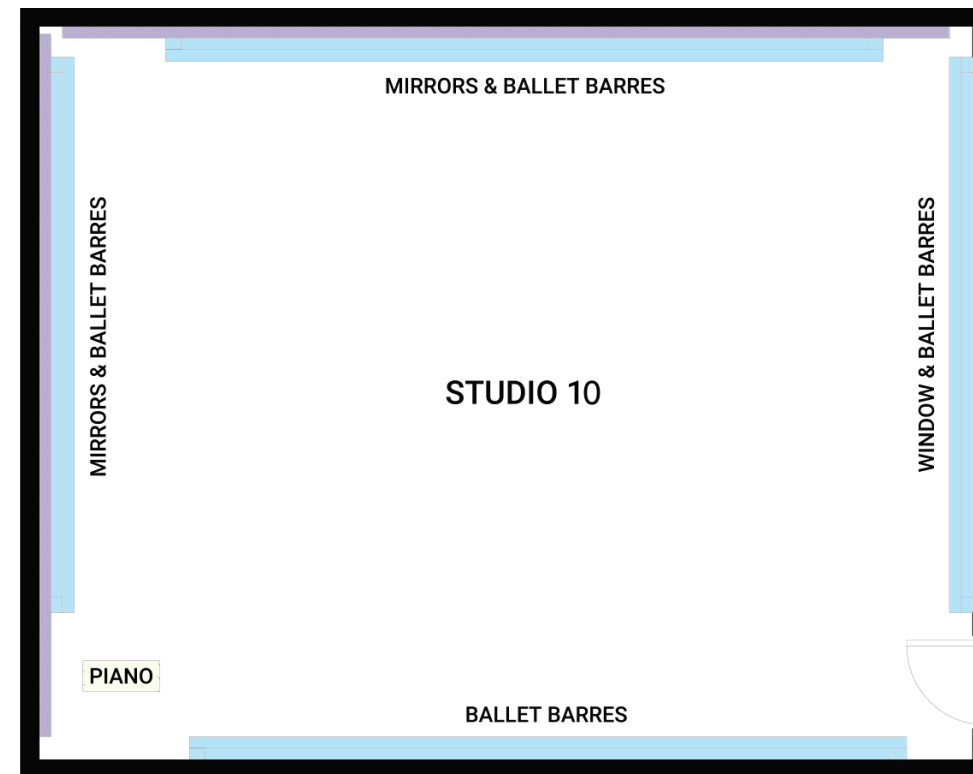
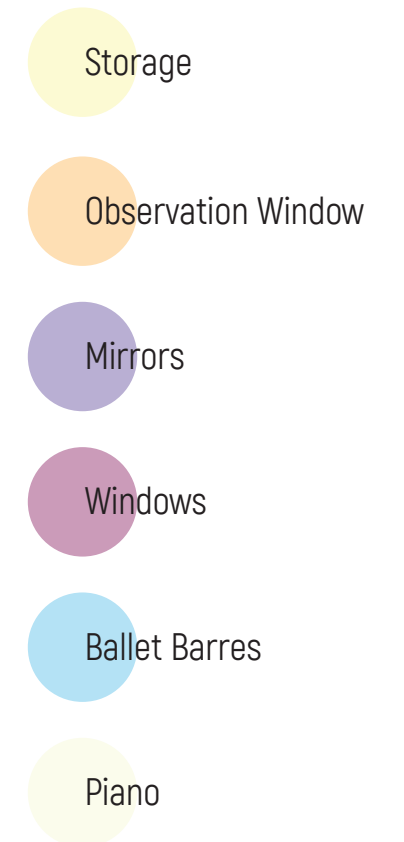


Fig. 25 - Medium Dance Studio Plan



Danceworks London Studio 1



Fig. 27- Large Dance Studio

Danceworks London Studio 6



Fig. 29 Medium Dance Studio

Danceworks London Studio 4



Fig. 31 - Small Dance Studio

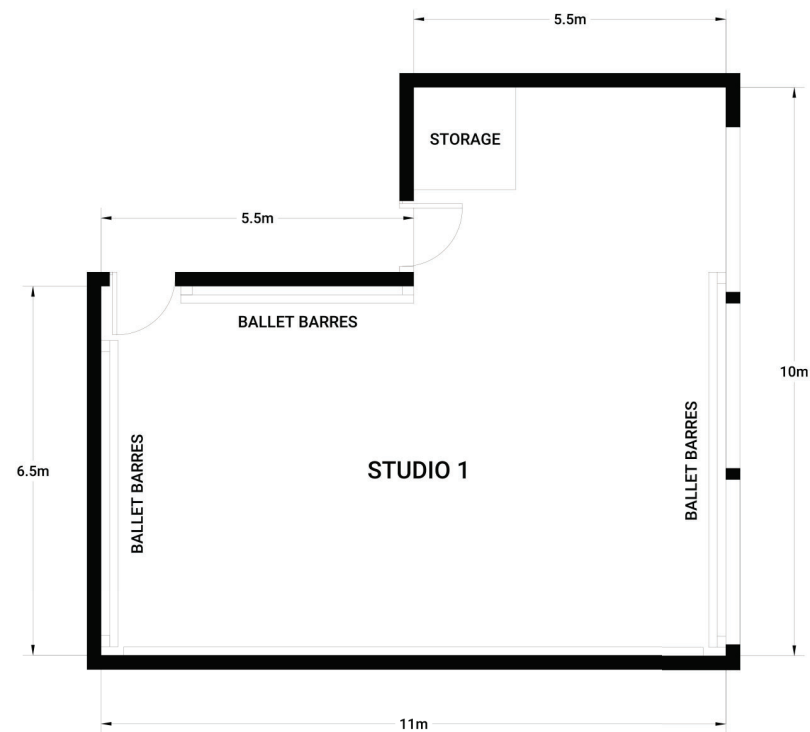


Fig. 26 - Large Dance Studio Plan

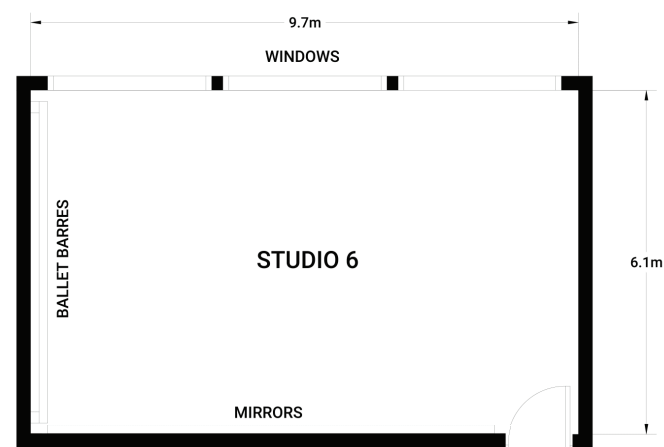


Fig. 28 Medium Dance Studio Plan

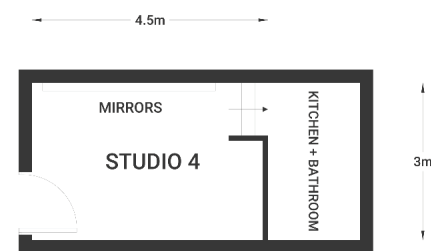
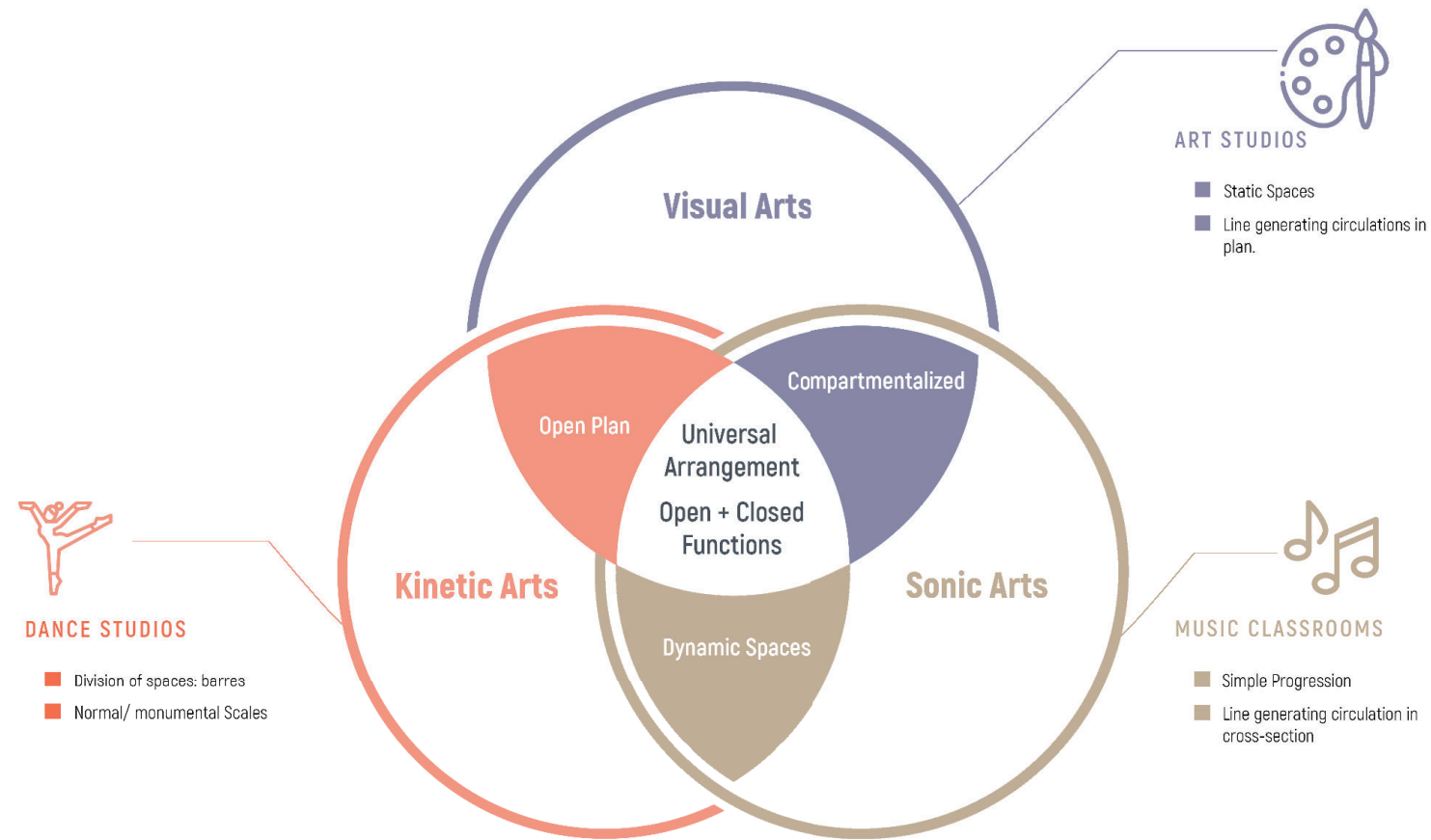


Fig. 30 - Small Dance Studio Plan

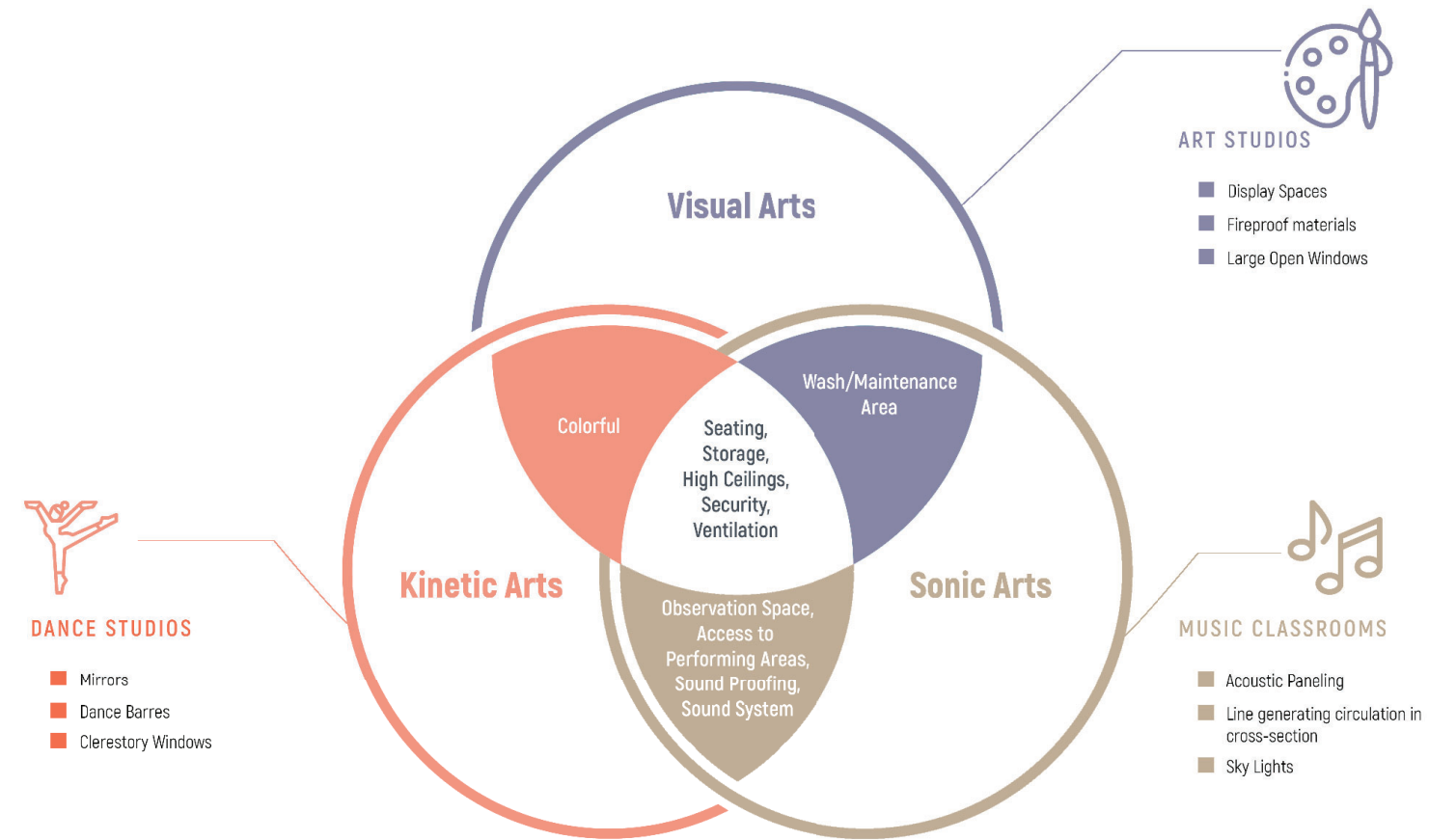
Dance Studios are typically rectangular volumes with high ceilings proportionate to size of room, while music rooms are much larger spaces but shorter than dance studios.

Some Dance Studios have a space peering into the dance space from a higher point as an **observation space** for parents and other students to keep dancers from becoming distracted. As well as **shock-absorbing flooring**.

Spatial Qualities of Artistic Spaces



Programmatic Standards of Artistic Spaces



	Colors	Scales	Ambient Light	Hard/Soft	Geometry	Views	
Kinetic	[Light Blue Box]	[Dark Blue Box]	[Dark Blue Box]	[Light Blue Box]	[Light Blue Box]	[Light Blue Box]	Crucial
Visual	[Dark Blue Box]	[Dark Blue Box]	[Dark Blue Box]	[Light Blue Box]	[Light Blue Box]	[Dark Blue Box]	Preferred
Sonic	[Light Blue Box]	[Dark Blue Box]	[Dark Blue Box]	[Dark Blue Box]	[Dark Blue Box]	[Light Blue Box]	Unnecessary

Programmatic Standards of Artistic Spaces

	Kinetic	Sonic	Visual
Flooring	Vibration Absorbing	Vibration Absorbing - typ. carpet finish	Difference resistance per medium
Lighting	Natural/Artificial	Artificial	Natural/Artificial
Observation Space	Soundproof windows onto balcony	Soundproof windows onto corridor	Windows onto balcony
Storage	Stationary	Sizes Vary	Various/Adaptable
High Ceilings	typ. 22ft-24ft.	typ. 14ft-18ft	typ. 10ft-12ft
Access	Rear of Performance Space/ Stage	Rear of Performance Space/ Stage	Immediate to exterior

How does one define spaces for the arts?

There is the need to consider what each space needs, visual art spaces such as painting and sculpting, need sinks located in the immediate vicinity, incase of accidents. Sonic art spaces such a instrumental and choir spaces need classrooms adaptable to small and large group learning as well as rising rehearsal spaces.

Seating arrangements for each space is a must as-well. Depending on the type of art it may be better for a more radial group seating arrangement, to see the conductor or the subject, versus linear singular seating.

Optimal Healing Environment Framework

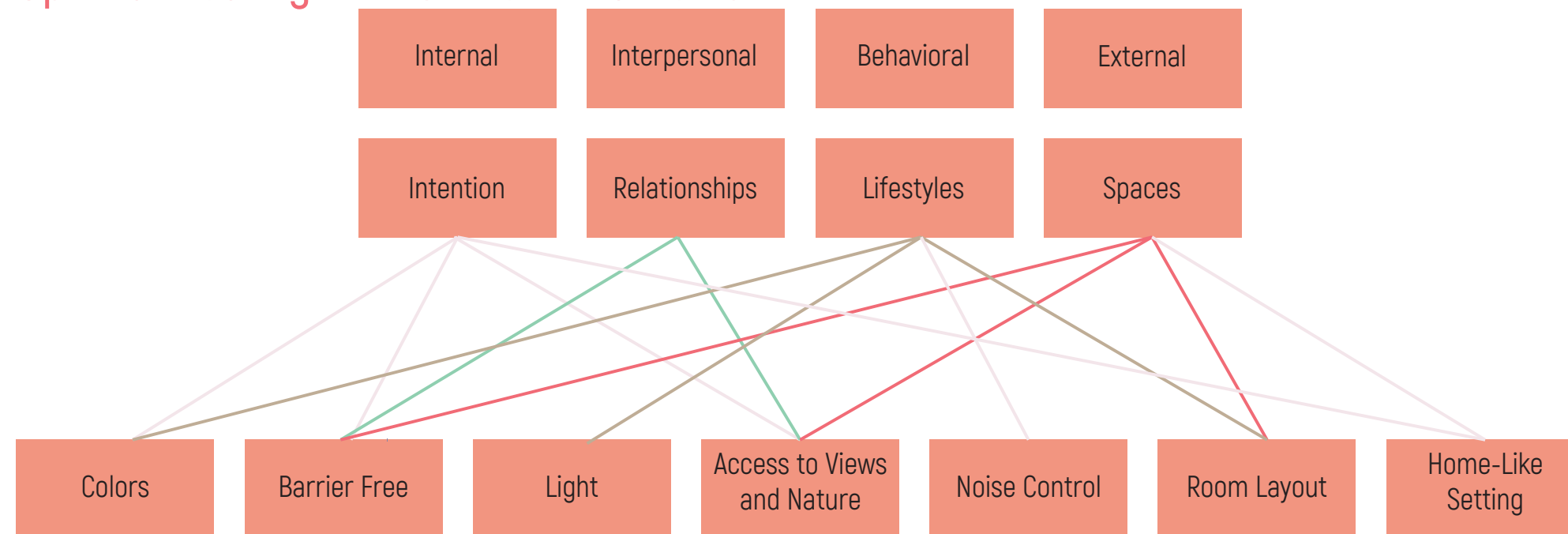


Fig. 32

Typical Sq. Footage for different spaces

	Dance 53 sf per student	Music 30 sf per student	Painting 55 sf per student
5 Students	265	150	275
10 Students	530	300	550
15 Students	795	450	825
20 Students	1060	600	1100

2.2 PRECEDENT ANALYSIS

The Proposed Project Nature of my thesis is to bring to life a new way of thinking to the design of existing psychiatric facilities. This proposed project type will have the intent to bring forth more natural elements, not only in terms of materiality but also the layout and spatial qualities of the mental health facility. As well as new spaces to include forms of art therapy, such as sonic, visual and kinetic arts.

