



Country /City .....

University / School .....

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Title of the project .....

Authors .....

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Art therapy and Crafts center for mentally diagnosed Patients

Diego Navarro Varela



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## Art therapy and Crafts center for mentally diagnosed Patients

The historically segregated population with mental diagnoses has been excluded from society due to the narrow construct of what is considered "normal." This leads to feelings of rejection and fear, stripping these individuals of their identity and keeping them on the fringes of society. In the past, mental diagnoses were approached through isolating and punitive treatments aimed at forcing individuals to "improve" their condition, driven by the perception of their danger to society. Current treatments focus on narrative sessions, individually or in groups, to understand and analyze the person's pathologies. However, society's negative perception of individuals with mental diagnoses persists due to misinformation and lack of education about these conditions. This perpetuates historical segregation, sometimes even based on physical appearance, with separate spaces created to contain them, resembling leper colonies. Mental health institutions often resemble standard hospitals, where patients are confined for "healing." These spaces now prioritize care rather than comprehensive treatment, with expedient and isolating designs promising a "cure." This approach overlooks the weight of mental health in society and reinforces the marginalization of patients, indirectly contributing to the erosion of their identities and a sense of belonging. In response to this, a project emerges that focuses on therapy through occupational workshops, encouraging individuals to engage in therapeutic activities and explore art as a means of expression. These community spaces aim to redefine patients' self-perception, promote their well-being, restore their identities, and foster a sense of belonging to society. The goal is to create an inclusive environment where individuals no longer feel different or isolated

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**12th International Biennial Landscape Barcelona**

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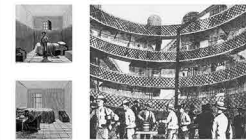
**SCHOOL PRIZE**



The population with mental diagnoses has historically been segregated from society, as the conception of what is considered "normal" has been constructed in a way that does not allow them to fit in.

This generates a feeling of rejection and fear on both sides, resulting in the stripping of these individuals' identities and keeping them on the margins of society.

Over the years, mental diagnoses have been addressed on a personal level through experimental treatments based on isolating and punitive measures that force the person to "improve" their condition, justified by the idea of the individual's danger to society.



Within this reflection, the idea of a project emerges, approached through therapy, by offering occupation workshops focused on therapeutic activities that bring individuals closer to art as a vocation and medium of expression. This project aims to create community spaces that foster the re-signification of patients, ensuring their well-being, restoring their identity, and promoting their sense of belonging to society, with the goal of preventing individuals from feeling or being seen as different.

Currently, treatments are focused on narrative sessions that allow for understanding and searching the pathologies present in individuals, varying between individual and group consultations.

Although this method differs from the collective perception of previous years, it is still approached incompletely, as society continues to negatively distinguish individuals with mental diagnoses due to misinformation about these conditions and low education surrounding them, perpetuating historical segregation towards them. This segregation can also be interpreted from a physical aspect, creating spaces removed from society to contain individuals, similar to lazarettos.

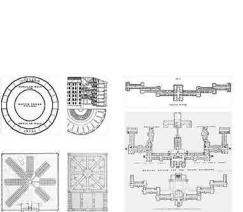


Non-verbal artistic occupation therapies promote the approach to mental diagnoses from a perspective of normality, moving away from the didactic and binary concept of current therapy. They encourage individuals to introspect and explore their emotions, providing them with a non-verbal means of expression.

These "unconventional" therapies cater to a wide range of audiences, from enthusiastic individuals without a diagnosis to those complementing a larger therapeutic approach.

Buildings dedicated to mental health do not differ from standard hospital design, where patients are interned to be "cured."

Currently, these spaces are focused on care rather than treatment, resulting in expedient and isolating buildings that promise a "cure," interpreting the pathologies as just another "disease" while disregarding the weight they carry in society and the resulting marginalization of patients. This indirectly contributes to the stripping of their identities, as there is no place where they can truly "belong."



They distance themselves from the stigma present in society and foster the integration of a diverse community.

The project to be developed will explore the use of two "non-verbal" therapies: Art therapy and music therapy.



Art therapy focuses on the treatment of mental diagnoses through various expressions of visual art, ranging from canvas paintings to the creation of objects on different scales. It promotes the experimentation of different materials for artistic purposes.

Music therapy involves the musical experimentation with various instruments, exploring how individuals interact with them and the non-verbal bodily-sonic relationships they establish.



