

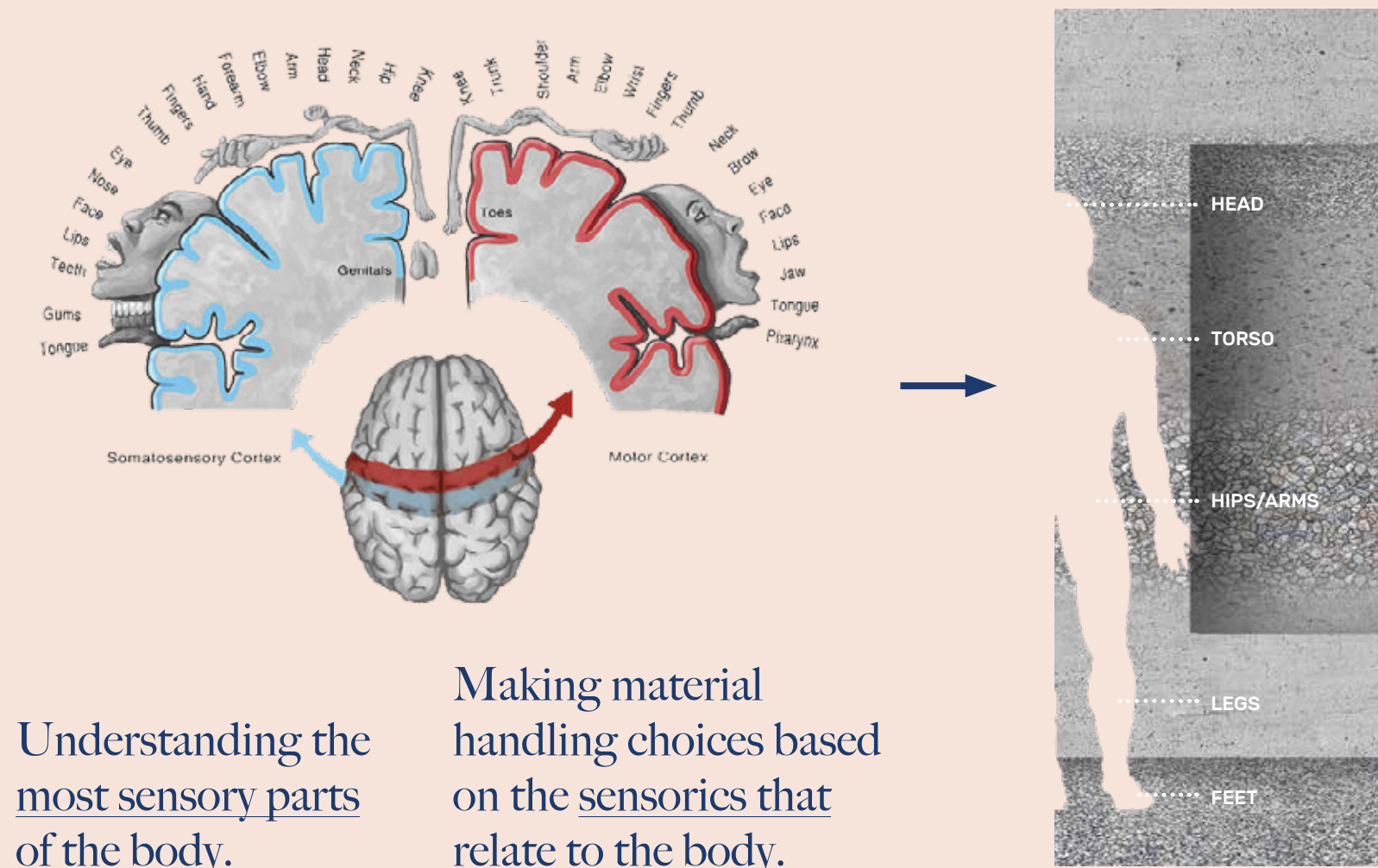
Body as a House

Space, Experience and Mind in the Transformation of Trauma

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.

