

THE ROLE OF ARTISTIC EXPRESSION IN THERAPEUTIC DESIGN

master's interior architecture thesis

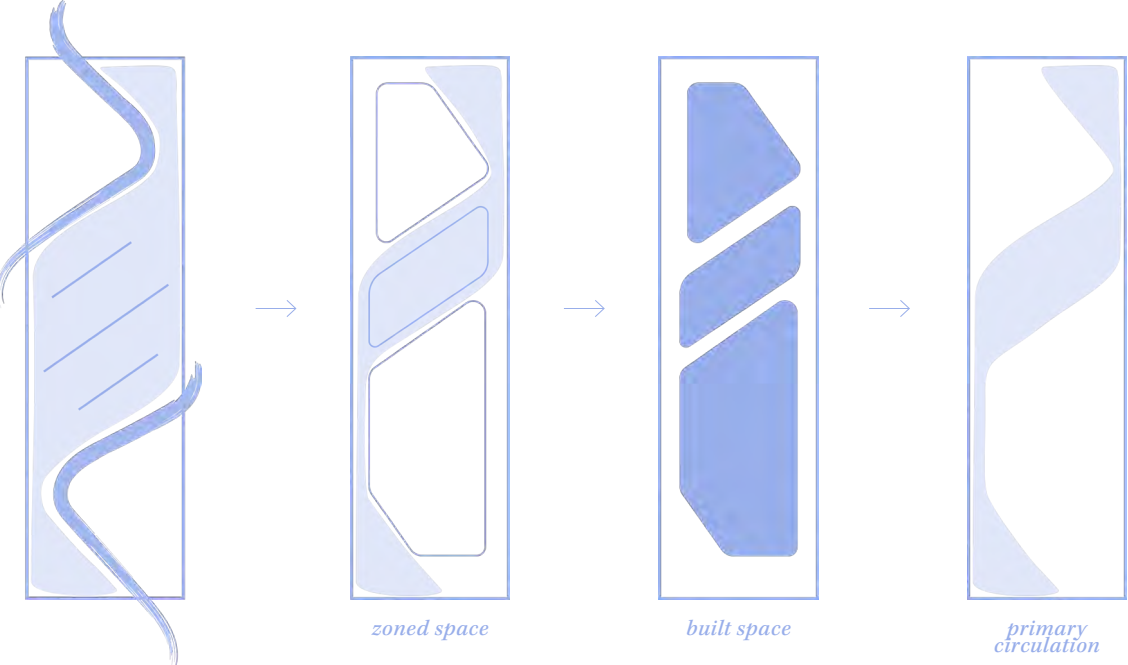
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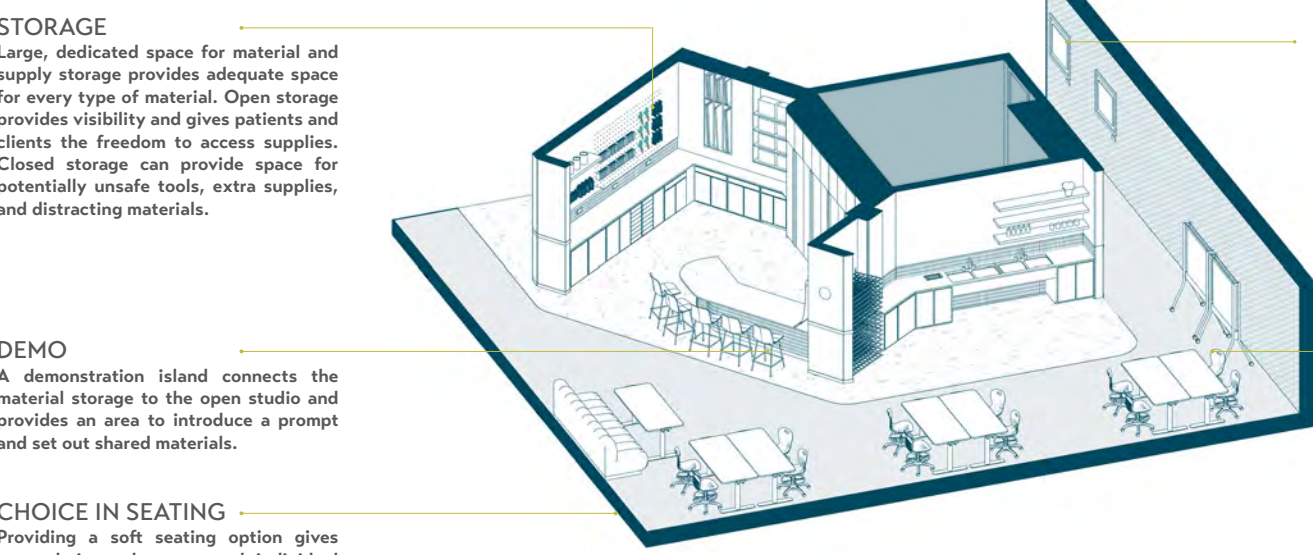
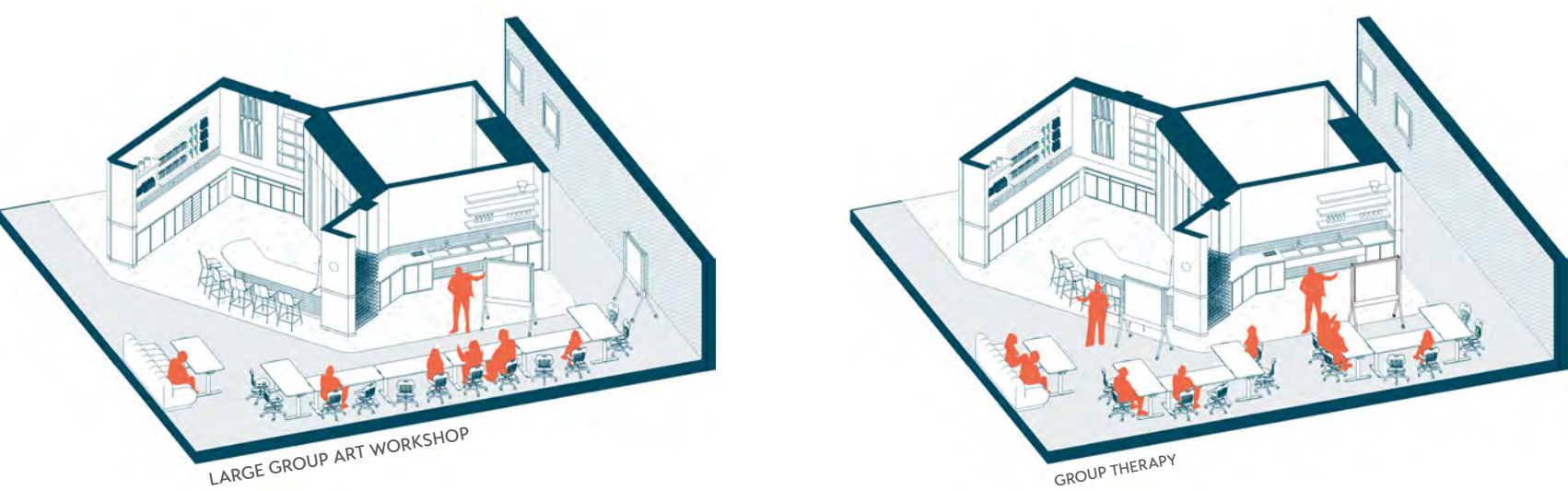
The idea of stress, whether due to occupation, academia, finances, relationships, or environmental conditions, is one of the leading causes of poor mental well-being. This is uniquely significant for young adults and prominently affects the workplace. The practice of art therapy can serve as an appropriate method of psychotherapy to address traumatic stress in young adults in addition to overall mental well-being. Currently, there is a general lack of spatial requirements and atmospheric qualities for the art therapy space discussed and published and Chicago, IL is one of the top twenty cities in regards to high work-related stress. Accordingly, a series of design guidelines were developed for an art therapy studio and applied to an interior buildout in Chicago.