Wood workshop



Ceramic workshop



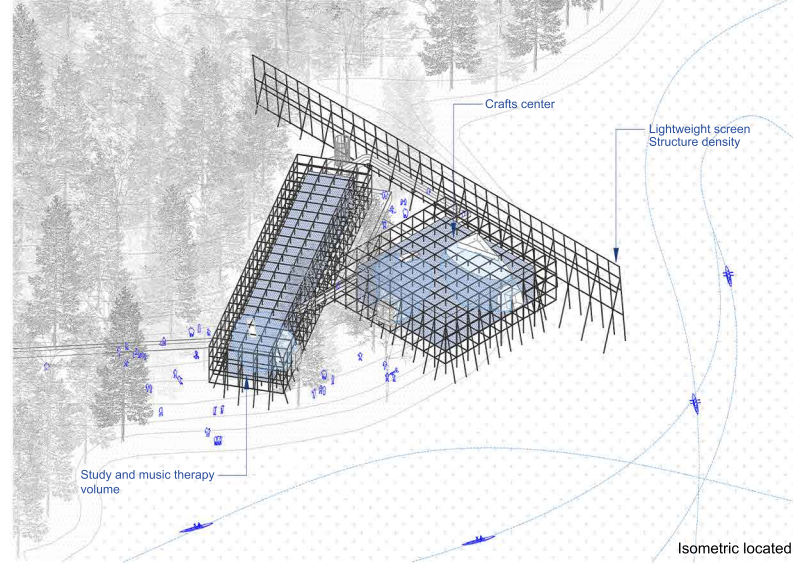
Music therapy workshop

The initial layout of the project comes from the morphology of the site, passing through layers of green to the water, materializing in a lightweight structure visible from the daily path of the lagoon, appearing as a permeable screen that articulates the volumes and provides support for the main helical access of the project.

The cubic volume that emerges from the trees will house two workshops dedicated to Art Therapy, providing spaces for ceramics and woodworking, bringing patients