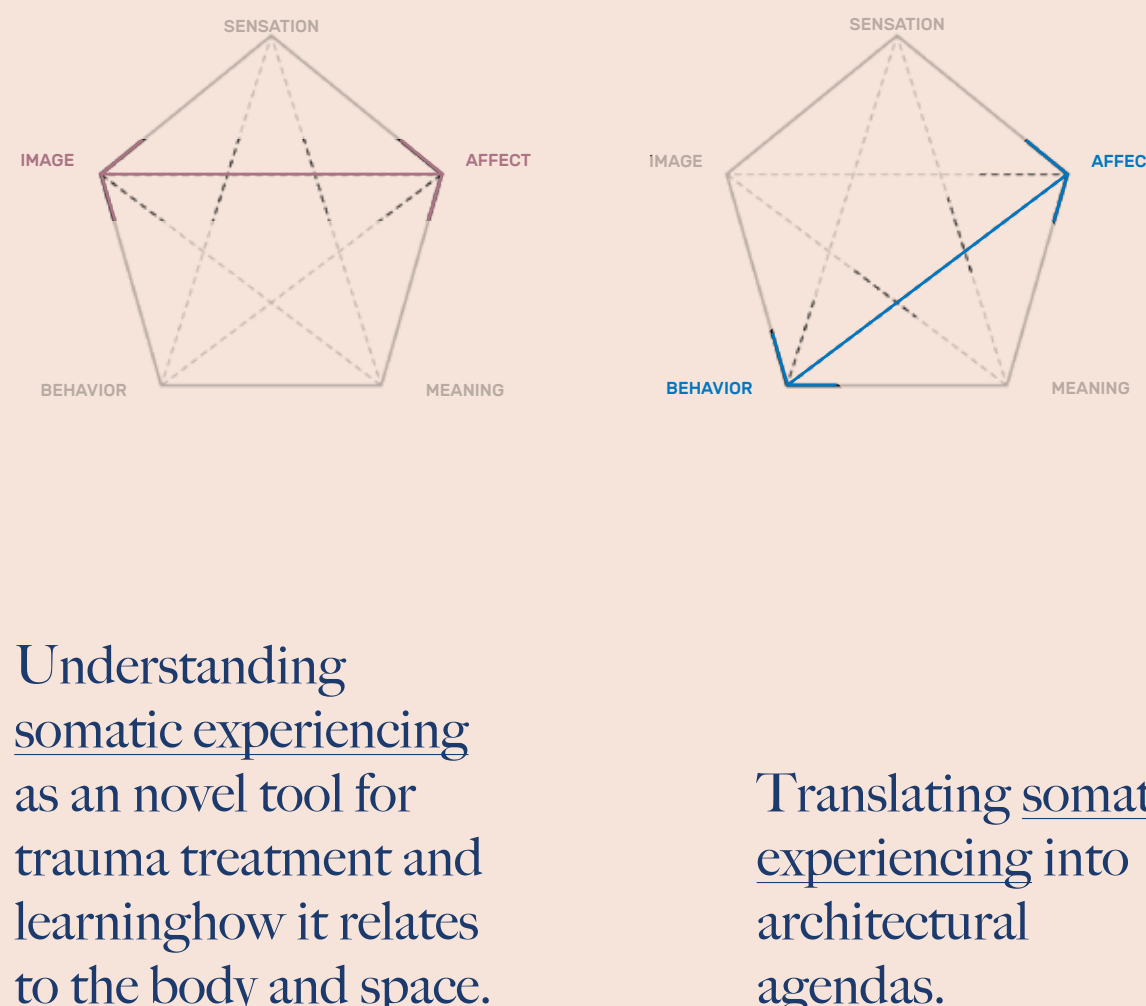
Ultimately, mental health and the public life intersect on such an urban spot. This gives the project an opportunity to explore the interrelations between the informal trauma-informed design of public spaces and the specific configuration of novel embodied psychotherapy typologies.

By focusing on a holistic, therapeutic space experience, the 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.