My position will take on the certain level of transparency between the public and the residents/faculty, as well as designing areas inside/outside of the spaces for specific programs for residents. This idea is intended to help break the stigma of mental illness in society.

The selected design precedents support my project proposal, by the success of the materiality, the location, design of the building, and programmatic qualities.

How has this shift in materiality, use of color and integration of ample day lighting helped improve the day-to-day atmosphere of not only residents but also the faculty of the facilities? How often is the leisure space used? Is there some sort of limit to the amount for time residents can use said spaces? What is the difference in between patients/residents that are up to the age of 17 and those older than 18 in terms of attitude with this newer atmosphere? How has the public responded to these facilities, the location, the use of the building, the design of the building?

ADAMANT HOSPITAL

SEINE DESIGN
HOPITAL ESQUIROL
PARIS, FRANCE
2019



Fig. 33 - Exterior View on the Seine River



Fig. 34 - Operable Louvers to protect against weather



Fig. 35 - Writing/Reading Workshop



Fig. 36 - Area to Relax

The Adamante Hospital in Paris, France is located right on the Seine River. The decorative panels, wood, stainless steel, cement, and glass combination give this "therapy workshop" based center a better domestic and warm ambiance compared to other hospitals. The wooden facade system is operable and allows patients to experience the river and weather with ease from the inside.

TOTAL AREA | 600 M²

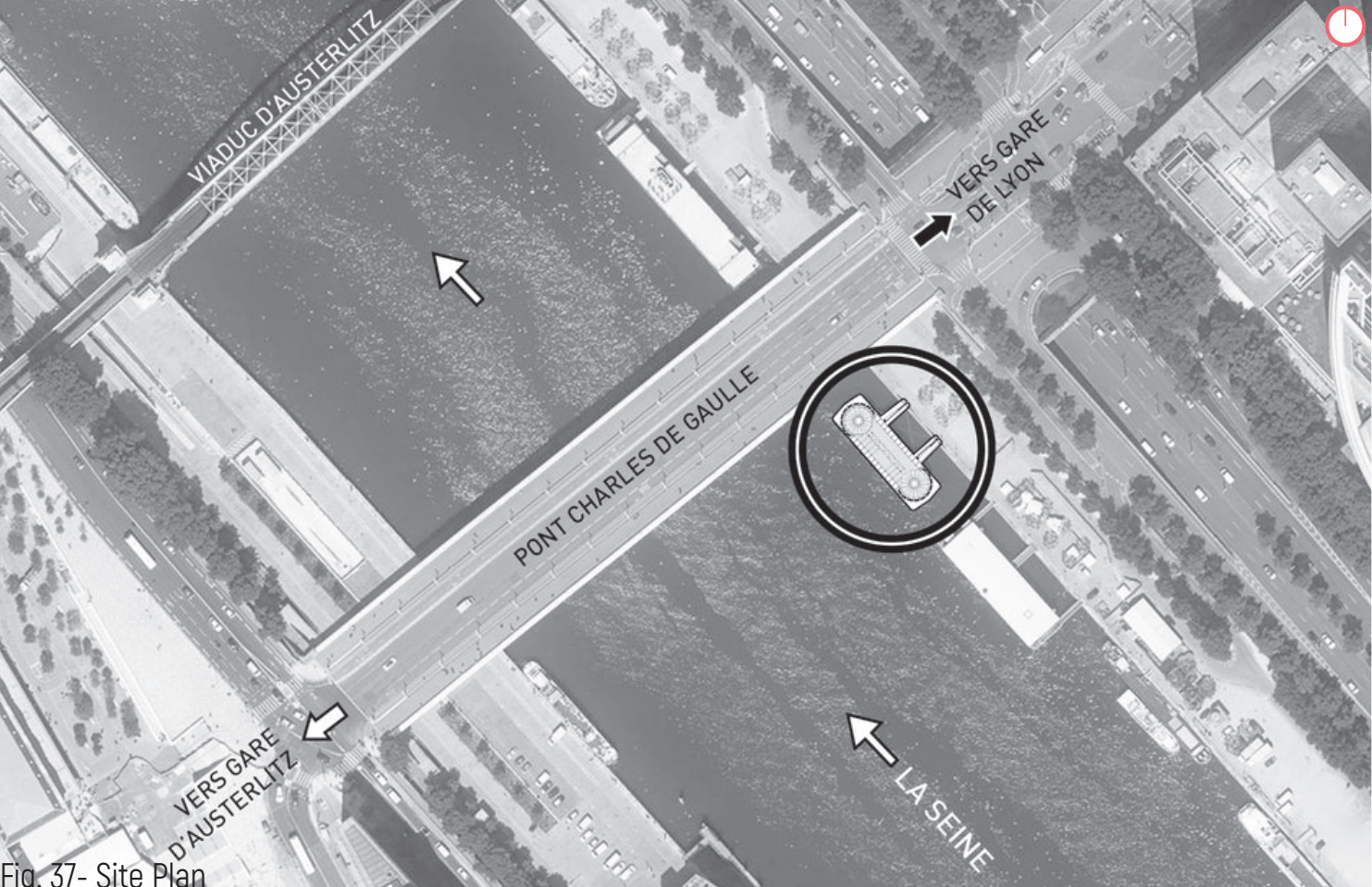


Fig. 37- Site Plan

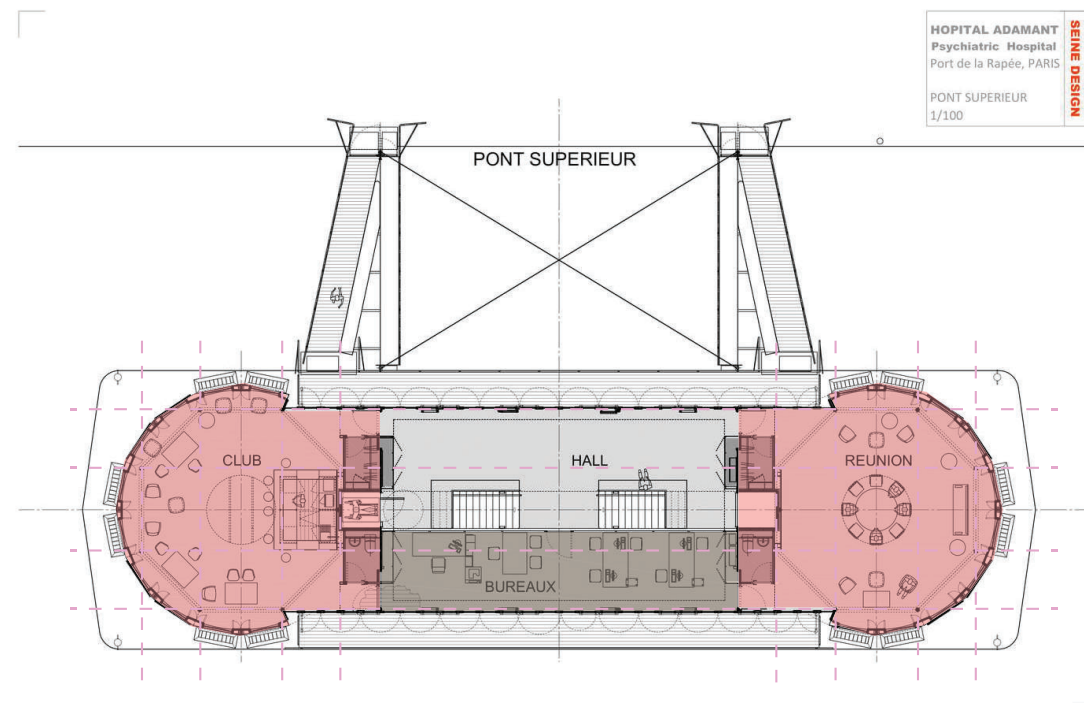


Fig. 38 - FIRST FLOOR PLAN

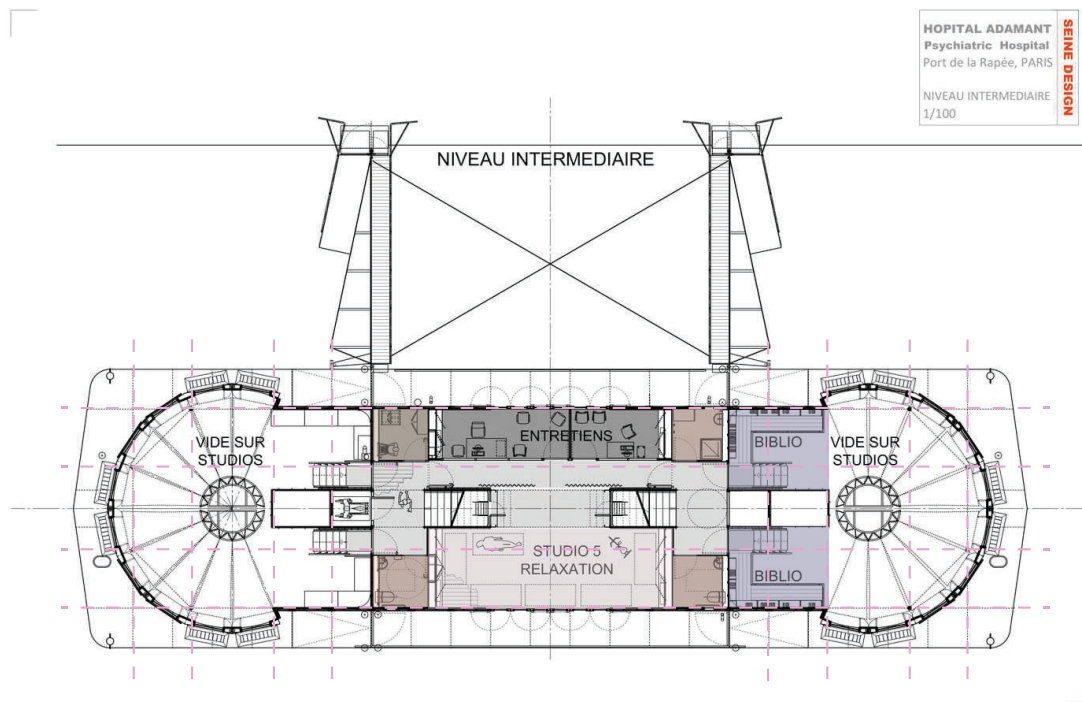


Fig. 39 - SECOND FLOOR PLAN

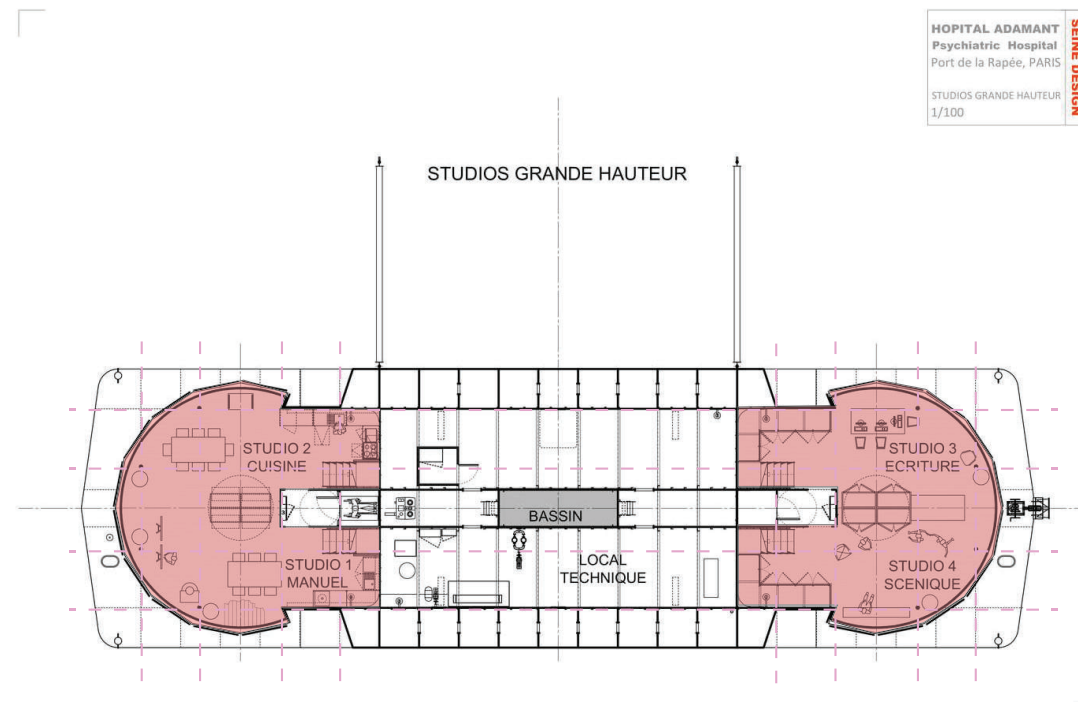


Fig. 40 - THIRD FLOOR PLAN

FINDINGS:

The Adamant Hospital is a day mental hospital on the Siena River. Instead of having the capacity to hold patients in the hospital, the establishment allows for patients to come and go, with the intent of this set-up allowing a better transition back into the social atmosphere.

This program allows for creative workshops such as writing, pottery, music, and drawing. The Adamant Hospital became the inspiration for the continuation of my research.

WALT DISNEY AUDITORIUM

FRANK GEHRY

LOS ANGELES PHILARMONIC ASSOCIATION, MUSIC CENTER, LOS ANGELES COUNTY

LOS ANGELES, CALIFORNIA, USA

Oct. 2003



Fig. 41 - Exterior View



Fig. 42 - View of Curving panels

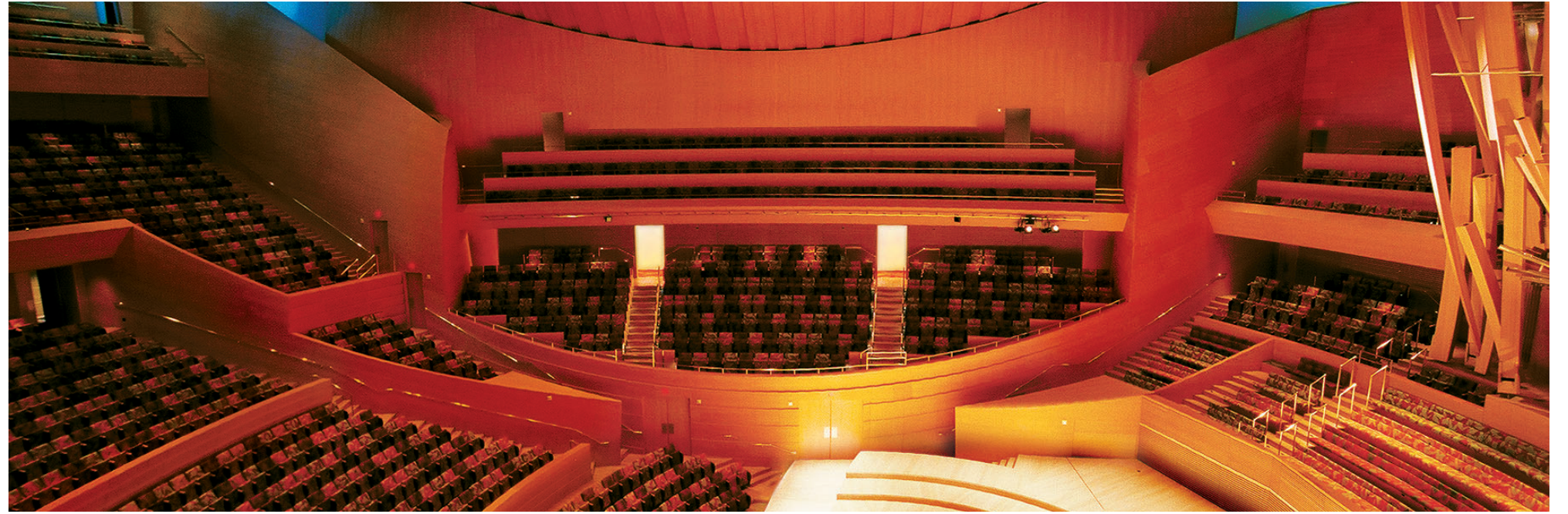


Fig. 44 - Main Auditorium



Fig. 45 - Main Auditorium



Fig. 46 - View of Entrance

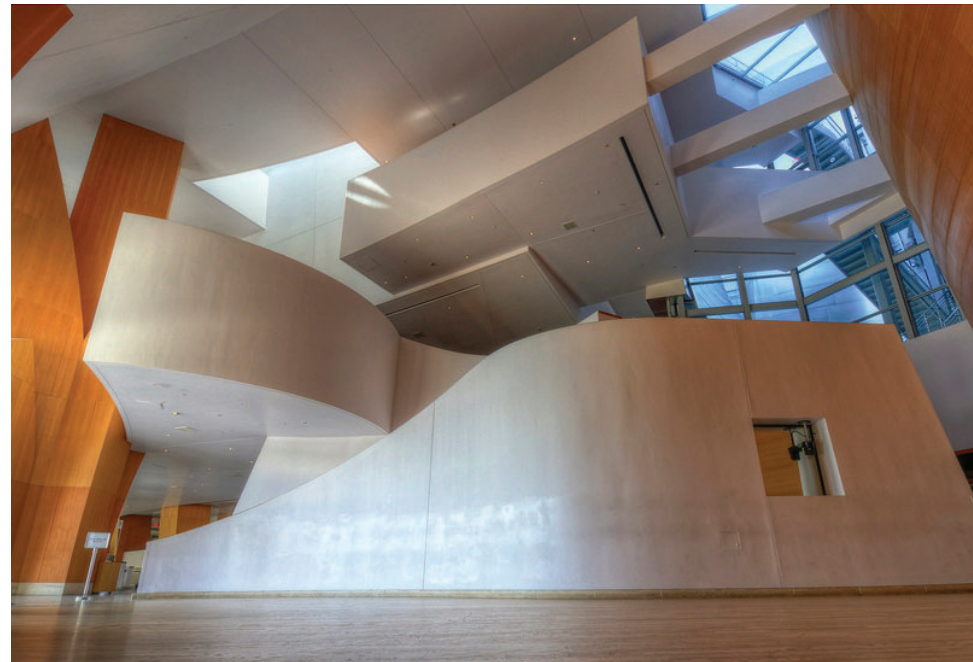


Fig. 47 - Lobby

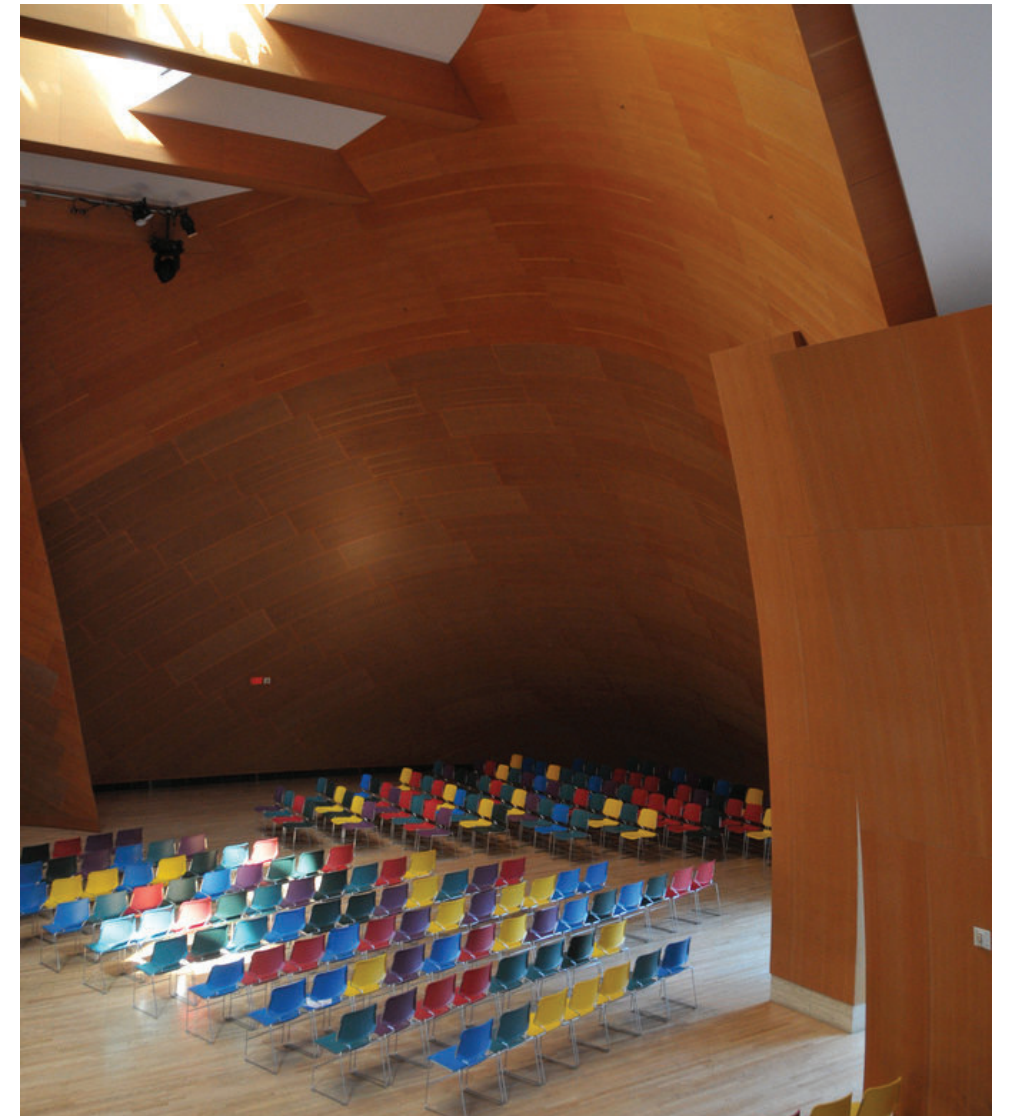


Fig. 48 - Secondary Auditorium

"The concert hall was designed as a single volume, with orchestra and audience occupying the same space. Seats are located on each side of the stage, providing some audience members with distant views of the performers' sheet music. The concert hall's partitions and curved, billowing ceiling act as part of the acoustical system while subtly referencing the sculptural language of the exterior. The facade's individual panels and curves are articulated in daylight and colored by city lights after dark. The exterior is a composition of undulating and angled forms, symbolizing musical movement and the motion of Los Angeles."