closer to the three-dimensional understanding of art through tangible projects.

The volume hidden in the foliage will include complementary spaces on its two levels, such as a playground, common study areas, and multi-purpose rooms for autonomously organized group therapies, it will also hold a Music Therapy workshop specifically developed for children diagnosed with autism spectrum disorders, organizing the space based on interactive work with musical instrument



Isometric located

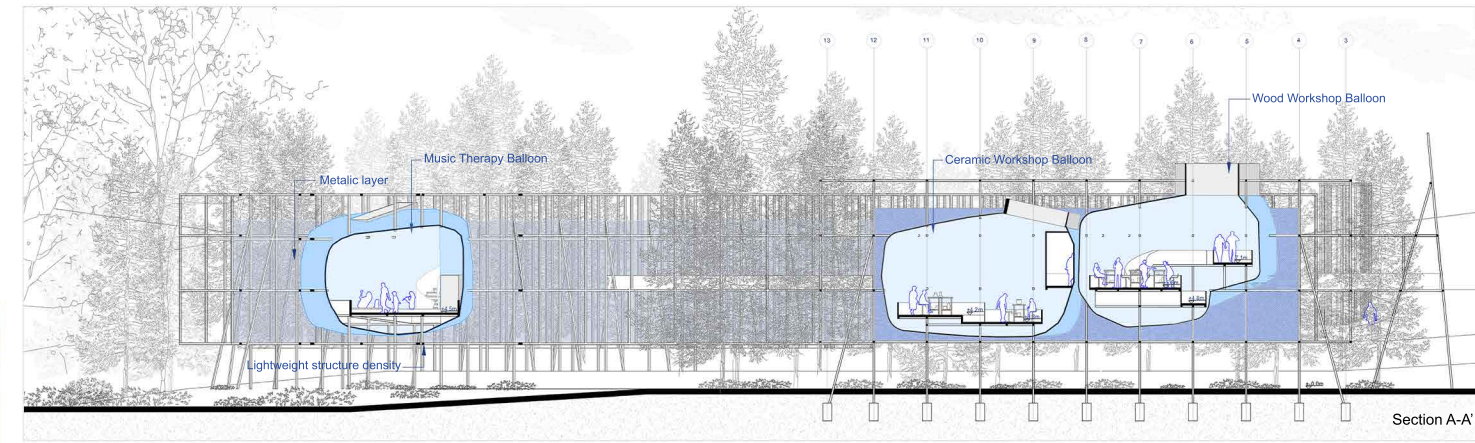
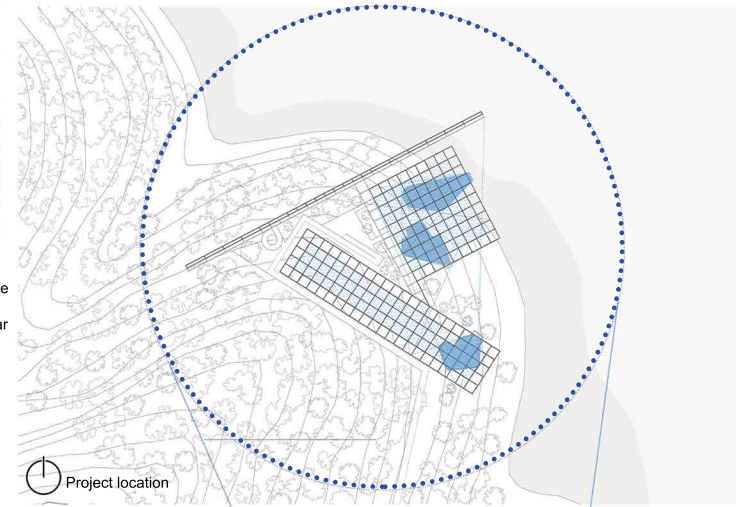
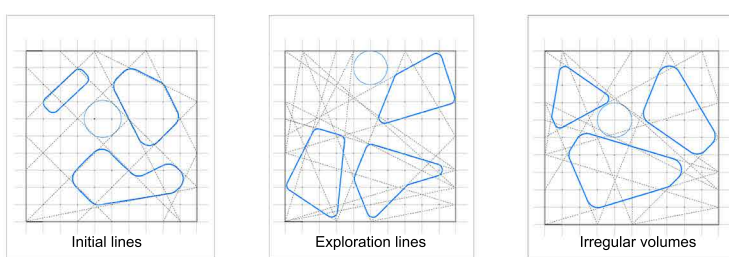
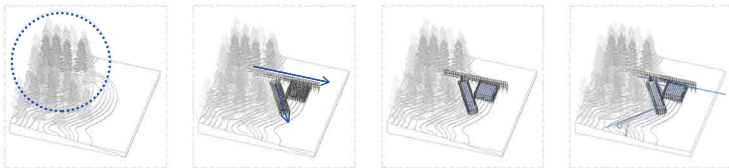