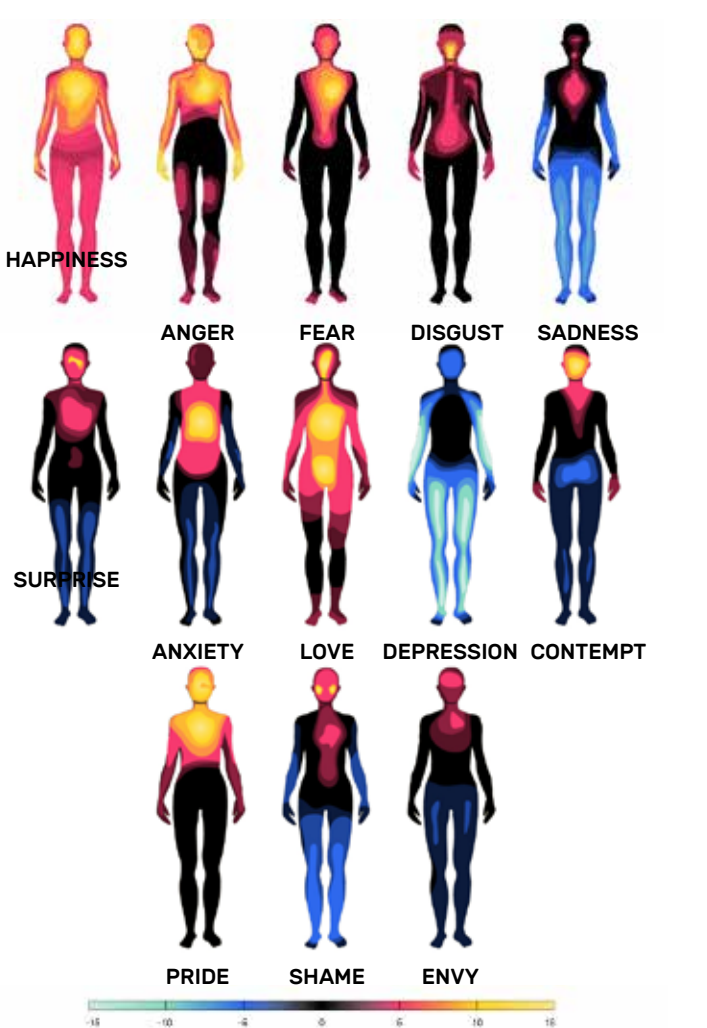
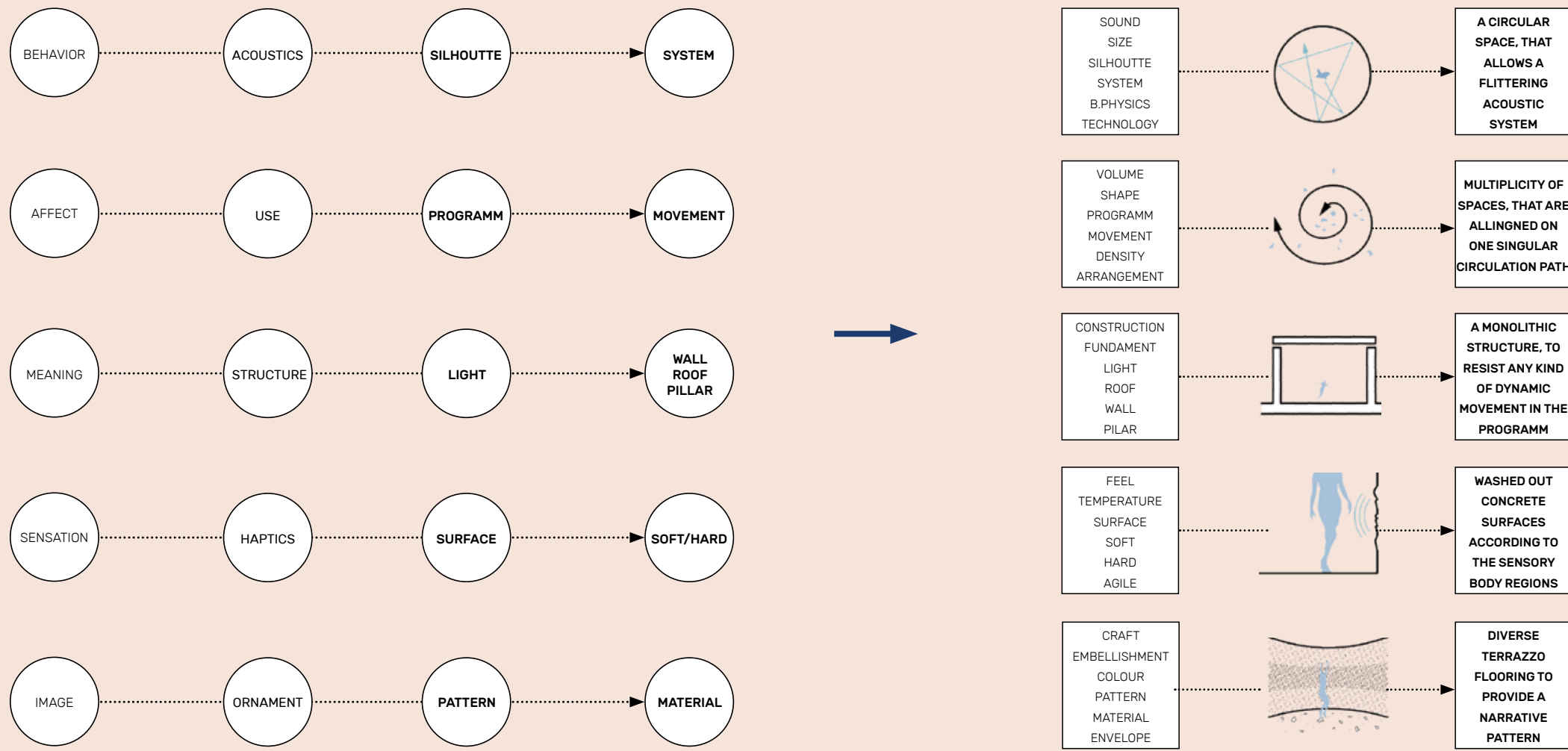
Understanding the most sensory parts of the body.