Total Area | 200000 Ft²

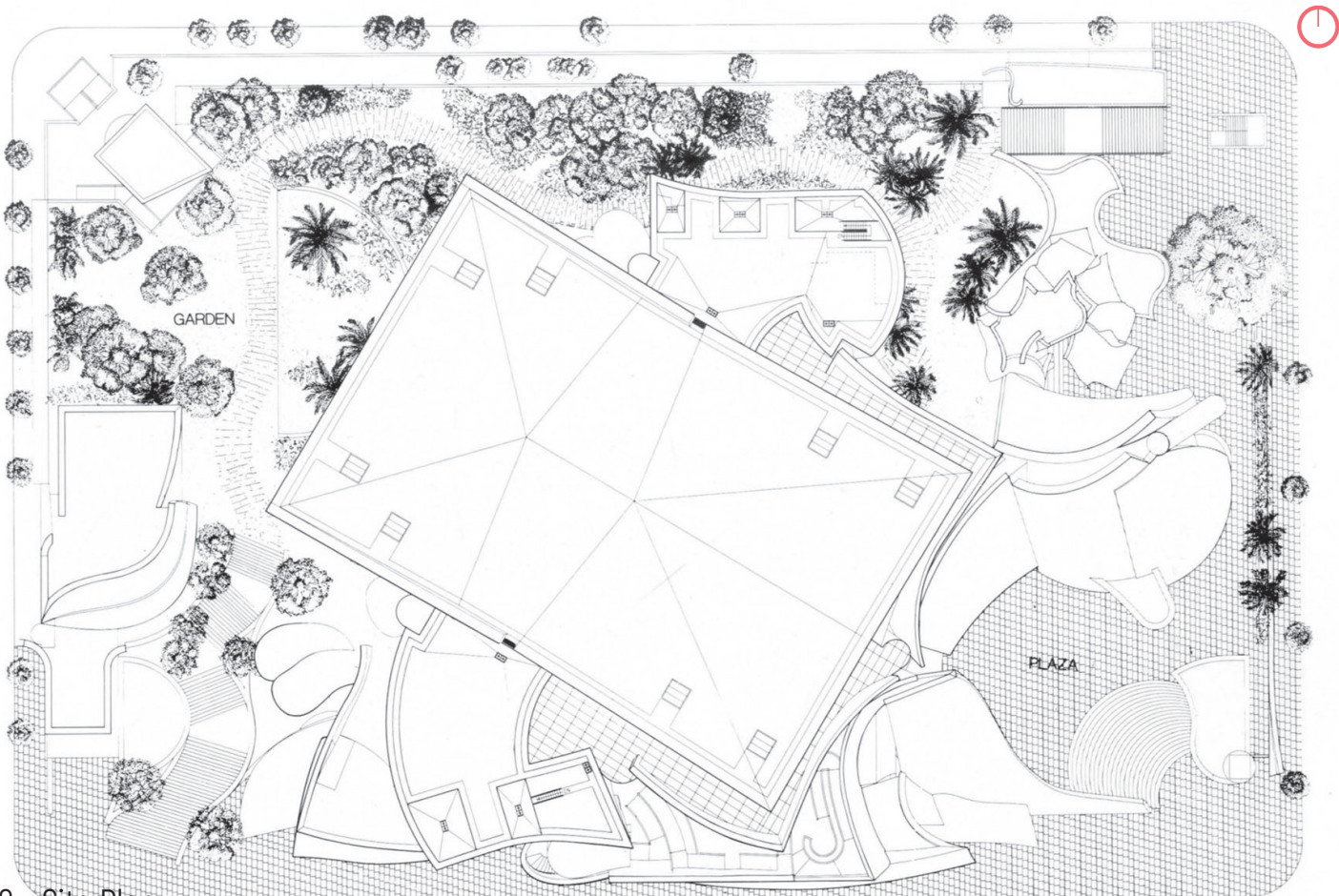


Fig. 49 - Site Plan

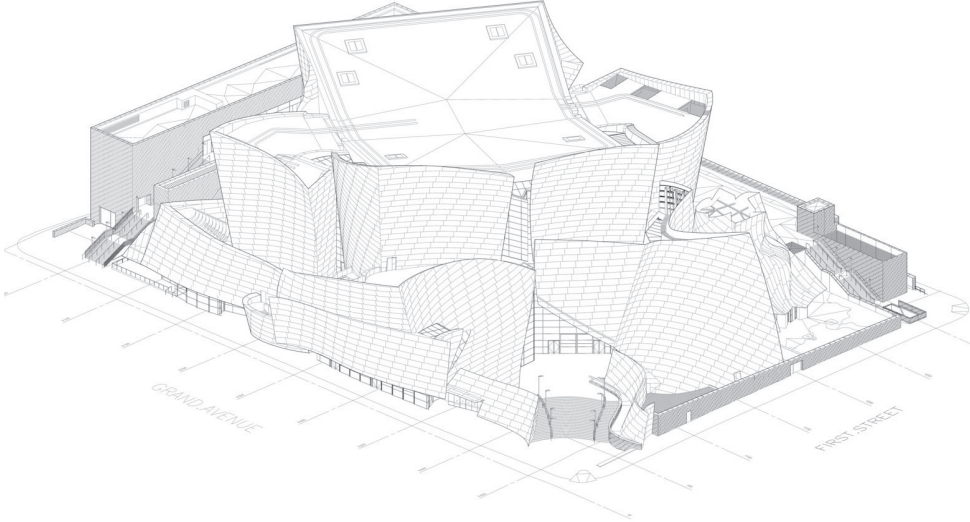


Fig. 50 - Axonometric Drawings

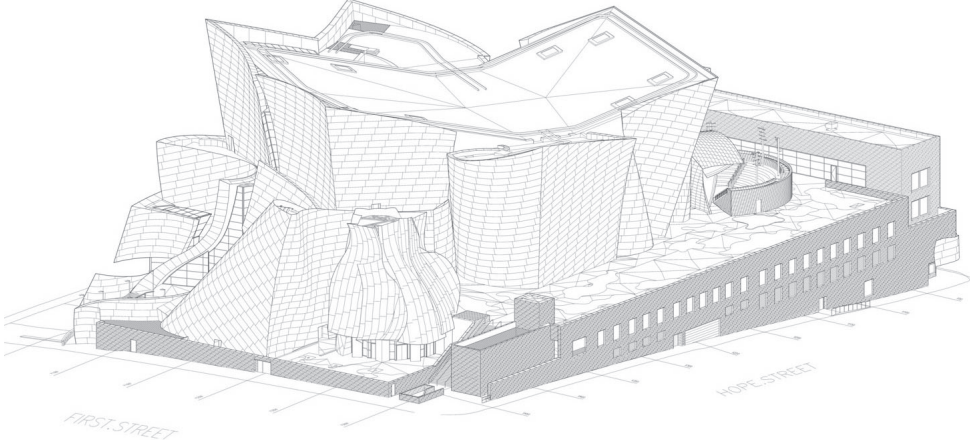


Fig. 51 - Axonometric Drawings

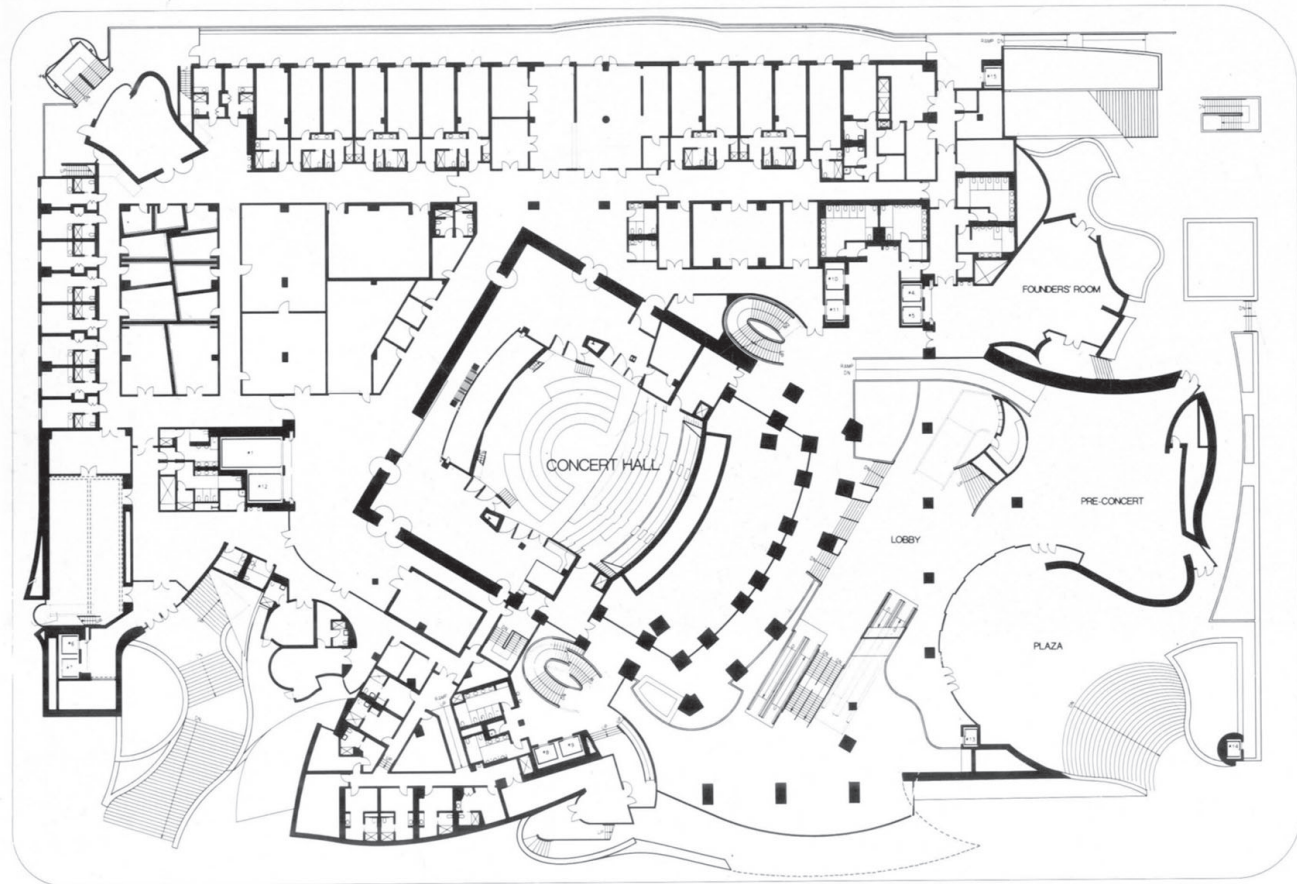


Fig. 52 - FIRST FLOOR PLAN

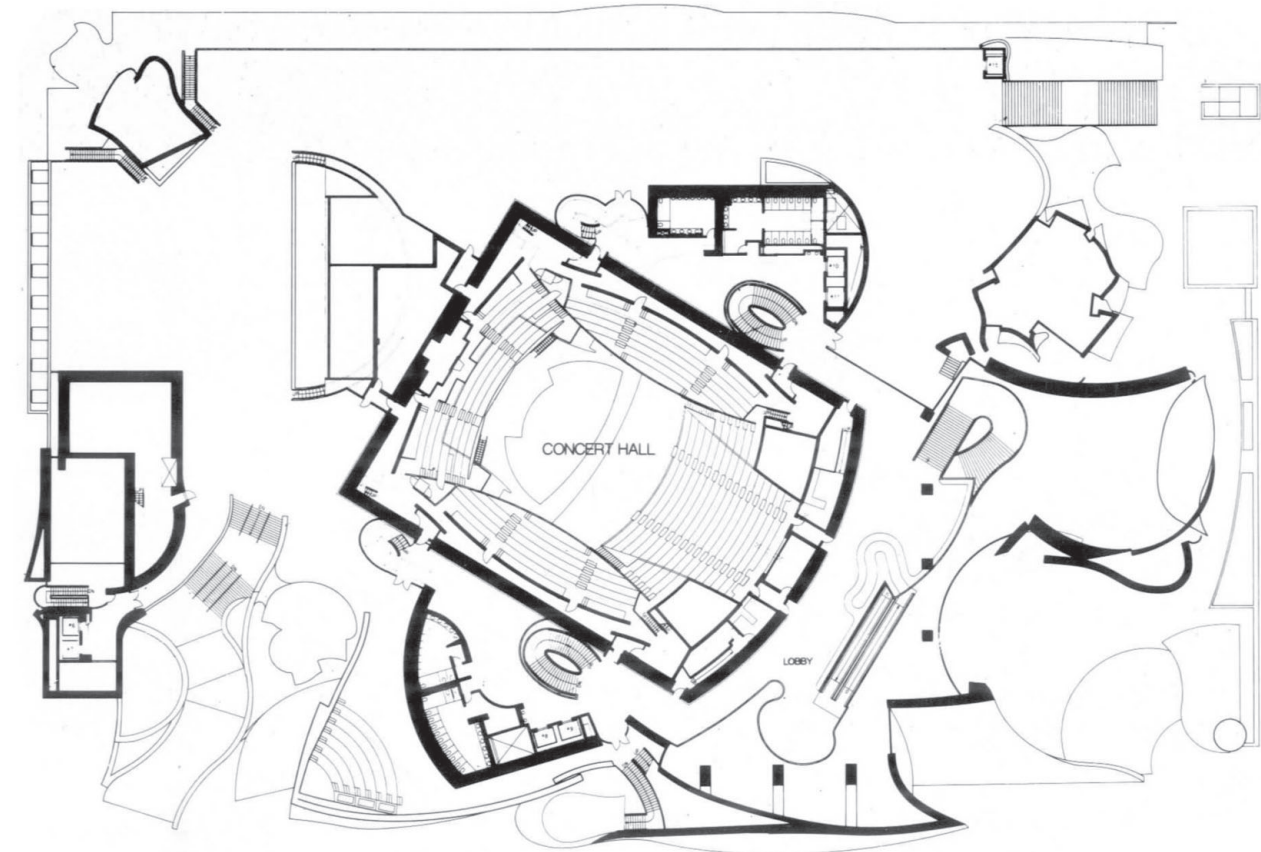


Fig. 53 - SECOND FLOOR PLAN

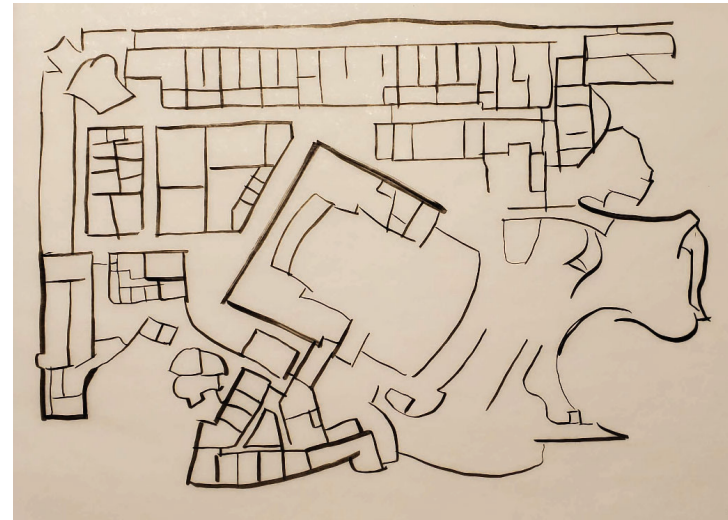


FIG 54 - AUTHOR'S SKETCH OF FIRST FLOOR PLAN

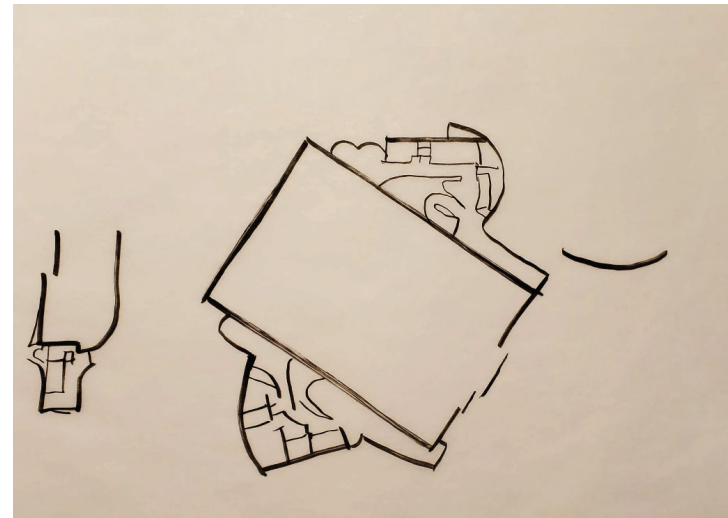


FIG 55 - AUTHOER'S SKECTH OF SECOND FLOOR PLAN

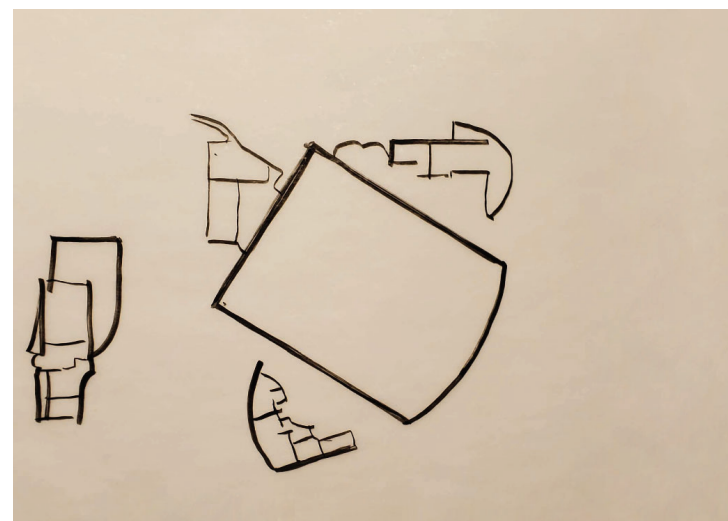


FIG 56 - AUTHOER'S SKECTH OF THIRD FLOOR PLAN

FINDINGS:

The performance space is covered in fir wood, the exterior of the building is covered in corrugated metal paneling. "Designed to look like the hull of a ship, the curved wood ceiling evokes the sails of the boat." The support areas and dressing rooms are set up in a standard rectangular fashion. Behind and around the auditorium space.