ENLIVEN

FOUNDATION • EXPRESSION • AWAKENING • SUSTAINMENT



The concept revolves around the idea of enlivenment or the awakening and sustainment of the creative energy alive in each individual. Self-expression is something everyone inherently has through their personality, mannerisms, interests, and enjoyments. Although creativity is present, one must have the confidence to express themselves authentically as well as communicate those ideas with clarity. In the practice of expressive art therapy, this confidence and communication is developed through artistic creation.



workshop | furniture + flexibility



1. RECEPTION
2. CAFE
3. BAR
4. CAFE BOH
5. ARTWORK STORAGE
6. ELEVATOR MECHANICAL
7. PRIVATE DINING
8. RESTROOMS
9. PIN-UP EXHIBITION
10. EXHIBITION
11. LOUNGE
12. MATERIAL STATION
13. STORAGE
14. THERAPIST OFFICE
15. THERAPY ROOMS
16. FOCUS ROOMS
17. MAIL + DONATIONS
18. SEMI-PRIVATE LOUNGE

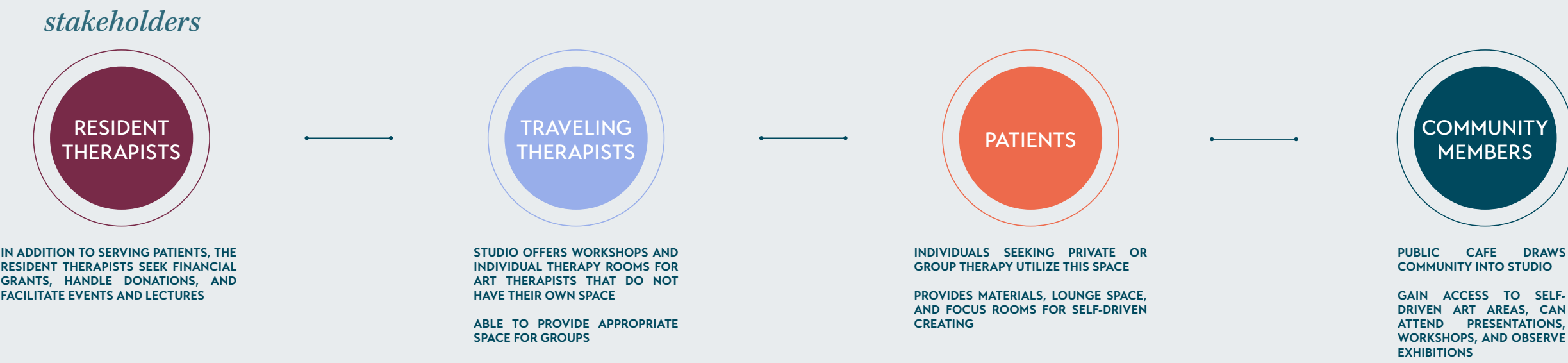


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south - north section perspective

The creative studio serves as a resource for art therapists, young adults, and community members. The space acts as a third place for community and breaks therapy stigma by encouraging socialization and connection. It offers a comfortable and safe environment for patients, space for therapists to practice, and workshops, presentations, and exhibition spaces to the greater community.



STORAGE
It is essential to provide dedicated and intentional storage directly within and immediately adjacent to create spaces. Closed and open storage solutions will allow control in the levels of visibility for materials and tools.
Incorporating both closed and open storage solutions will allow control in the levels of visibility for materials and tools.