Making material handling choices based on the sensorics that relate to the body.



Understanding somatic experiencing as a novel tool for trauma treatment and learning how it relates to the body and space.

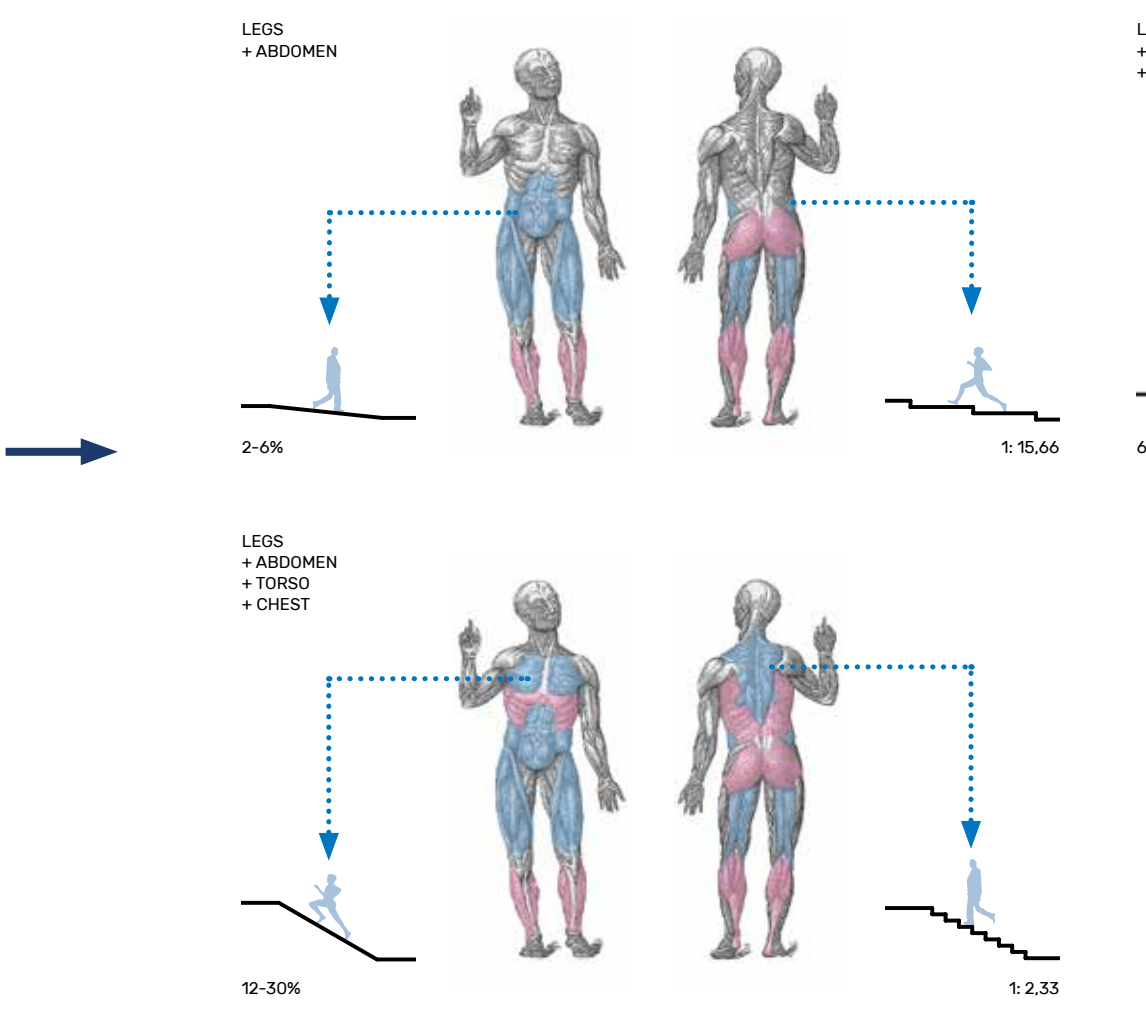
Translating somatic experiencing into architectural agendas.