The main auditorium space measures 294'x438'. The pre-concert space measures about 124'x161'. The main stage/performance area is has about 3 different seating levels surrounding the stage itself. "The auditorium is equipped with natural light, through lucarne and a wide window on the back side of the room."

LABAN DANCE CENTRE

HERZOG & DE MUERON

LABAN CENTRE

LONDON, UK

2003



Fig. 57 - Exterior



Fig. 58 - Exterior



Fig. 59 - Exterior



Fig. 60 - Stage



Fig. 61 - Facade

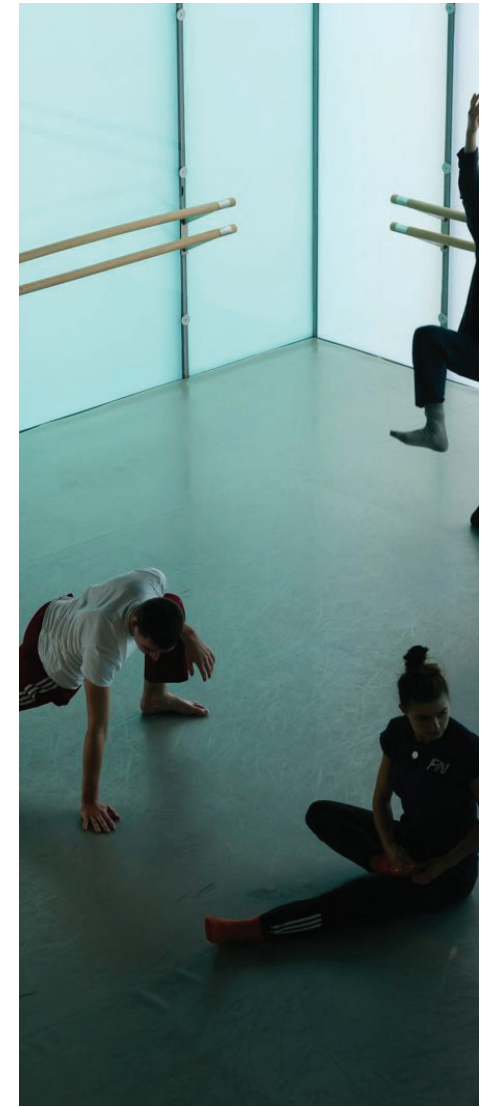


Fig. 62 - Dancers Stretching



Fig. 63 - Looking through the transparent glass inwards.



Fig. 64 - Dance Studio

"The inner layer is of glass, transparent or translucent depending on whether the spaces behind are visually connected or not with the exterior. The shadows of dancers, cast onto the matt glass surfaces of the interior facades, have a magical effect and play an active role in the Laban's architectural identity."

TOTAL AREA | 9,374 M²



Fig. 67 - Site Plan

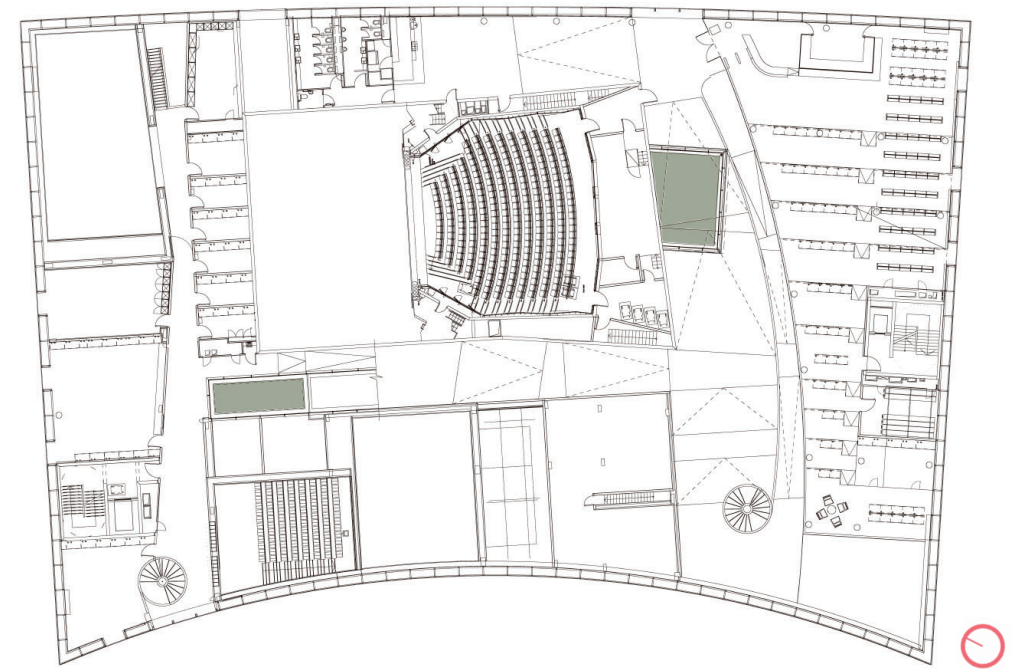


Fig. 66 - FIRST FLOOR PLAN

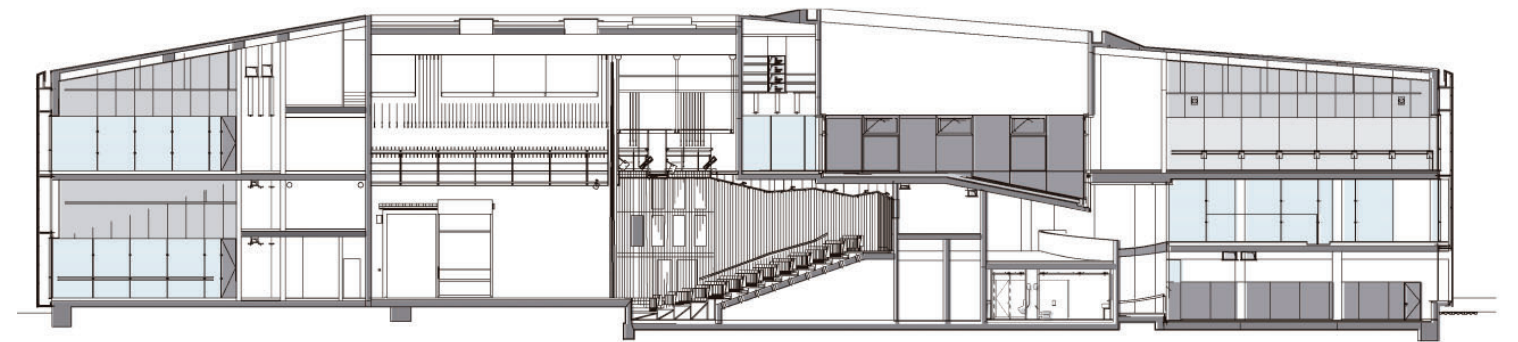
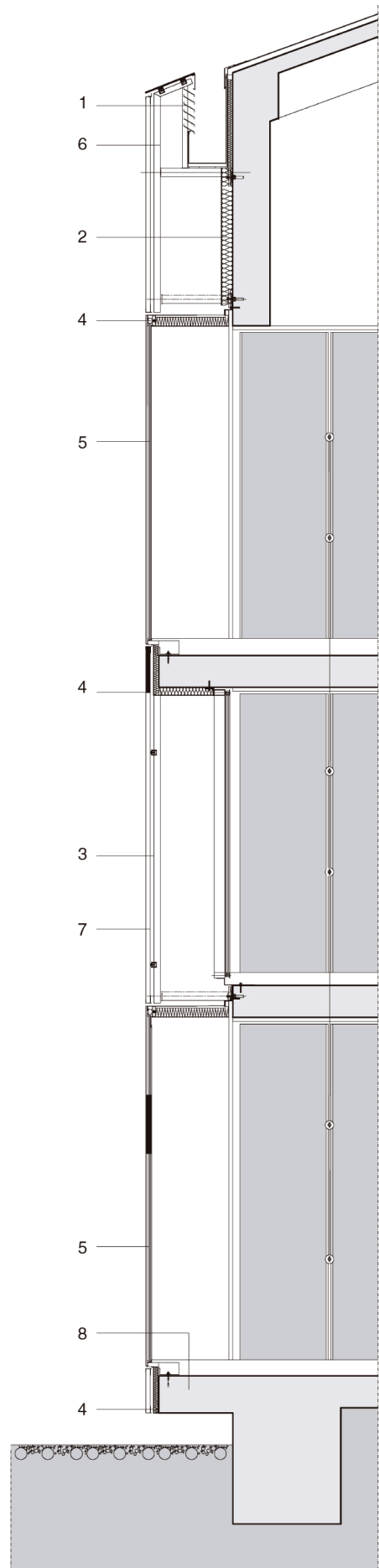


Fig. 68 - SECTION



- 1 anodized aluminum fixed louvres
- 2 100 mm rockwool thermal insulation
- 3 40 mm polycarbonate three-layer cladding, 40/500 mm, colored interior layer
- 4 anodized aluminum frame
- 5 double glazing: 10 mm reinforced glass, air cavity, safety glass (2x6mm)
- 6 vertical mullion, steel section 80/80/4 mm
- 7 wind shielding anchoring substructure: aluminum tube 50/50/4 mm
- 8 cast in situ concrete

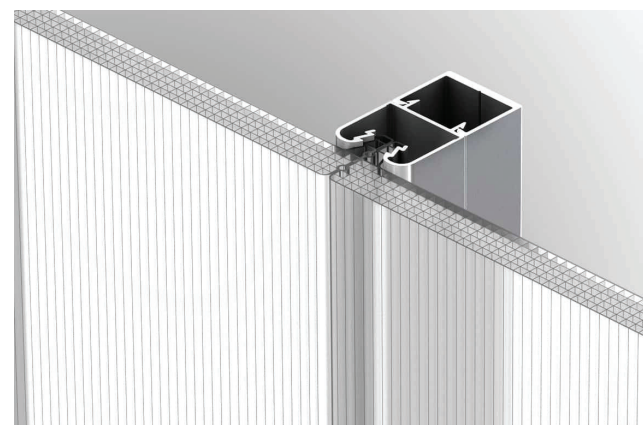


Fig. 70 - Facade Detail

Fig. 69 - Wall Section



FIG 71 - AUTHOR'S SKETCH OF FIRST FLOOR PLAN



FIG 72 - AUTHOR'S SKETCH OF SECOND FLOOR PLAN



FIG. 73 - AUTHOR'S SKETCH OF THIRD FLOOR PLAN

FINDINGS:

The façade consists of a double layer of polycarbonate and glass. The first layer protects from solar gain and heat radiation, thanks to transparent polycarbonate panels that are colored towards the interior, contributing to the overall energy system.

The inner layer is of glass, transparent or translucent depending on whether the spaces behind are visually connected or not with the exterior.

The dance studios are located throughout the three levels of the building.

The dance studios are located throughout the three levels of the building (marked in orange). This project has two separate performance area, one holding 100 seats, and the other holds 300 seats.

OZENFANT HOUSE & STUDIO

LE CORBUSIER

PARIS, FRANCE

1922



Fig. 74 - Interior view of Studio/Study Space



Fig. 75 - Interior view of Studio/Study Space furnished as office



Fig. 76 - Interior view of Studio/Study Space furnished as office



Fig. 77 - Interior view of Studio/Study Space furnished as office



Fig. 78 - Exterior Staircase



Fig. 79 Exterior



Fig. 80 - Interior view of Studio/Study Space empty

"The two facades are pure proportion, pure mathematics. They can find relationships between the total extent of the facade and windows, you can draw angles with the same inclination at all levels... This shows the great influence that had the classic works such as the Parthenon on Le Corbusier."

Total Area | 9,374 m²



Fig. 82 - Site Plan



Fig. 81 - Exterior Render

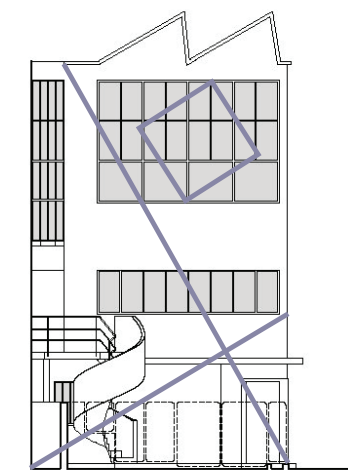
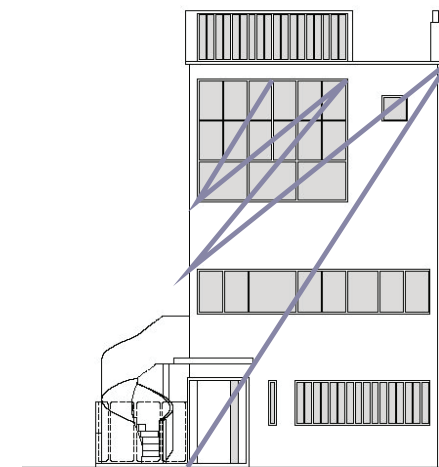


Fig. 81 - Geometric Proportions in Elevation



Fig. 82 - Author's Sketches of Void, Interior and Exterior

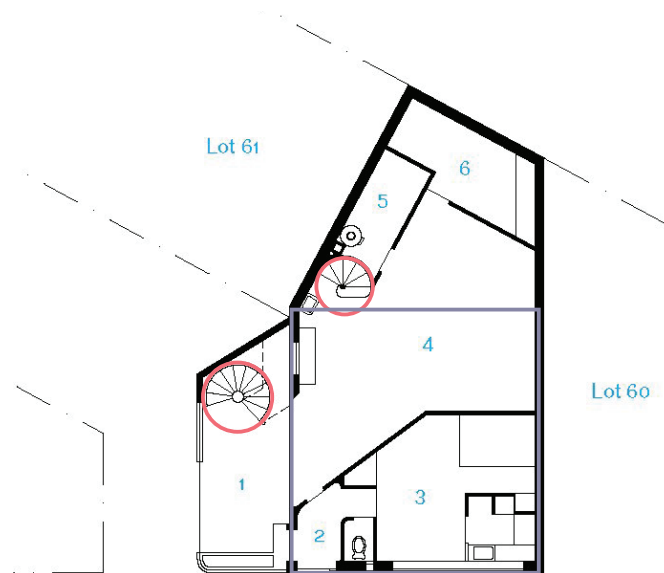


Fig. 83- FIRST FLOOR PLAN

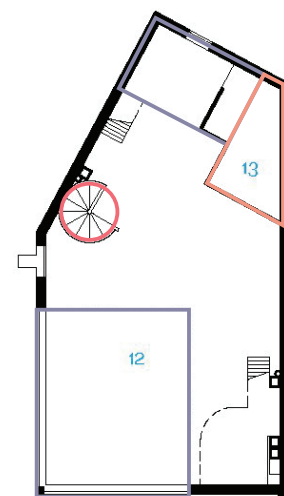


Fig. 84- THIRD FLOOR PLAN



- 1 Gated front yard
- 2 Vestibule
- 3 Caretaker's room
- 4 Garage
- 5 Mechanical room
- 6 Storage
- 7 Gallery
- 8 Showroom
- 9 Kitchen
- 10 Bedroom
- 11 Bathroom
- 12 Painting studio
- 13 Darkroom
- 14 Mezzanine
- 15 Library

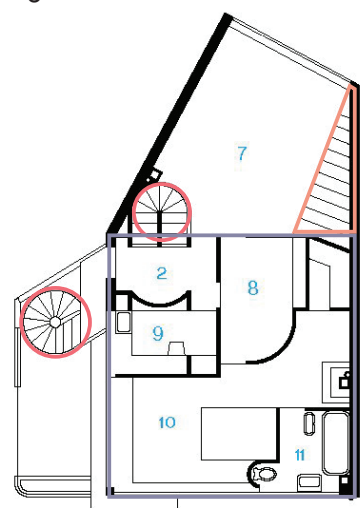


Fig. 85 - SECOND FLOOR PLAN

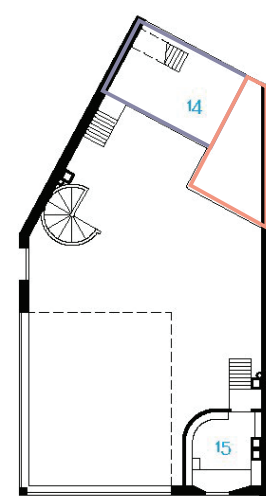


Fig. 86 - FOURTH FLOOR PLAN

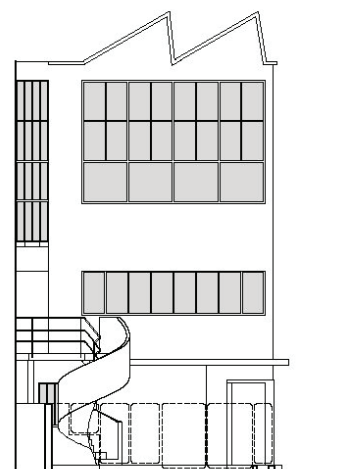


Fig. 87 - NORTH-EAST ELEVATION

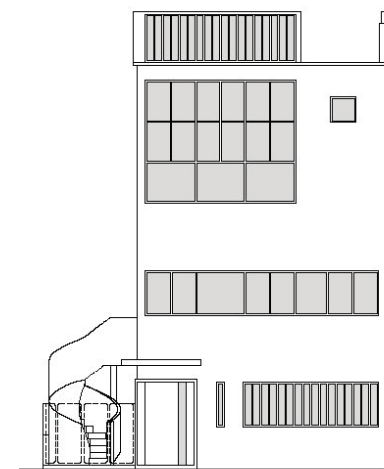


Fig. 88 - SOUTH-WEST ELEVATION

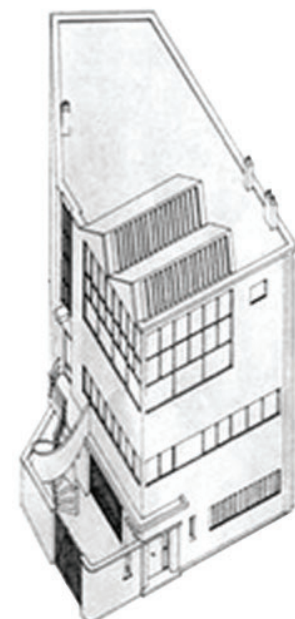
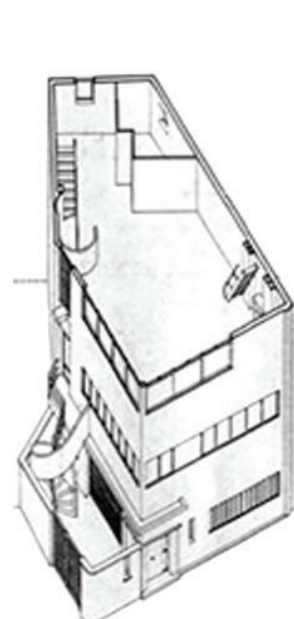
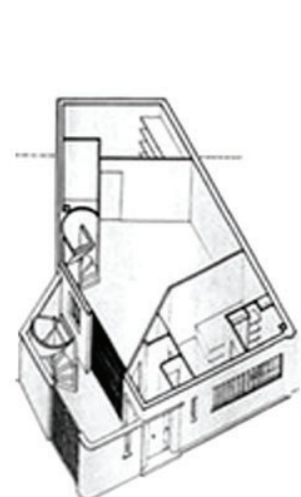


Fig. 89 - FIRST FLOOR PLAN Fig. 90 - SECOND FLOOR PLAN Fig. 91 - THIRD FLOOR PLAN Fig. 92 - ROOF PLAN

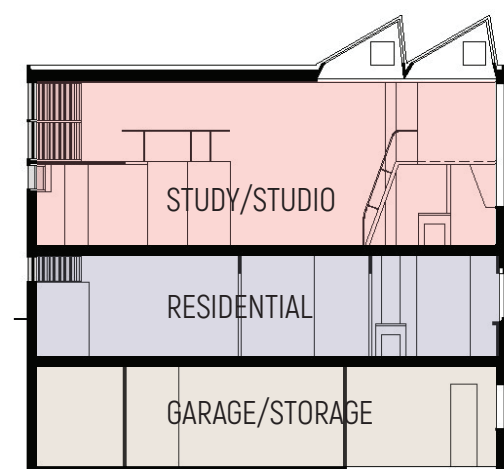


Fig. 93 - SECTION - LATITUDE

FINDINGS:

The height of the space varies depending on the use. The most prominent height is of the study/studio of the owner. This floor has large glass windows that emphasize vertical movement.

