

# Body as a House

Space, Experience and Mind in the Transformation of Trauma

Body as a House is a Diploma Thesis Project at Vienna University of Technology (TU Wien), at the department of Architectural Typology and Design researched and designed by Ajdin Vukovic.

In order to create different design agendas towards trauma-informed design, various disciplines, such as artistic embodiment, multi-sensory experience, innovative psychological treatment methods, and neuroscientific knowledge generate different design responses. Those exemplary responses are incorporated on a design task of a therapy quarter at a site by the Donaukanal in Vienna, Austria.

Ultimately, mental health and the public life intersect on such an urban spot. This gives the project an opportunity to explore the interrelations between the informal trauma-informed design of public spaces and the specific configuration of novel embodied psychotherapy typologies.

Today, another new generation of Therapists practises innovative ways of treatment. These „alternative therapies“ have their roots in mediation, folk cure and/or psychoanalysis, but are slowly getting recognised as serious treatments with astonishing effects on their patients and clients. Especially Constellation Therapies and Body Therapies showcase promising results, dealing with systematically and transgenerationally rooted Trauma. These Methodologies of Constellation-, Body-, and Dance Movement Therapy seem to be the most auspicious and efficient ways of treating embodied trauma. While practising such innovative approaches, the spaces and typologies of these recovery spaces remained the same, even though the demands are different: The performative attributes of Constellation Therapies require a radical change in their spaces of usage, regarding experienced Dimension, Materiality and Relation to the Public Space, which until now remain largely overlooked.

By focusing on a holistic, therapeutic space experience, this thesis project concludes on the importance of mental health in contemporary society and how that might influence future design agendas in urban planning, landscape design, and architectural decisions.