Learning about the mapping of emotional states across the physique.



Observing space appropriation through movement via documenting dance.

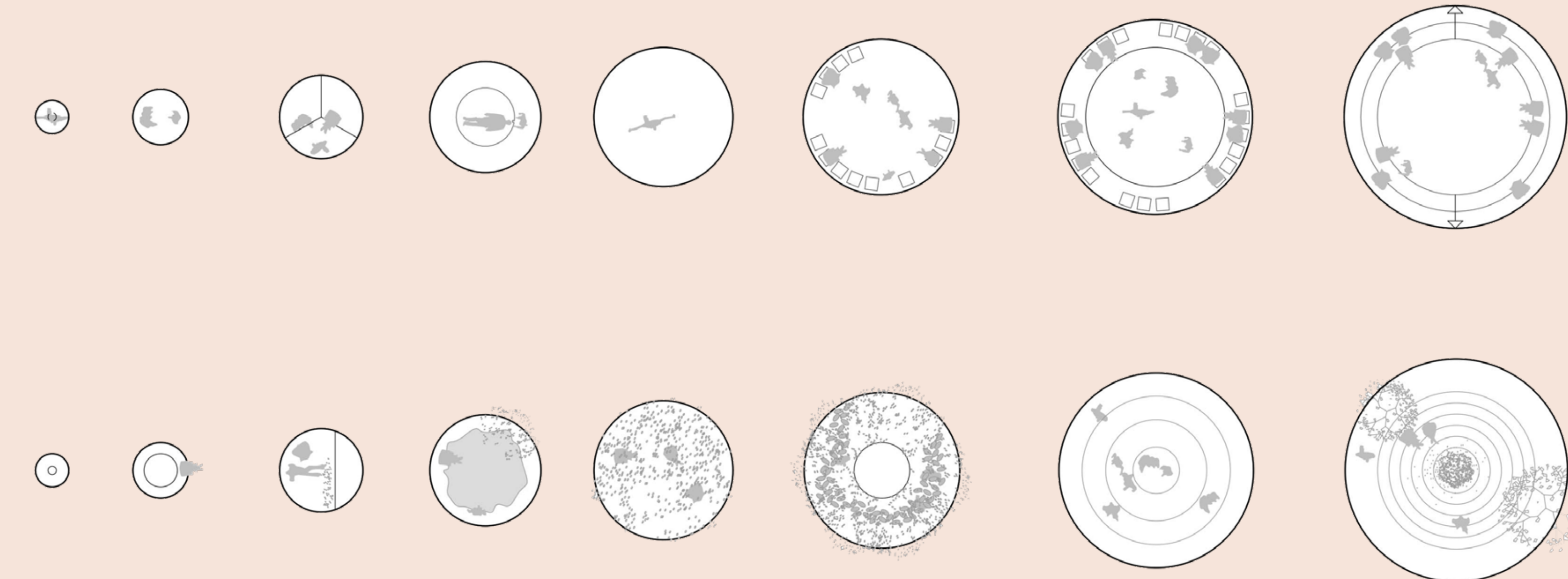


Linking the importance of the oblique user surface to embodied trauma.



Exploring inclined surfaces on a more detailed scale.