The 4 levels are divided by "garage," residential and the study/studio.

Le Corbusier continued to use his five points in designing this project. "It possessed a geometrical clarity inside and out which has since been lost with the elimination of the north-light roof and its replacement by a flat one."

2.3 ARTIST RESEARCH

While exploring precedents, questions that came to mind was, what about the patients or users of the space that is going to be designed? Who is an example of using art as a form of therapy?

Research on Yayoi Kusama and her art works begins.



Fig. 94 - Yayoi working on

Yayoi Kusama

1929-Present

Matsumoto, Nagano, Japan

"I fight pain, anxiety, and fear every day, and the only method I have found that relieves my illness is to keep creating art," she wrote in her autobiography. Kusama calls her work "art-medicine"—for both herself and the rest of us. "I wanted to start a revolution, using art to build the sort of society I myself envisioned."



Fig. 95 - Family Portrait



Fig. 96 - Yayoi Kusama Museum, Tokyo, Japan



Fig. 97 - Love is Calling



Fig. 98 - Infinity Mirror Rooms



Fig. 99 - Infinity Net Series

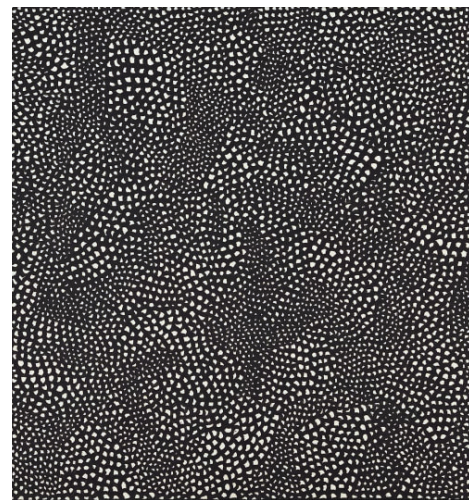


Fig. 100 - Infinity Net Series

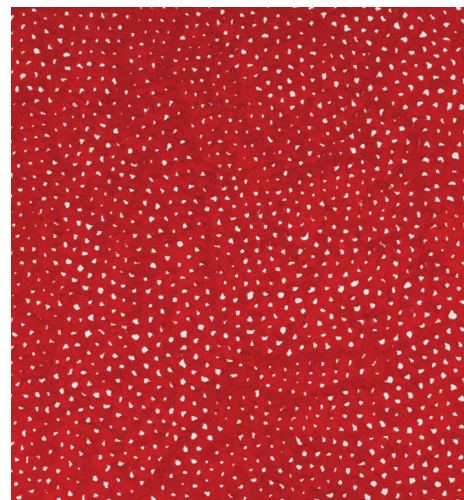


Fig. 101 - Infinity Net Series

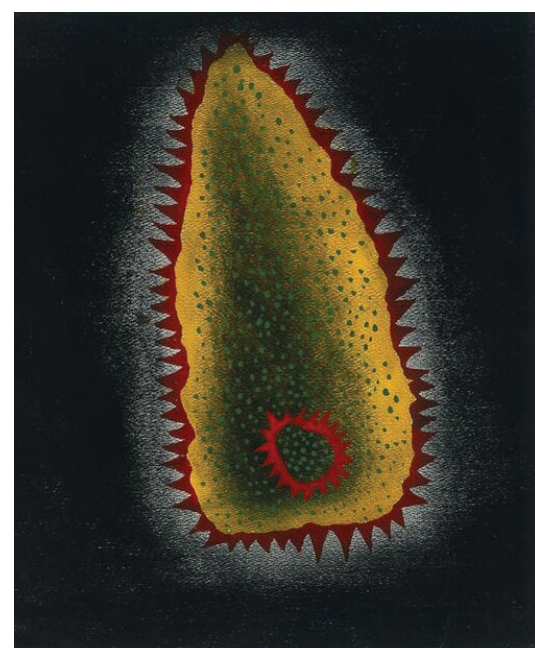


Fig. 102 - The Woman

Infinity Net Series, 1958

- Showcases the way she processes her mental illness by inviting viewers to gaze into her mind through this hypnotic feeling.

The Woman, 1953

- A way to help her cope with anxiety towards sex.
- Reminiscent of female genitalia with red spikes floating in a dark abyss

Accumulation No. 1962

- Created to confront her sexual phobias and anxieties.
- By creating this piece she establishes herself as a non-passive female, making a statement against patriarchal authority.



Fig. 103 - Accumulation No. 1962

Yayoi Kusama is a Japanese Artist suffers from obsessive compulsive neurosis, in her case once something enters her mind, she cannot get rid of it. Since she was a young child, she was drawing dots, this becomes the staple in her paintings, as well as a pattern on her sculptures.

Yayoi Kusama's artwork helped her confront her fears and invites viewers to enter her mind. Yayoi's art explores the themes of **self-obliteration**, **sexual anxiety**, **antiwar**, **antiestablishment**, as well as **free love**, with the stated intention of **disassembling boundaries of identity, sexuality, and the body**. Although she paints various dots, she uses vibrant colors to allow the entanglement of her mind to be expressed.

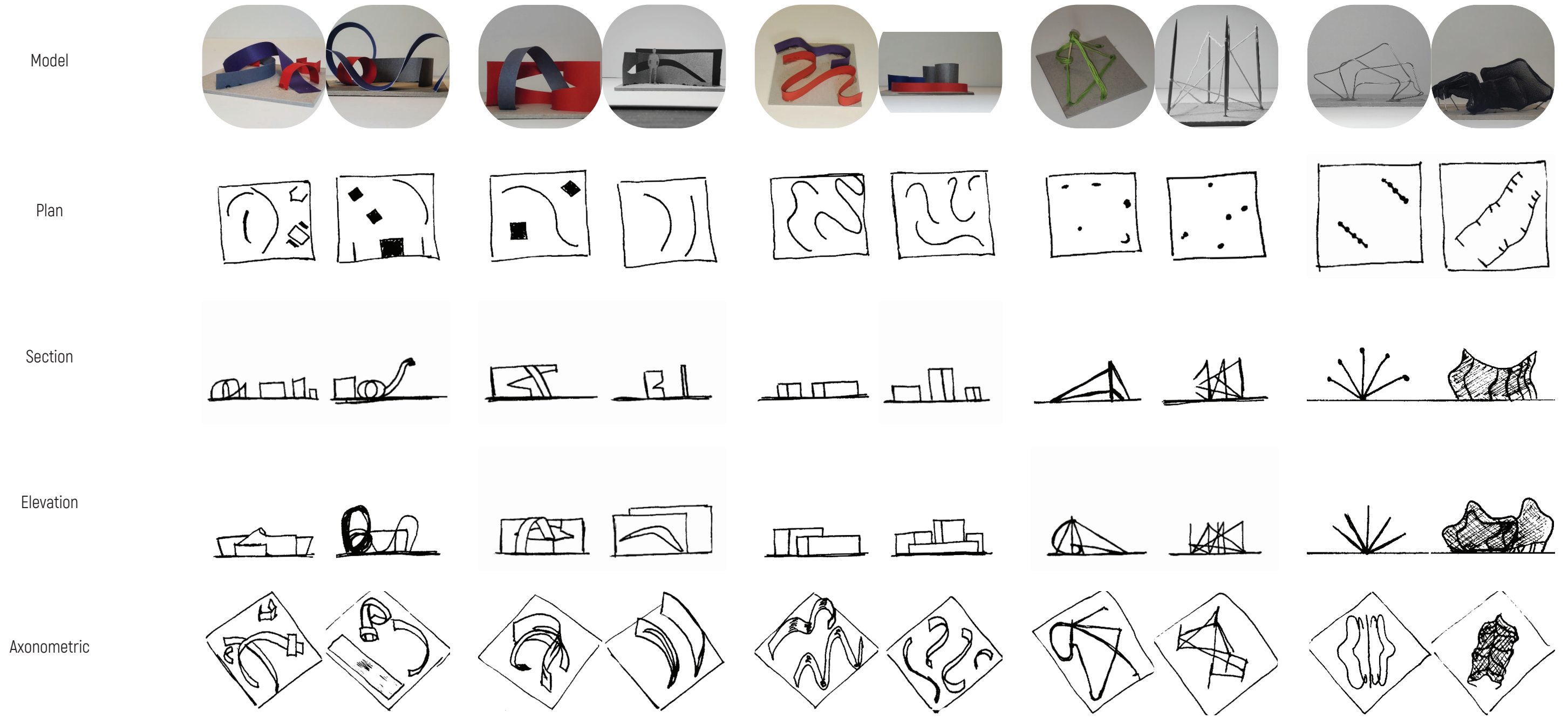
03 DESIGN INTERVENTION

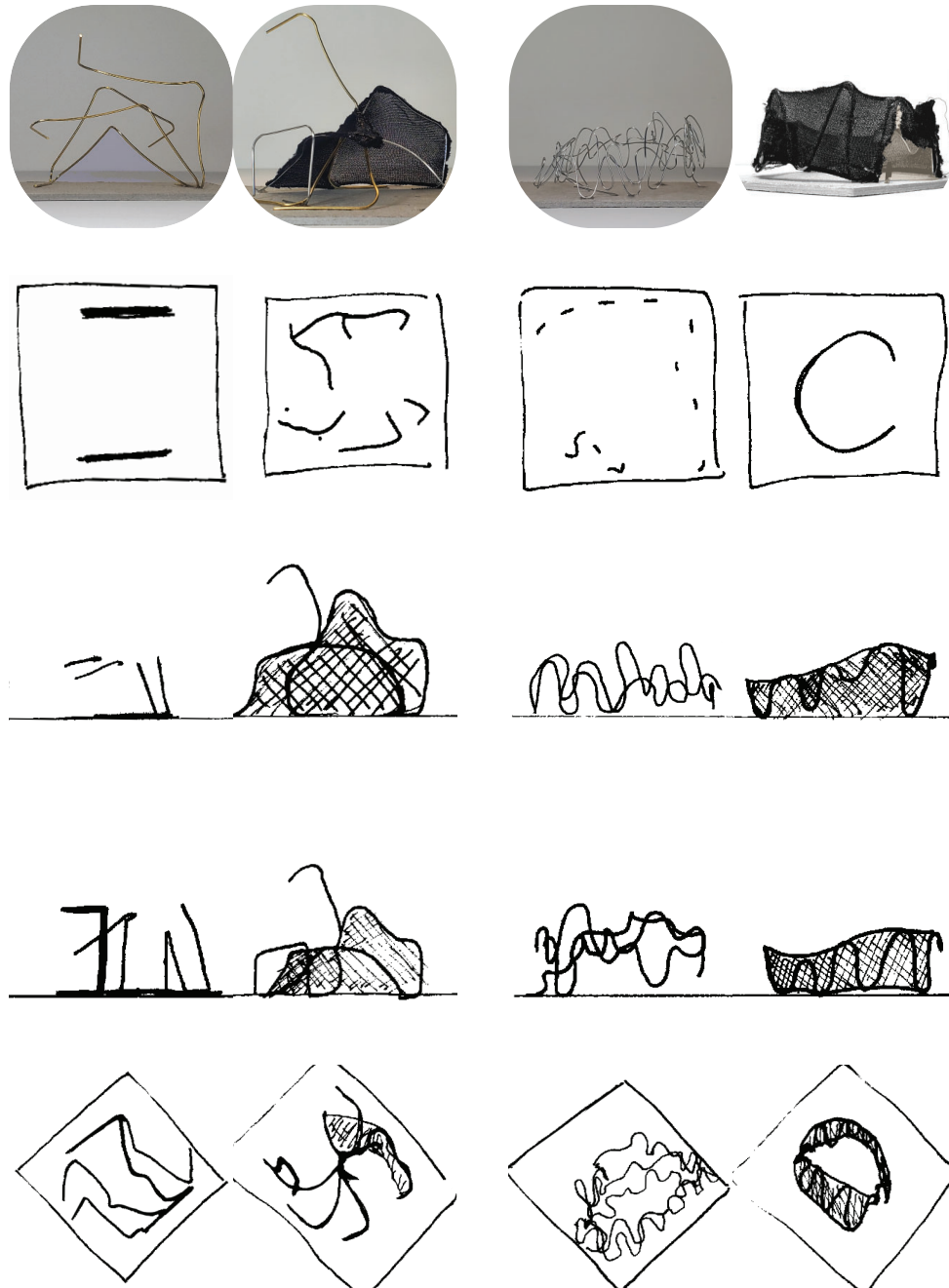
3.1	GESTURE EXPLORATIONS	47
3.2	SPATIAL ANALYSIS	53
3.3	FINAL INTERVENTION	45



3.1 3D SPACIAL EXPLORATIONS AND SPACIAL ANALYSIS

3D Gesture Explorations





These 3D explorations were inspired by the gestures of **paint strokes**, **dancing**, and **sonic waves**. The need of view in each independent space is dependent on the amount of focus needed to be able to carry out the different tasks used in the healing processes.

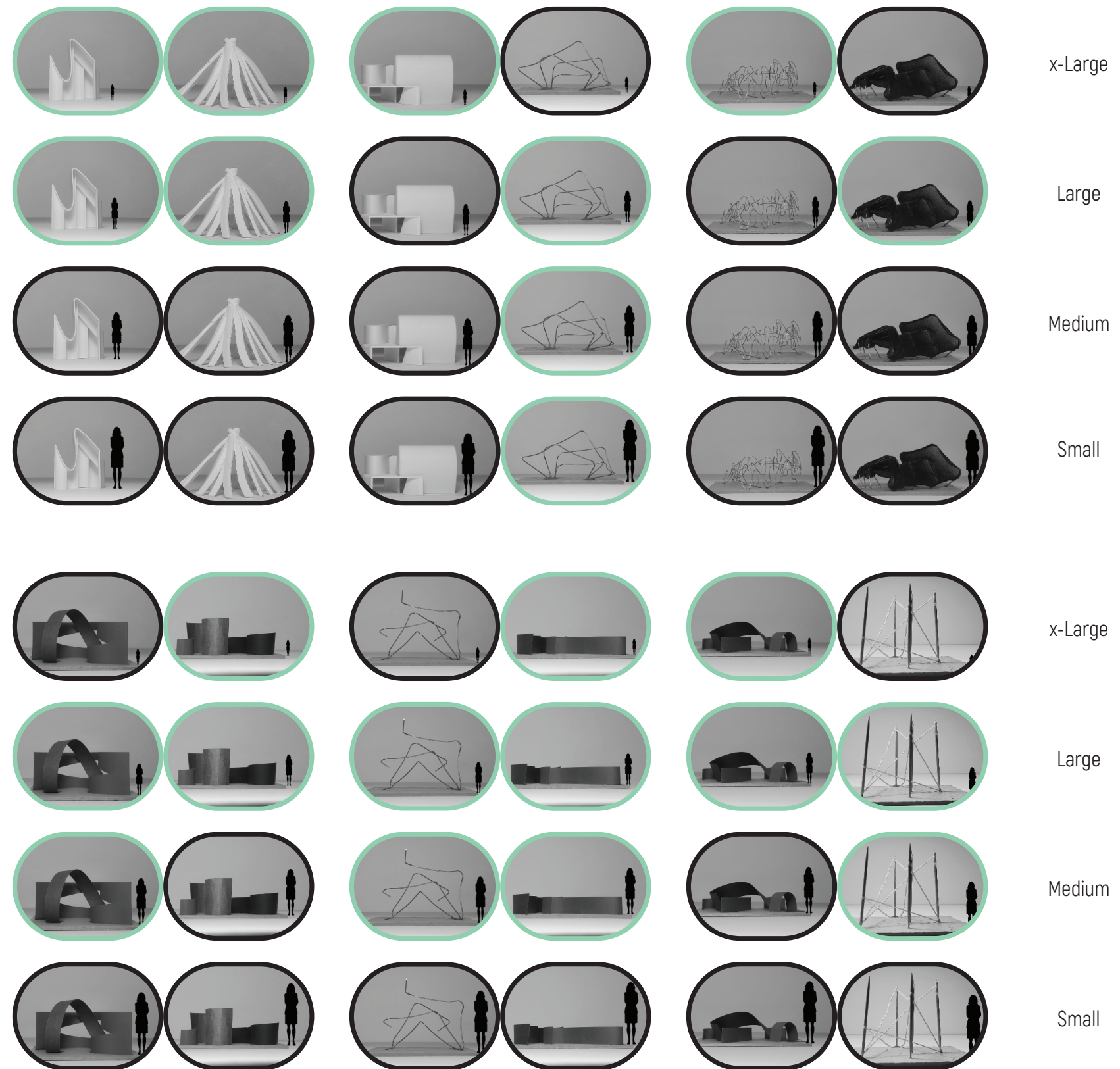
From interior spaces for example, for painting and other visual arts the need for **eye-level view** to the outside is necessary because it can lead to inspiration. While the need for view towards the sky may be a better option for sonic and kinetic arts to focus.

Creating these iterations gave a sense of human scale. The difference in materials allowed me to make interior and exterior spaces, as well as hard vs. soft spaces. Because this is an arts-driven project, the use of gestures was a very prominent part of the design for these iterations.

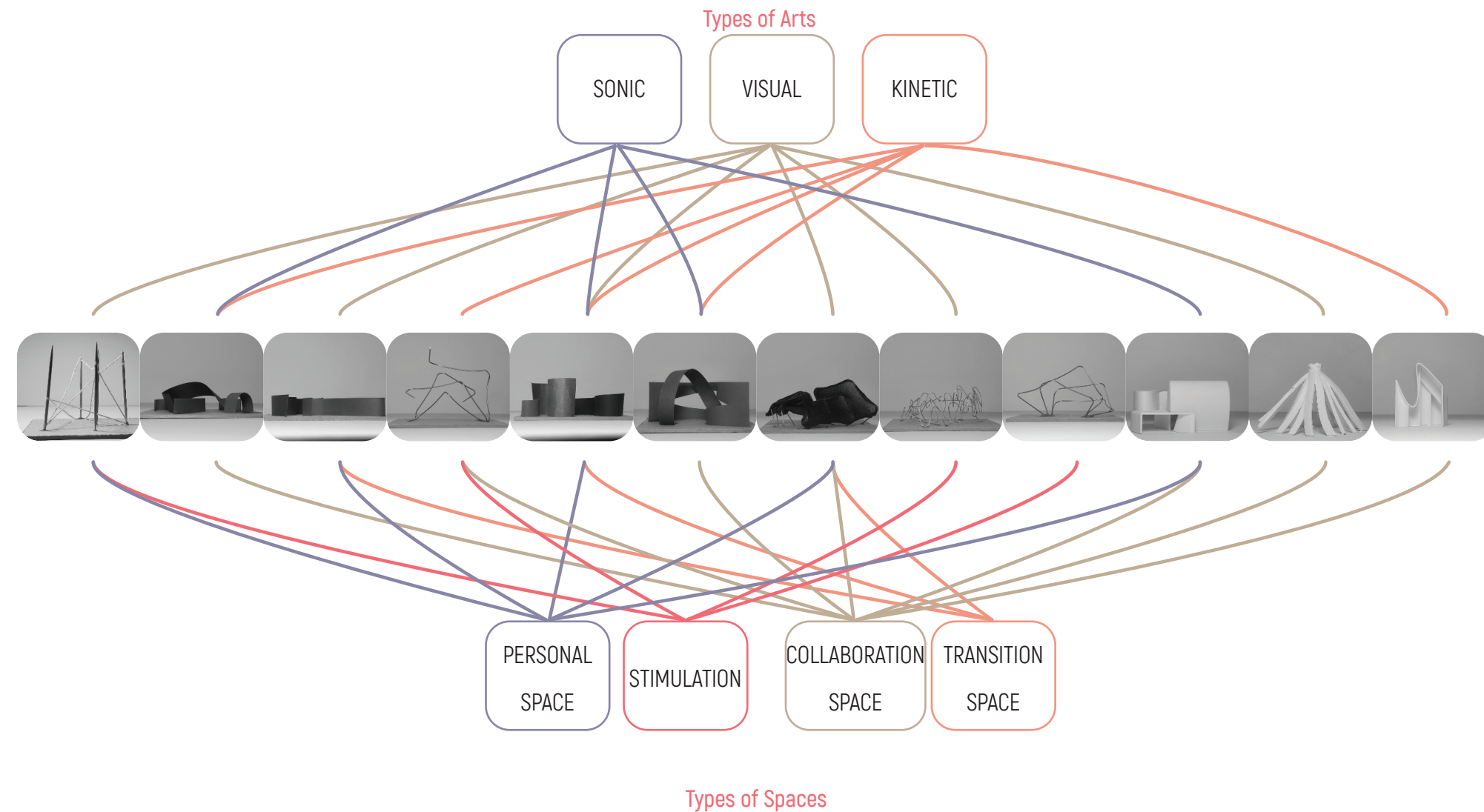
Scale Figure Interaction with 3D Explorations

By adding scaled figures into the spaces, raises the question as to, which spaces allow for a person to interact with each one?