The project space appears in the urban fabric as an oasis that breaks away from the rhythm and routine of the city, creating a pause in the journey. This place is for everyday use, where pedestrians come to engage in recreational activities related to nature observation and the tranquility of the surroundings, which are built under the shelter of concentrated trees, generating a subtle and fragile atmosphere that encircles the vastness of the lagoon.

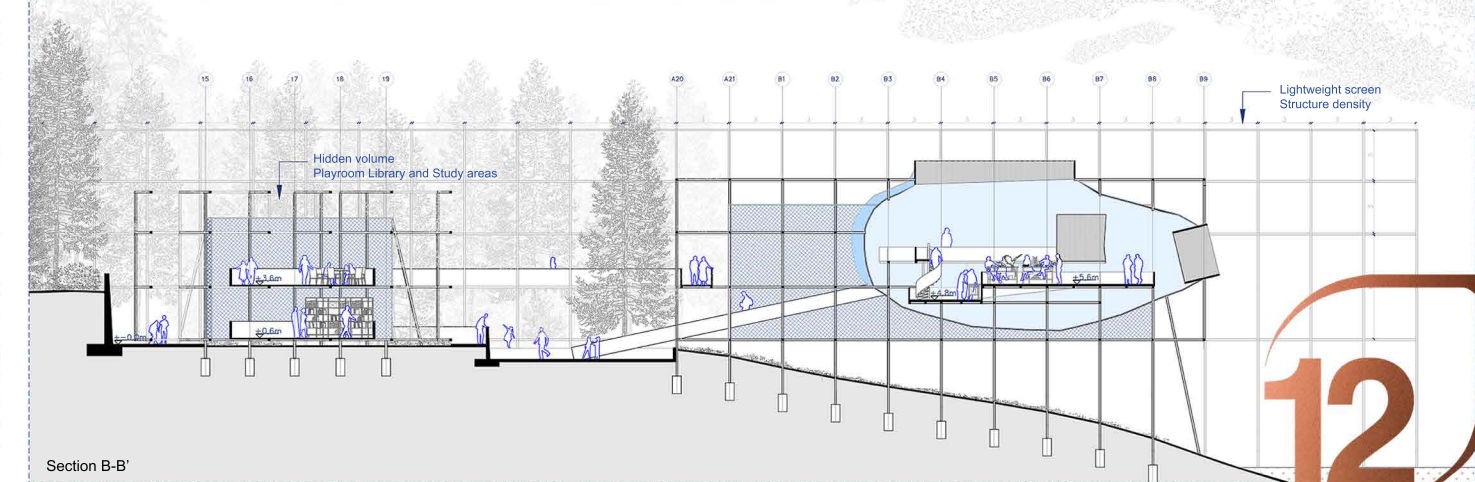
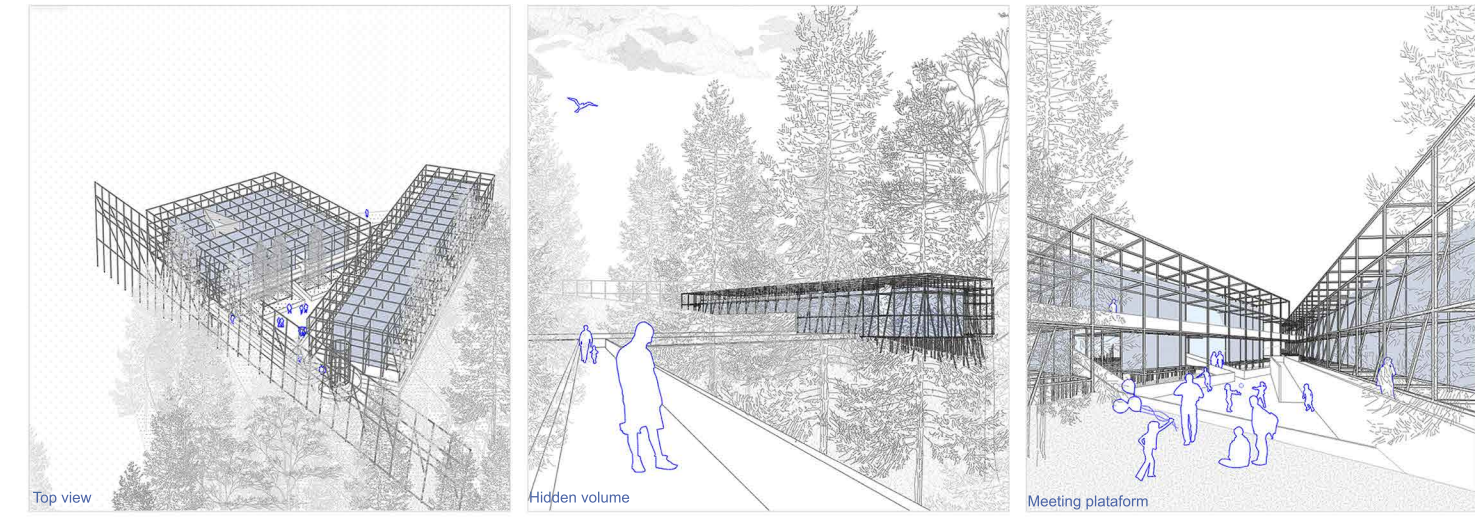
The structural layout will be defined through a grid measured every three meters, which will geometricize the internal composition by overlapping the intersection of the projected lines, giving shape to an irregular volume that will be elevated to share the perceived intimacy of the vegetative layers.

The forms, although immersed in a grid, seek to escape the rhythm of it in a three-dimensional manner, respecting the continuity of the discovered lines on the board, tracing the hidden curve

The project, adapting to the language of the place, constructs a structural density similar to the interlacing of the trees and rises to merge into the intimacy of its greenery, defining a permeable volume that contrasts with the solid design present in mental health establishments.



Section A-A'



Section B-B'

The supporting reinforcement lightly rests in the place, allowing the façade to blend with the tree branches, seeking a common language with the surroundings. It holds a metallic mesh within it, resembling a bubble that captures the volutes as fragile levitating bodies, establishing layers within the interior of the building, subtly differentiating from the exterior.