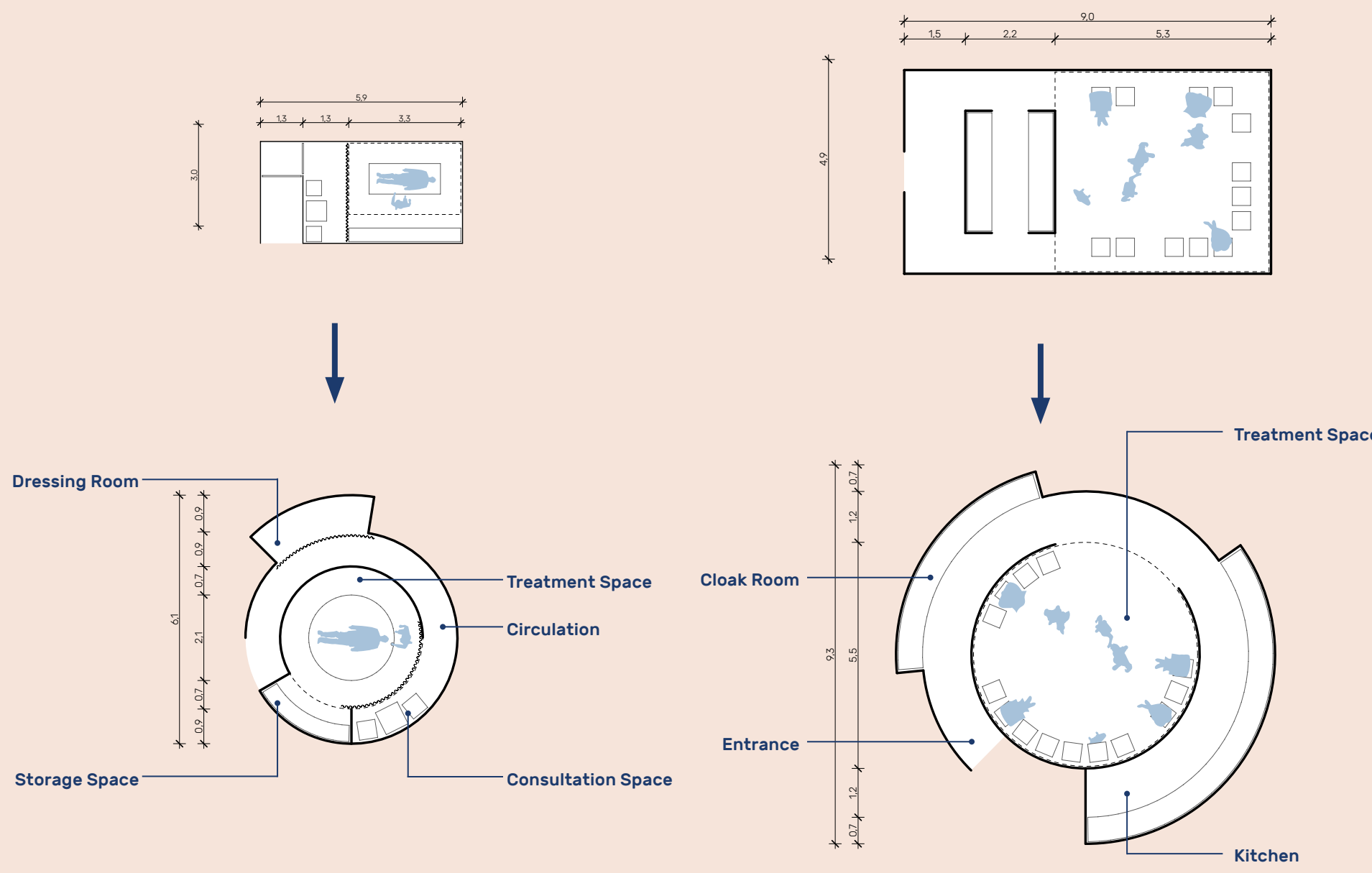
Prioritizing exponential increase of steepness.



Creating a matrix of circular spaces.

Transforming contemporary, embodied trauma therapy schemes into a circular agendas.

Creating typologies for somatic treatment methods: body psychotherapy, constellation therapy and dance movement therapy.



PLAYGROUND ELEMENTS

BASKETBALL COURT

BODY PSYCHOTHERAPY

DANCE MOVEMENT THERAPY

WATER FOUNTAIN

BASKETBALL COURT

BALANCING

TRAMPOLINE

SLIDING, SANDBOY

ADMINISTRATION

CONSTELLATION THERAPY

WATER GAMES