Figures to the right show the differences in scale, from "Small"(intimate) to "X-Large"(monumental). This helps indicate which scale is suitable for people in each space. The most comfortably scaled spaces are highlighted in green.



Scale Figure Interaction with 3D Explorations



Which form of Art Therapy can take place?

Out of the 12 iterations the 3 of the spaces would be ideal for multiple forms of art to take place, 1 of which can be used for all 3 forms of art.

The categories identify which spaces are suitable for the type of Art Therapy. Each iteration resonates with certain aspects each art space needs.

How can each space be defined?

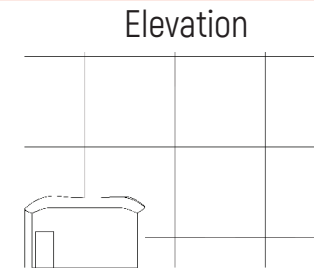
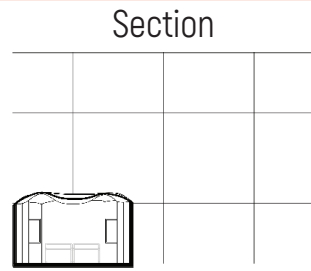
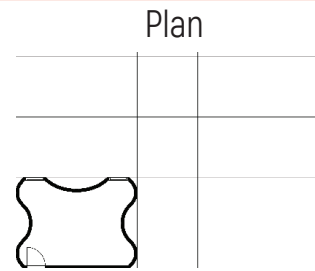
Personal Spaces, Stimulation, Collaboration, and Transitional Spaces are all important in spaces of healing. Each type of space is going to convey different emotions in patients depending on where they are in their healing journey.

3.2 PRELIMINARY DESIGNS

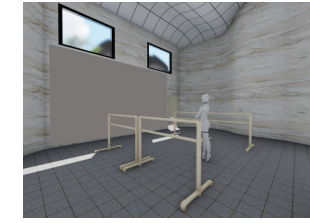
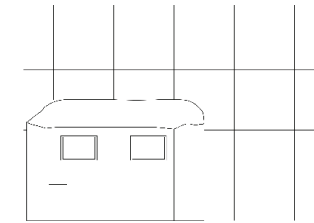
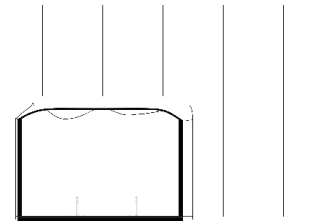
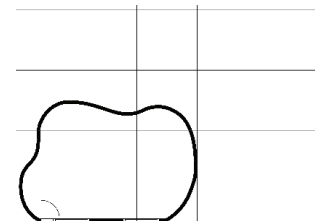
Preliminary Spatial Design Sketches

Kinetic

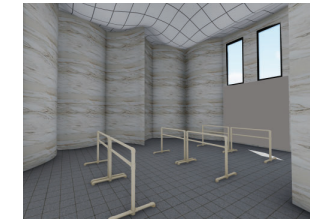
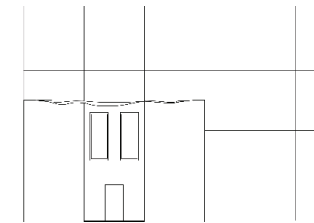
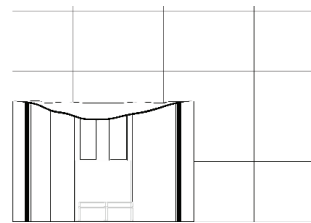
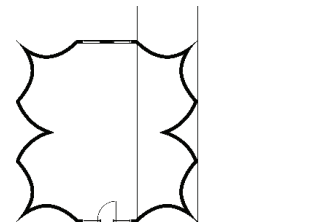
Small



Medium



Large

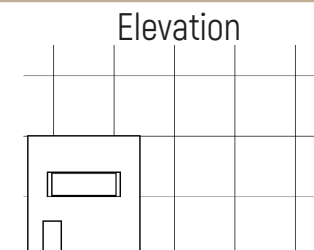
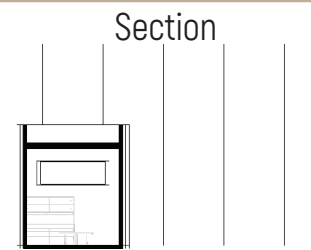
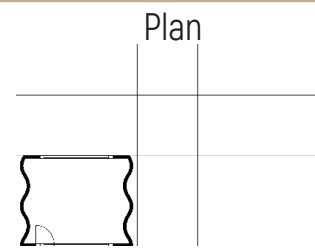


Dance allows for a chance at self-discovery through un-choreographed dance allows the person to let go of distressing thoughts and give them more confidence. Dance becomes a form of meditation.

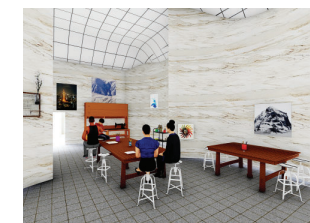
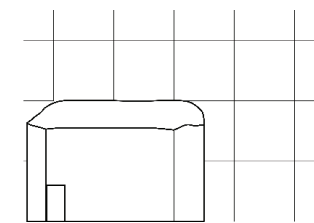
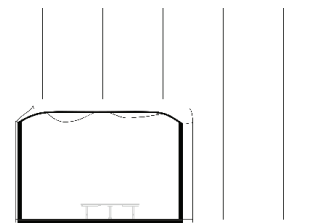
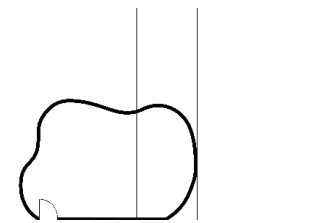
-“Free Moving’ Dance Has Healing Benefits for Mental Health.” <https://connect.uclahealth.org/>. Accessed May 9, 2022. <https://connect.uclahealth.org/2021/07/22/free-moving-dance-has-healing-benefits-for-people-with-mental-health-concerns/>.

Visual

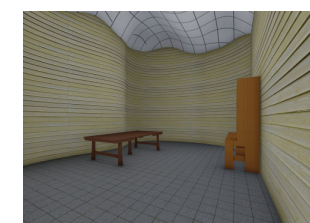
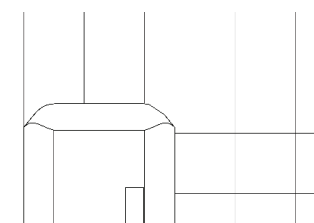
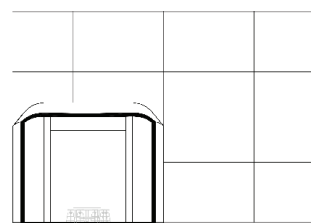
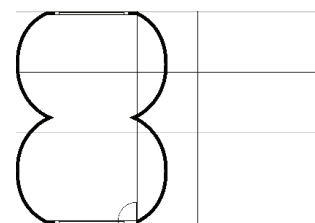
Small



Medium



Large

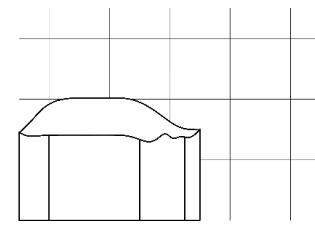
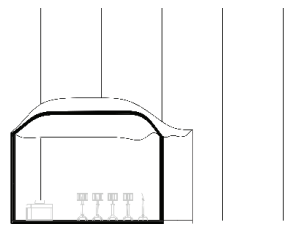
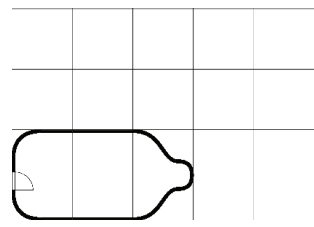


Painting is a way to help cognitive abilities and memory for people with serious brain disorders, which gives them a source of pleasure. Painting help develop creativity, a way to relieve stress and helps develop communication skills, which may help translate difficult topics in a person's thoughts to art.

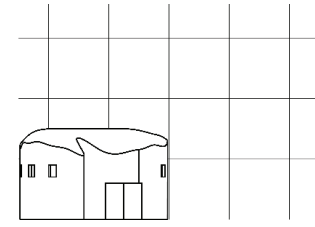
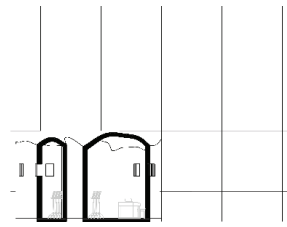
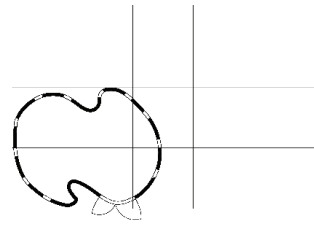
- Phillips, Renee, and Kaylene Buteau. “Art Enhances Brain Function and Well-Being.” The Healing Power of ART ARTISTS. Accessed February 2022. <https://www.healing-power-of-art.org/art-and-the-brain/>.

Sonic

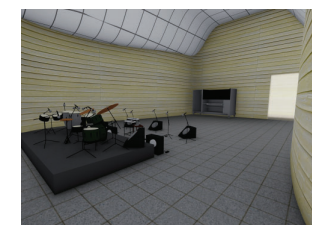
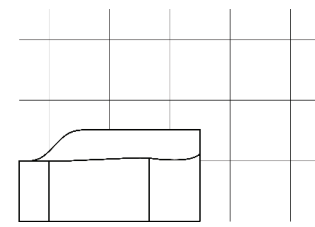
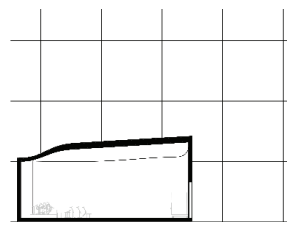
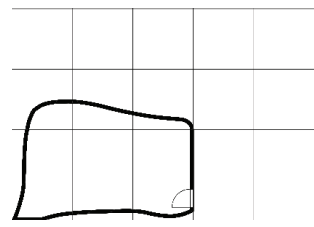
Small



Medium



Large



Playing music can encourage emotional expression, socialization, and exploration of therapeutic topics. Music engages our neocortex, which helps calm us and reduce impulsive tendencies. As well as allowing for a person to speak about topics that may be difficult for them to discuss.

-“The Impact of Music Therapy on Mental Health.” NAMI. Accessed March 2022. <https://www.nami.org/Blogs/NAMI-Blog/December-2016/The-Impact-of-Music-Therapy-on-Mental-Health>

3.3 FINAL INTERVENTION

Using the information gathered as well as looking at site selections, this intervention will take on a portion of the top floor of Grady Memorial Hospital located, in South Downtown, Atlanta, GA.

Site Selection

Choosing a site for this project was not focused around the climate, and the surroundings but rather the access to healthcare vs the prevalence of mental illness, as well as who it affects, adults vs youth, specifically around the United States.

According to MHA (Mental Health America) as of 2020 the following shows which states fall into which categories in terms of healthcare vs the prevalence of mental illness.

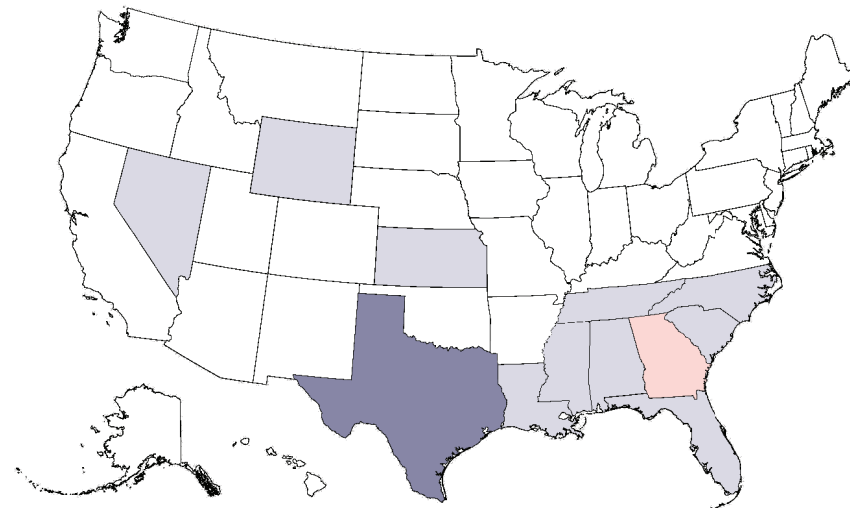


Fig. 104

States with **lowest access to mental health care:**

- 40 Florida
- 41 Louisiana
- 42 Tennessee
- 43 Kansas
- 44 North Carolina
- 45 Wyoming
- 46 Alabama
- 47 South Carolina
- 48 Mississippi
- 49 Nevada
- 50 Georgia
- 51 Texas

The 9 measures that make up the Access Ranking include:

- Adults with AMI who Did Not Receive Treatment
- Adults with AMI Reporting Unmet Need
- Adults with AMI who are Uninsured
- Adults with Disability who Could Not See a Doctor Due to Costs
- Youth with MDE who Did Not Receive Mental Health Services
- Youth with Severe MDE who Received Some Consistent Treatment
- Children with Private Insurance that Did Not Cover Mental or Emotional Problems
- Students Identified with Emotional Disturbance for an Individualized Education Program
- Mental Health Workforce Availability

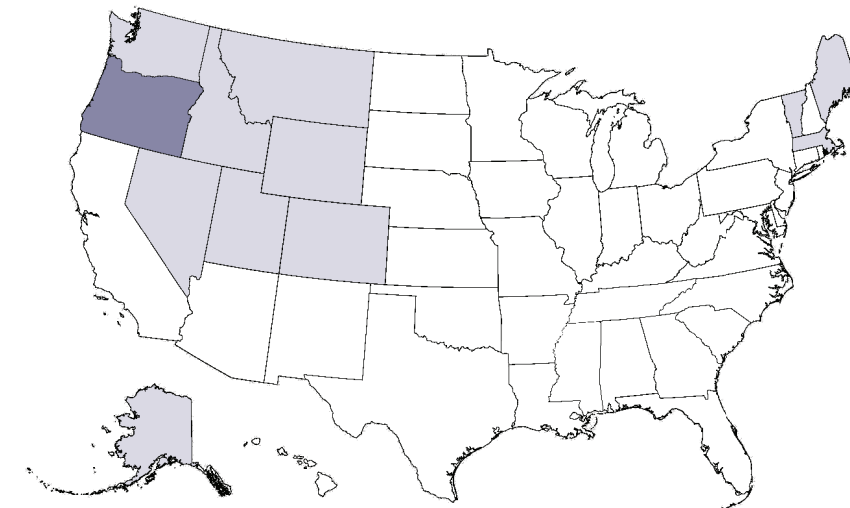


Fig. 105

States with **highest prevalence of any mental illness:**

- 40 Wyoming
- 41 Maine
- 42 Massachusetts
- 43 Vermont
- 44 Colorado
- 45 Nevada
- 46 Montana
- 47 Utah
- 48 Washington
- 49 Alaska
- 50 Idaho
- 51 Oregon

According to SAMHSA, "Any Mental Illness (AMI) is defined as having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder. Any mental illness includes persons who have mild mental illness, moderate mental illness, and serious mental illness."

An overall ranking 1-13 indicates lower prevalence of mental illness and higher rates of access to care. An overall ranking 39-51 indicates higher prevalence of mental illness and lower rates of access to care. The combined scores of all 15 measures make up the overall ranking. The overall ranking includes both adult and youth measures as well as prevalence and access to care measures.

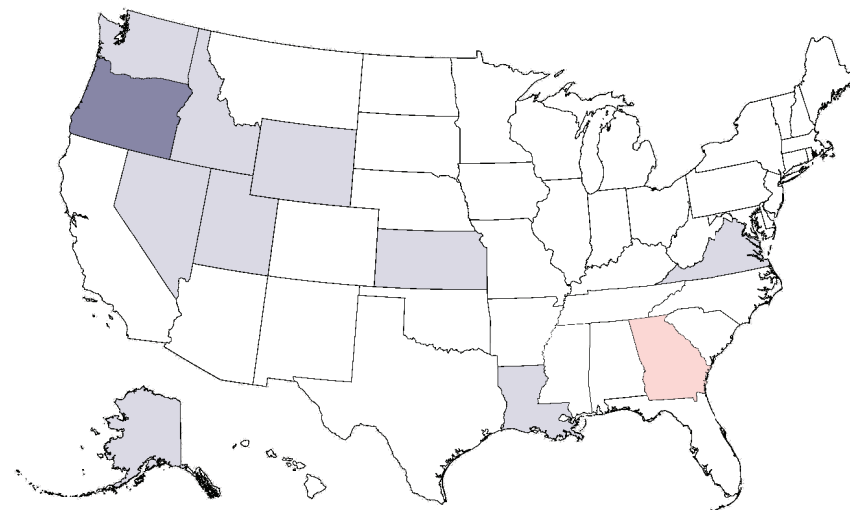


Fig. 106

States where **adults** have higher prevalence of mental illness and lower rates of access to care:

- 40 Georgia
- 41 Distric of Columbia
- 42 Virginia
- 43 Kansas
- 44 Alaska
- 45 Louisiana
- 46 Washington
- 47 Nevada
- 48 Wyoming
- 49 Idaho
- 50 Utah
- 51 Oregon

The 7 measures that make up the Adult Ranking include:

- Adults with Any Mental Illness (AMI)
- Adults with Substance Use Disorder in the Past Year
- Adults with Serious Thoughts of Suicide
- Adults with AMI who are Uninsured
- Adults with AMI who Did Not Receive Treatment
- Adults with AMI Reporting Unmet Need
- Adults with Disability Who Could Not See a Doctor Due to Costs

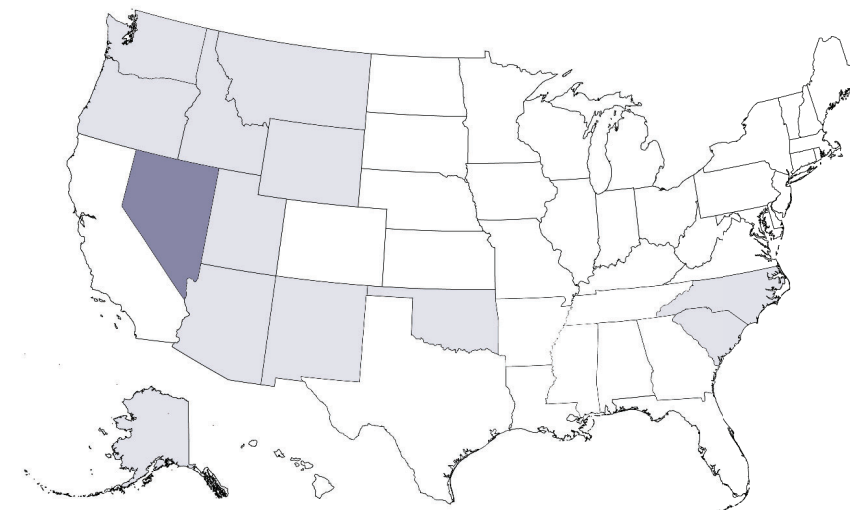


Fig. 107

States where **youth** have higher prevalence of mental illness and lower rates of access to care:

- 40 Oklahoma
- 41 Utah
- 42 New Mexico
- 43 Washington
- 44 North Carolina
- 45 Montana
- 46 Idaho
- 47 Oregon
- 48 South Carolina
- 49 Alaska
- 50 Wyoming
- 51 Nevada

The 7 measures that make up the Youth Ranking include:

- Youth with At Least One Major Depressive Episode (MDE) in the Past Year
- Youth with Substance Use of Disorder in the Past Year
- Youth with Severe MDE
- Youth with MDE who Did Not Receive Mental Health Services
- Youth with Severe MDE who Received Some Consistent Treatment
- Children with Private Insurance that Did Not Cover Mental or Emotional Problems
- Students Identified with Emotional Disturbance for an Individualized Education Program.

GRADY MEMORIAL HOSPITAL

KMD ARCHITECTS
Atlanta, Georgia, USA
1890

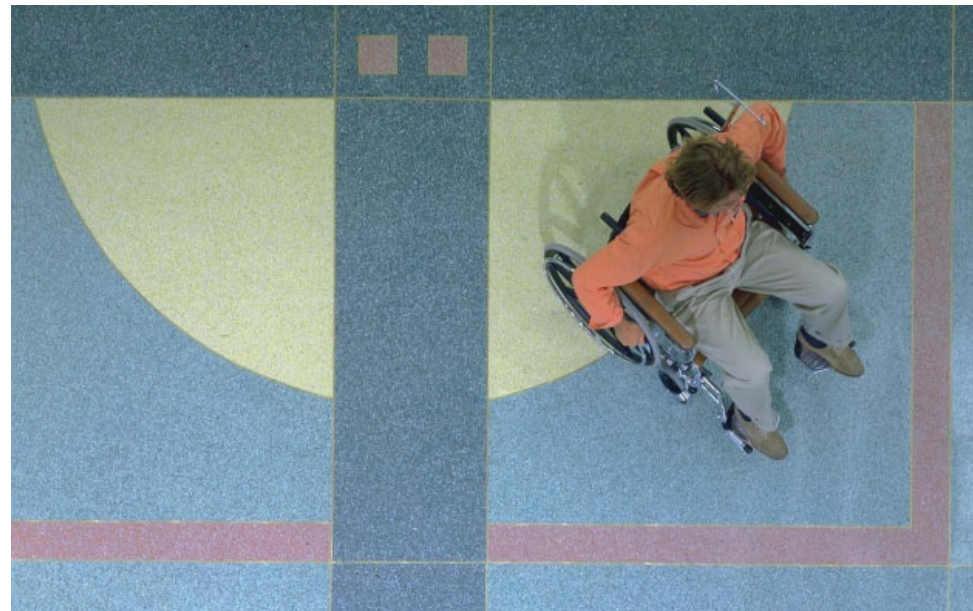


Fig. 108 - Interior



Fig. 109 - Exterior



Fig. 110 - Exterior



Fig. 111 - Interior

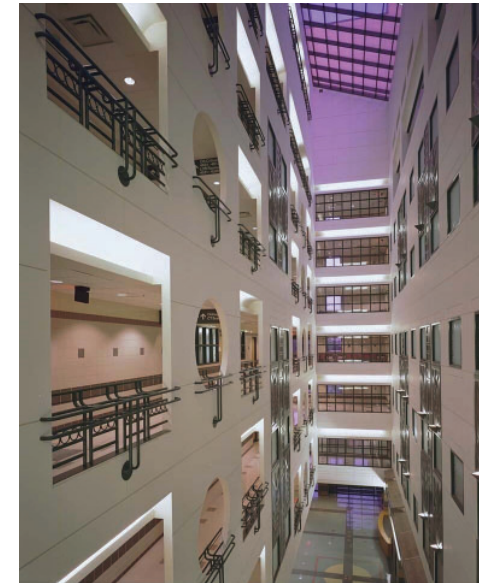


Fig. 112 - Interior

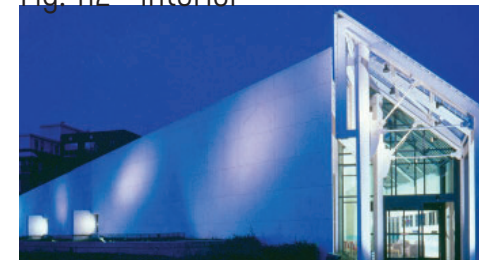


Fig. 113 - Exterior

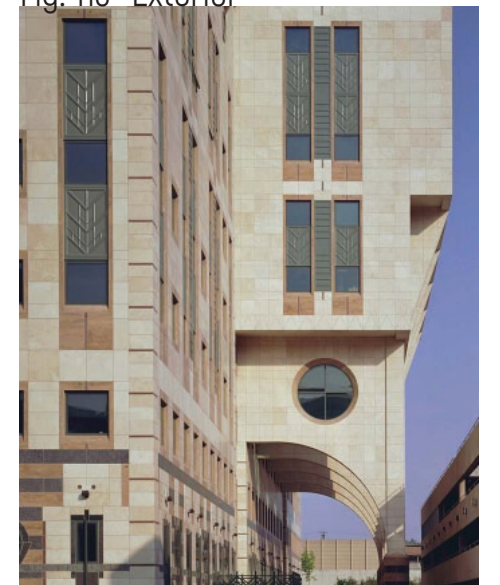


Fig. 114 - Exterior

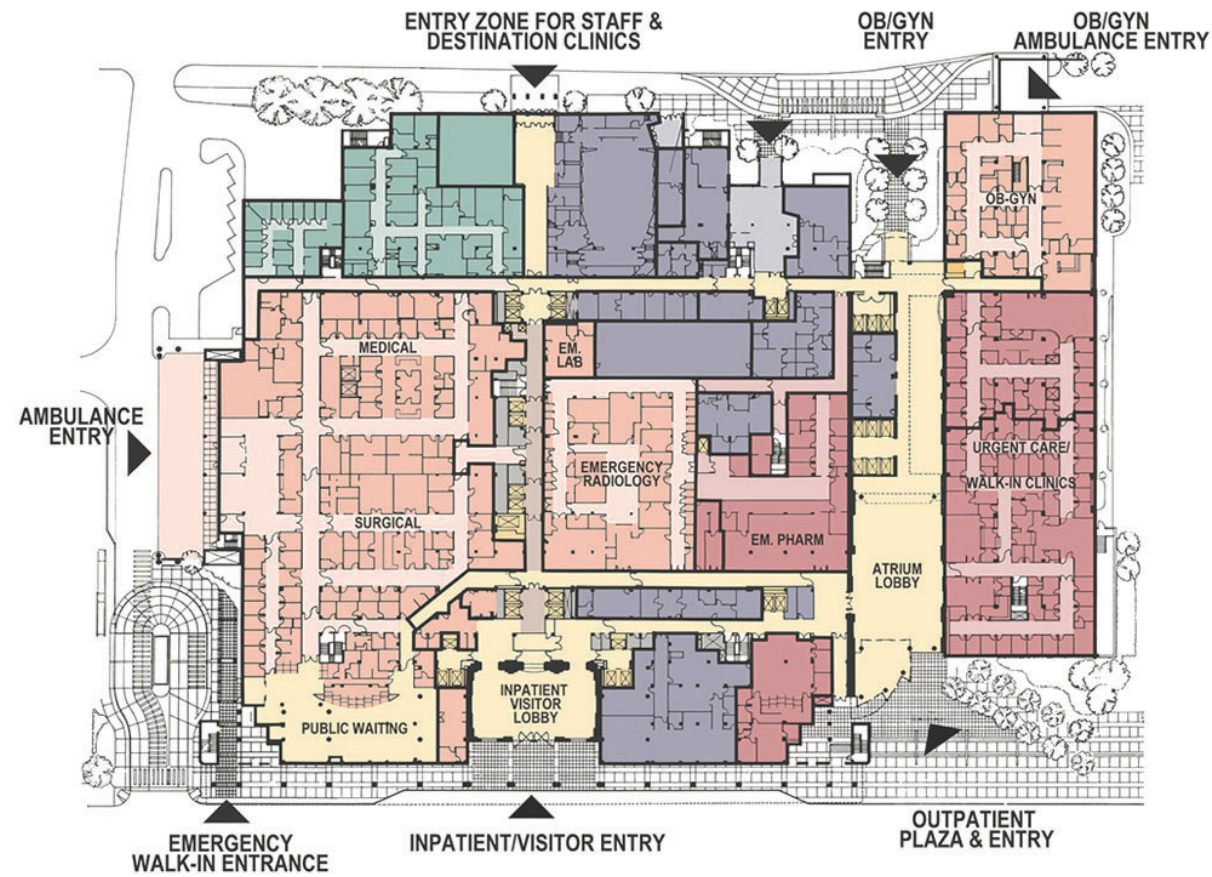


Fig. 115 - Ground Level Floor Plan

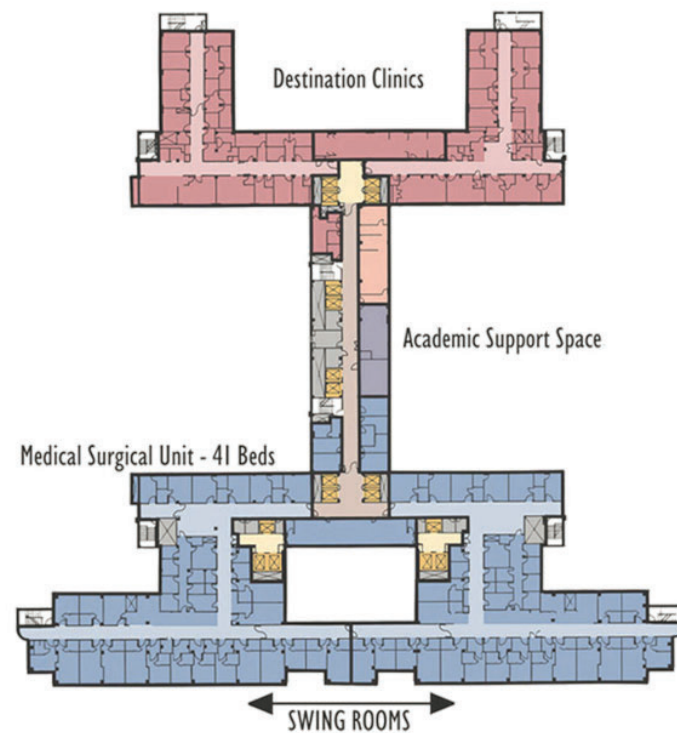


Fig. 116 - Typ. Floor Plan Levels 5-17

The existing plans of Grady Memorial Hospital show the basic plan of a hospital on the ground floor, emergency department, OBGYN department, inpatient and outpatient entry and the entry zone for staff and destination clinics.

Level 5-17 have a typical floor plan, with destination clinics located on the southeast of the building, while the medical surgical units face the northwest side of the building, with academic space in the center.

Design Process

With the amount of square footage located on the northern side of the building, this intervention will take place (highlighted in green).

The Proposed Program for the portion of the hospital is for 3 spaces for each form of art, kinetic, sonic and visual (small, large, and medium), locker rooms, storage, a gallery space, a group therapy room, and a larger nurses station and doctors offices.

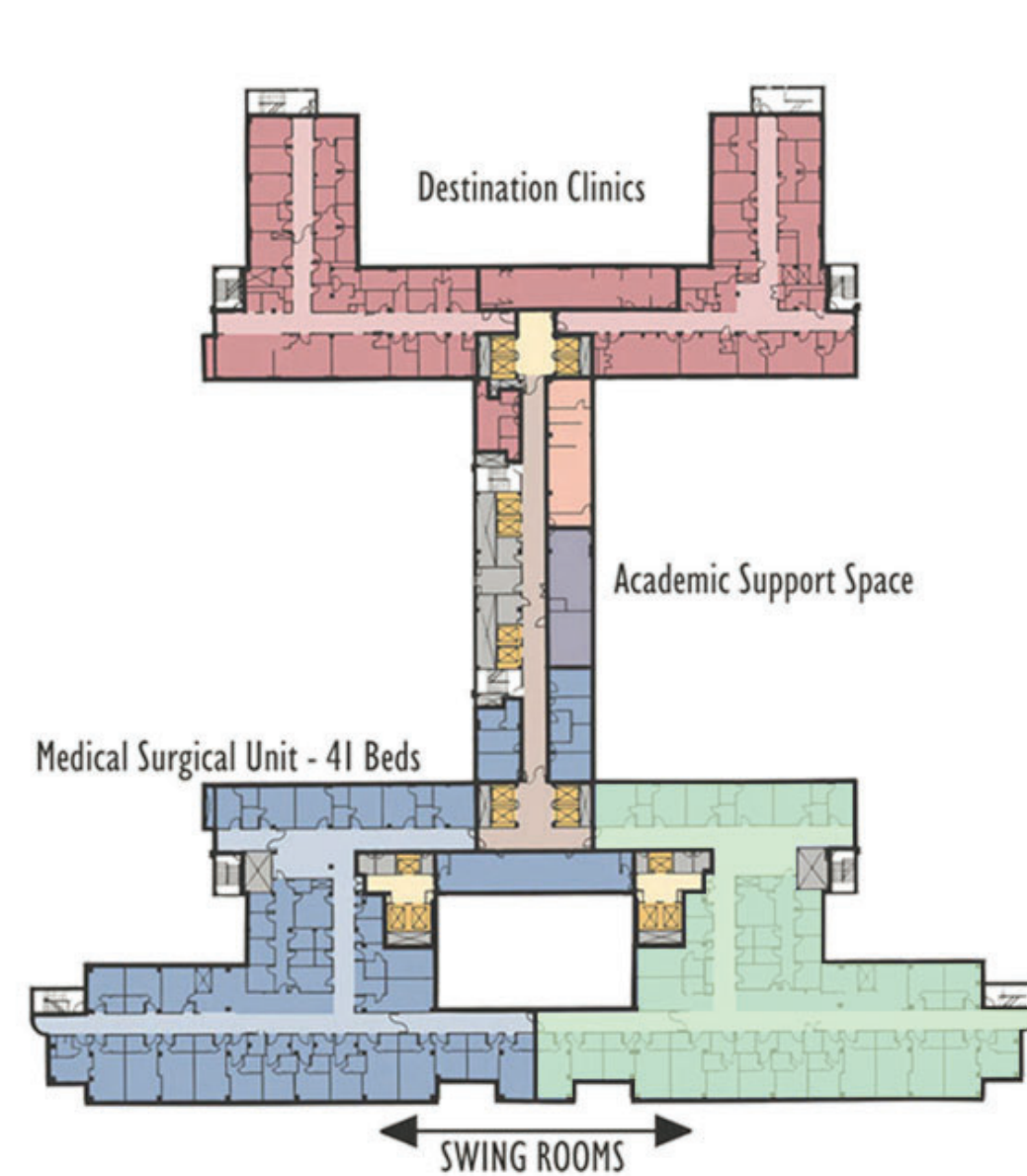


Fig. 117- Intervention Location

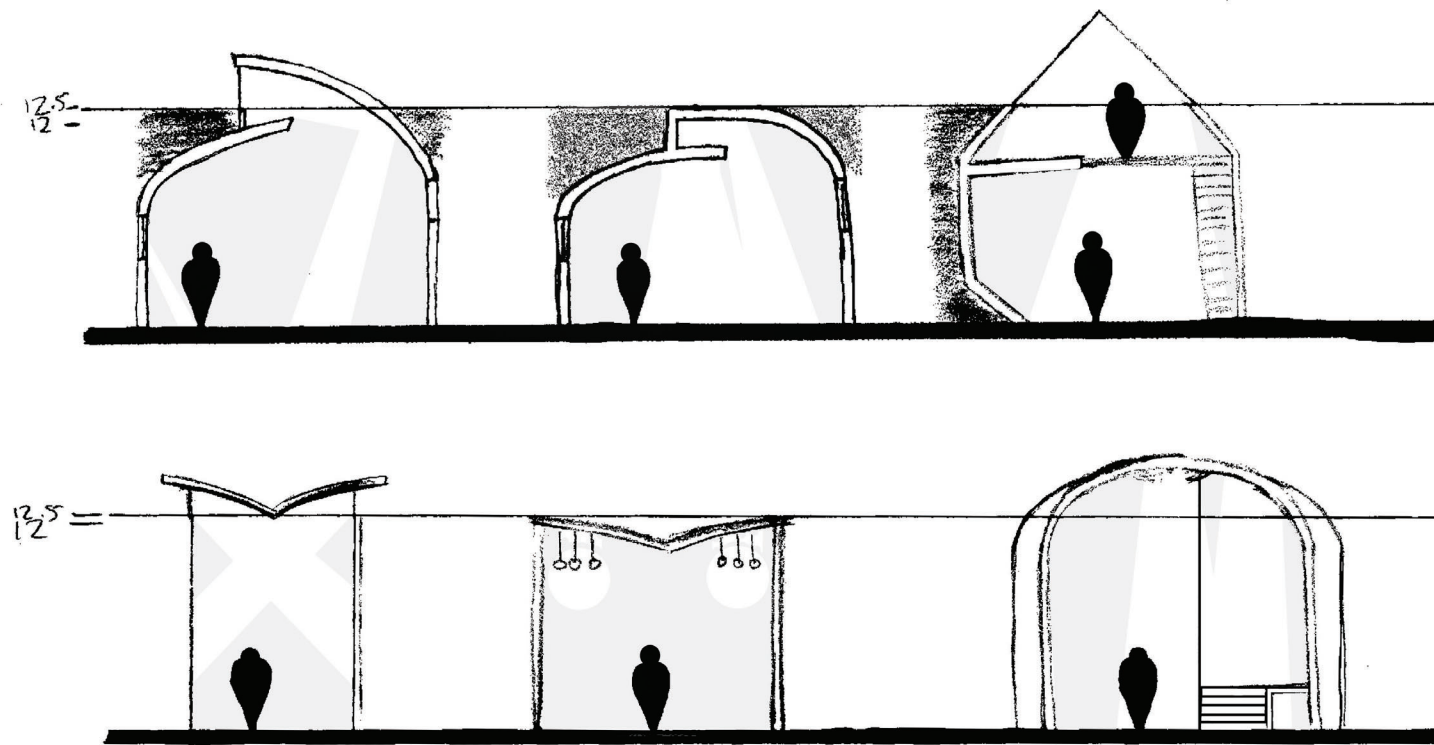


Fig 118 - As drawn by Author - Redefined Sketches - sections including natural & artificial lighting

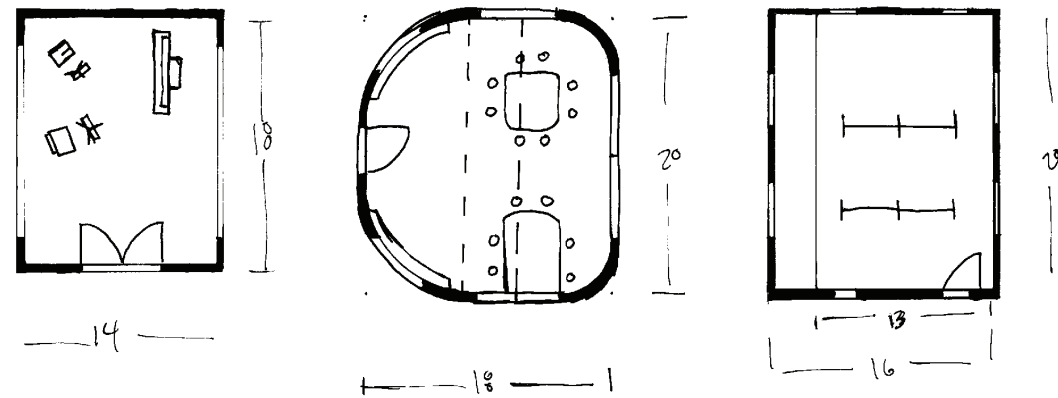


Fig 119 - As drawn by Author - Redefined Sketches - plans



Fig 120 - As drawn by Author - Cluster plan

With the amount of square footage located on the northern side of the building, this intervention will take place (highlighted in green).

The Proposed Program for the portion of the hospital is for 3 spaces for each form of art, kinetic, sonic and visual (small, large, and medium), locker rooms, storage, a gallery space, a group therapy room, and a larger nurses station and doctors offices.

A clustered organization will create a sense of unity between the spaces, as well as a hierarchical sense when moving from space to space.

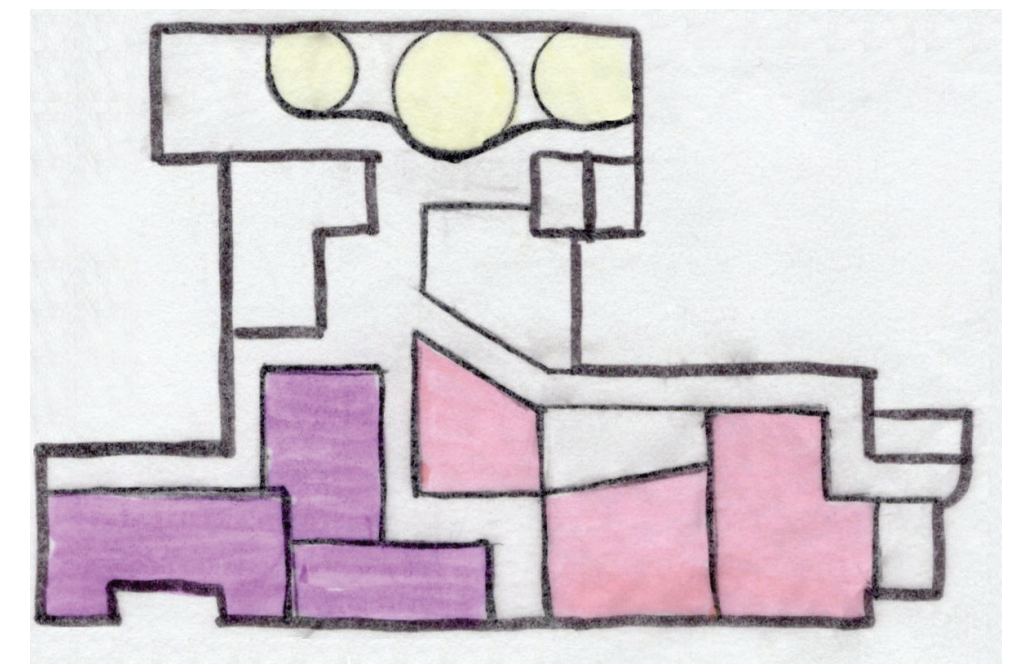
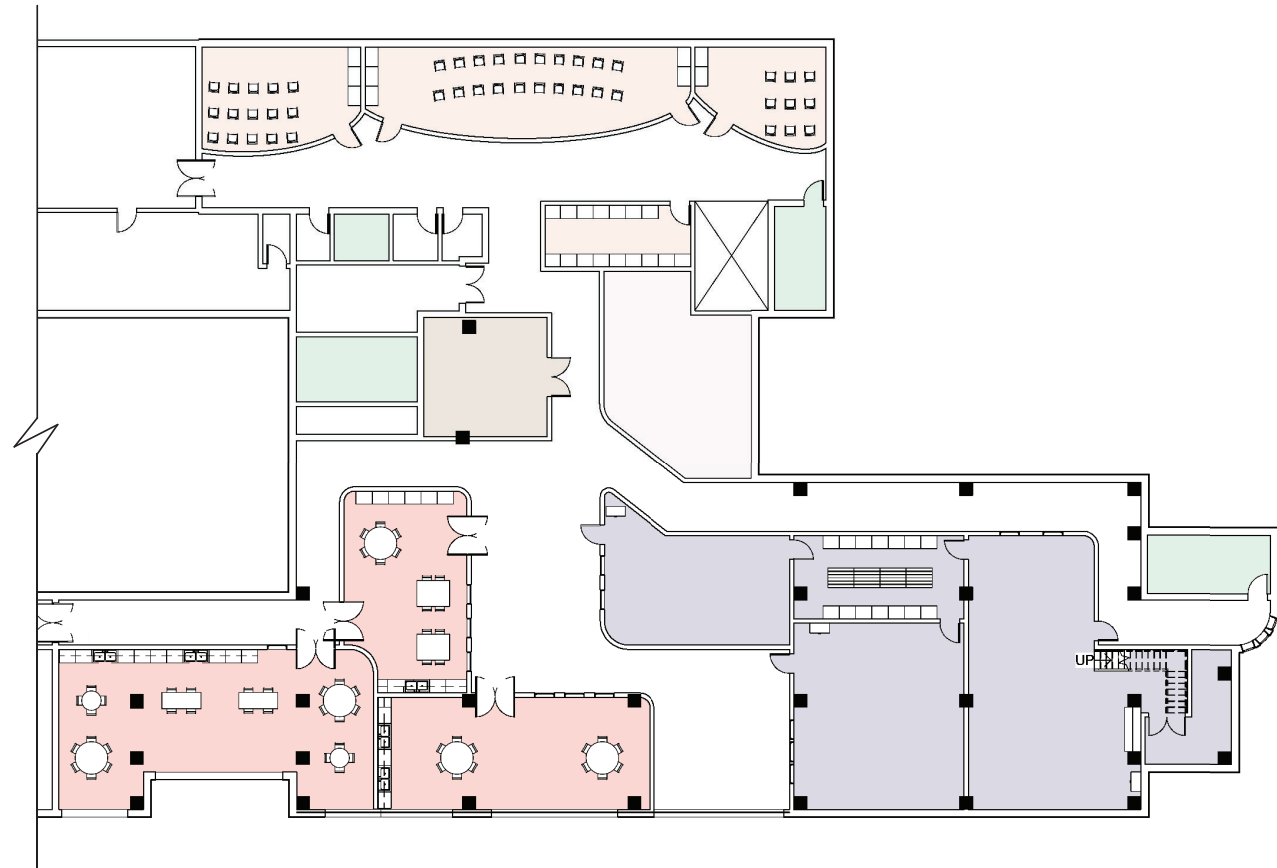


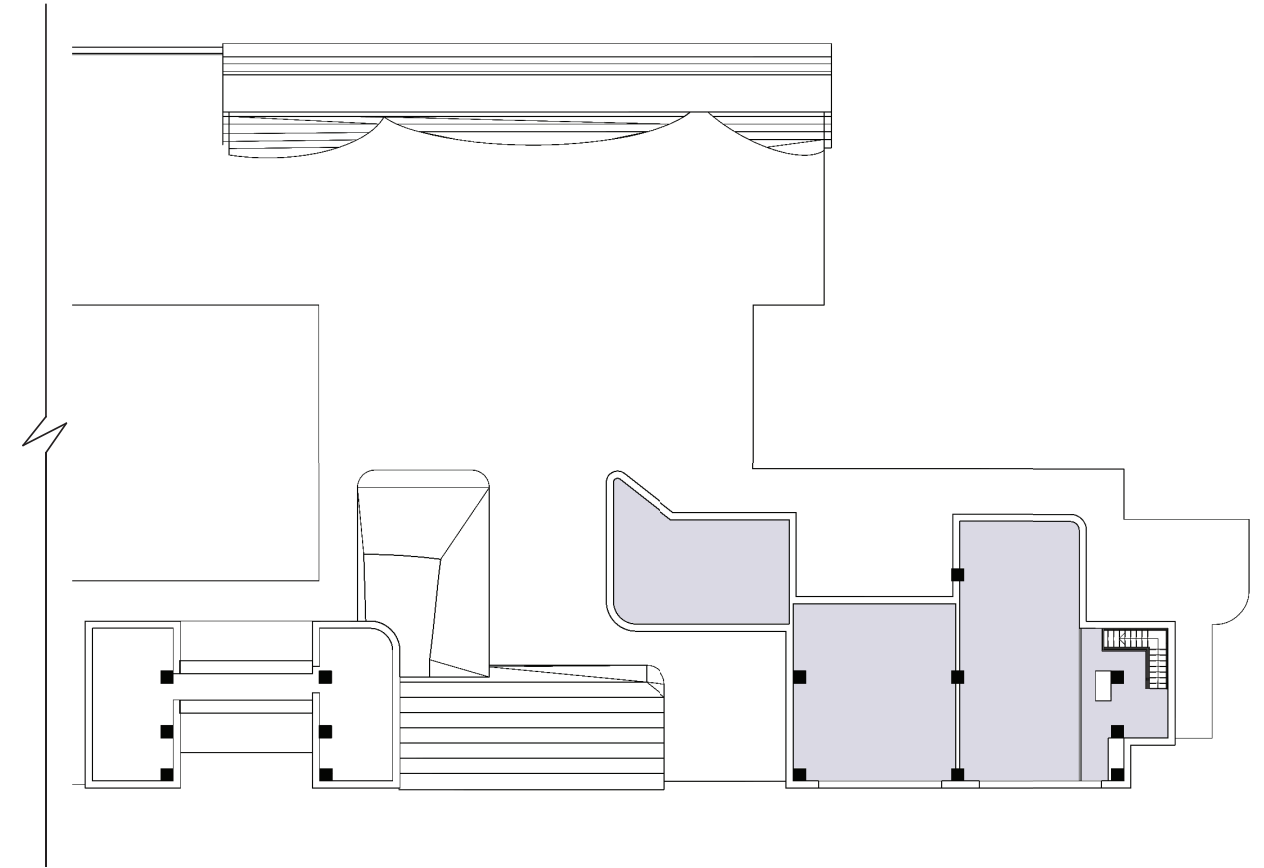
Fig 121 - As drawn by Author



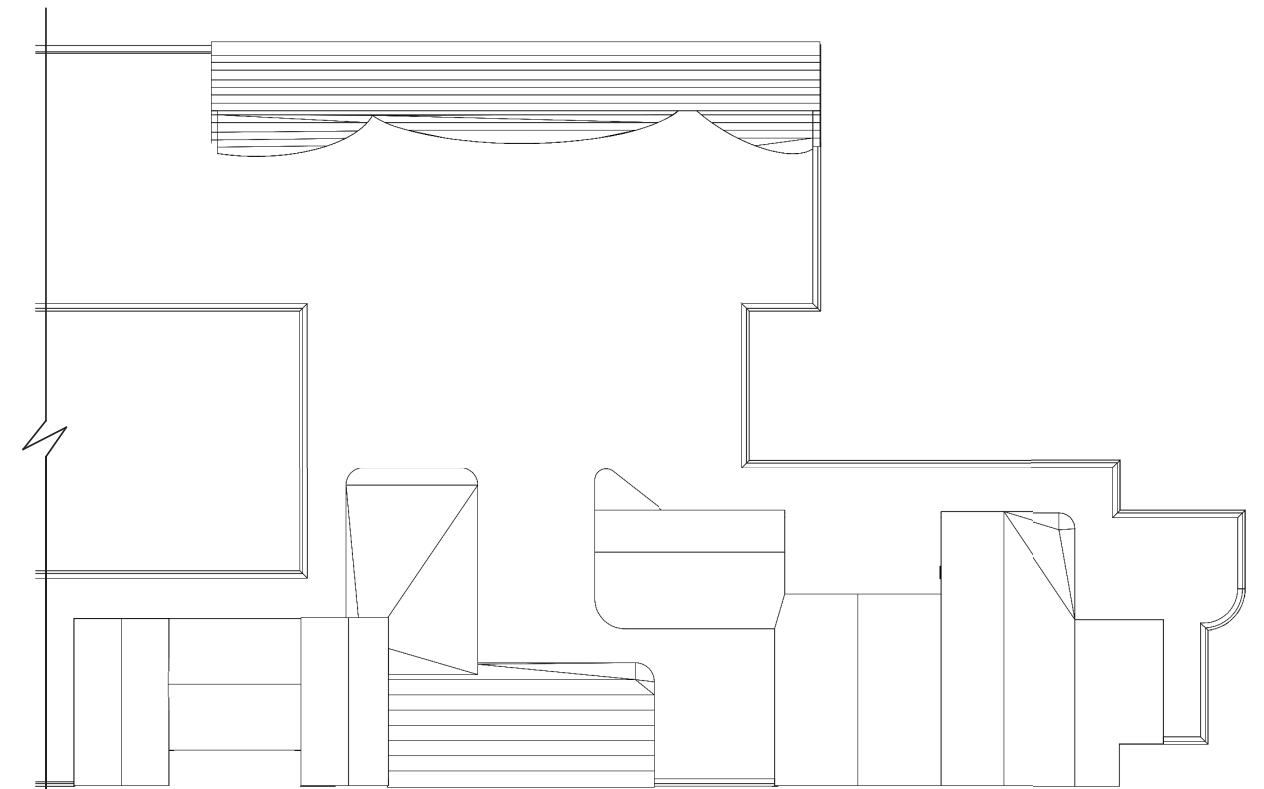
Level 17

- Sonic Arts
 - Small Music Studio - 265 sf
 - Medium Music Studio - 363 sf
 - Large Music Studio - 631 sf
 - Instrumental Storage - 212 sf
- Visual Arts
 - Small Art Studio - 551 sf
 - Medium Art Studio - 720 sf
 - Large Art Studio - 1030 sf

- Kinetic Arts
 - Small Dance Studio - 511 sf
 - Medium Dance Studio - 736 sf
 - Large Dance Studio - 1042 sf
 - Locker Room - 329 sf
 - Storage - 156 sf
- Nurses Station - 598 sf
- Group Therapy Room - 343 sf
- Existing Egress

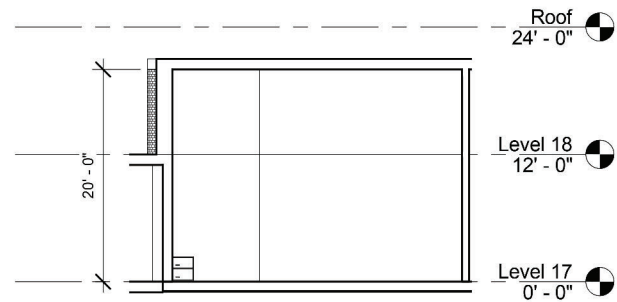


Level 18

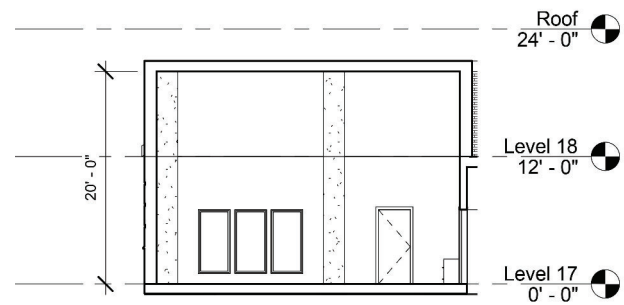


Roof Plan

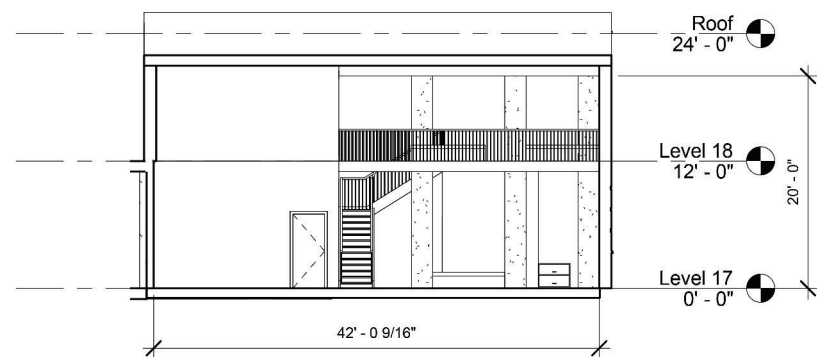
Kinetic Arts



Small Dance Studio



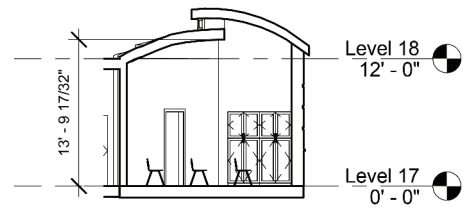
Medium Dance Studio



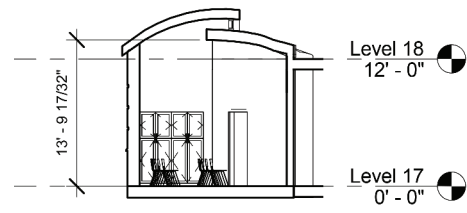
Large Dance Studio



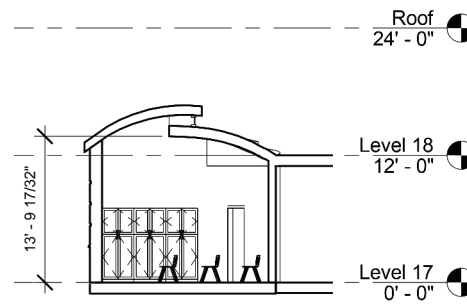
Sonic Arts



Small Music Studio



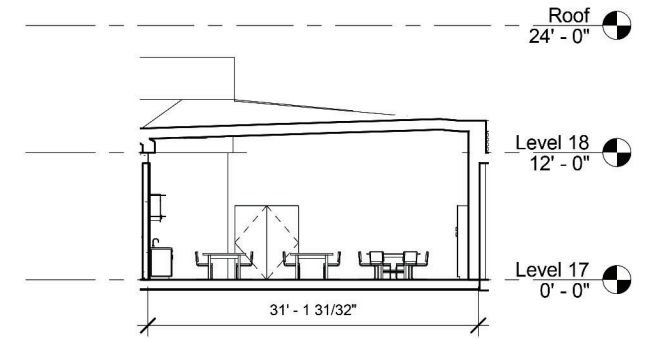
Medium Music Studio



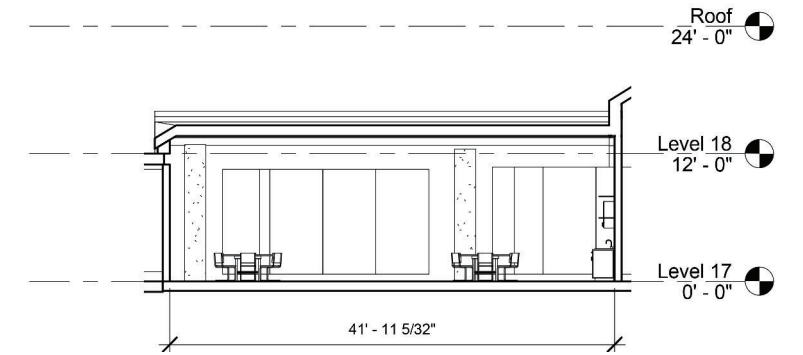
Large Music Studio



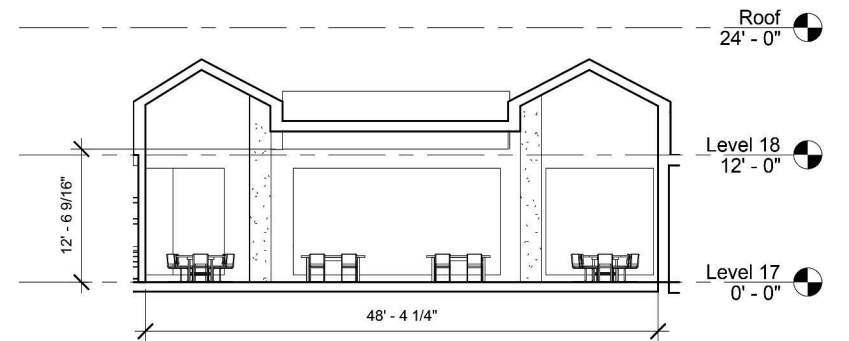
Visual Arts



Small Art Studio



Medium Art Studio



Large Art Studio



Hallways Suitable as Gallery Spaces



03 NOTES



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FIGURES

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