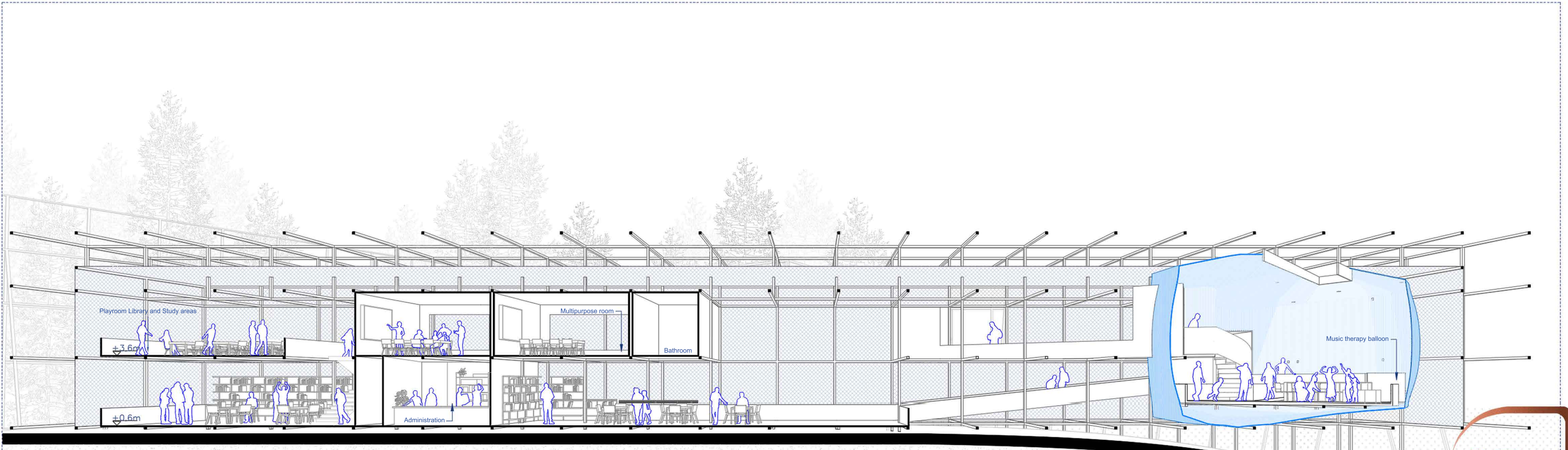
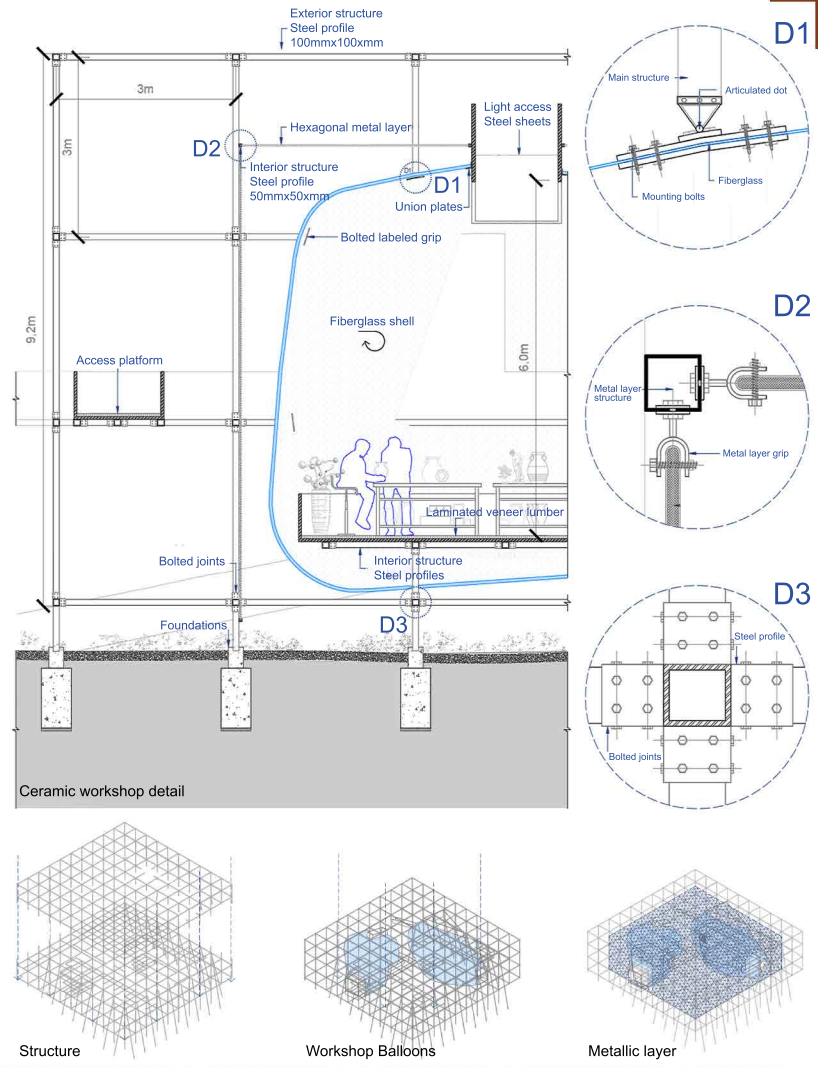
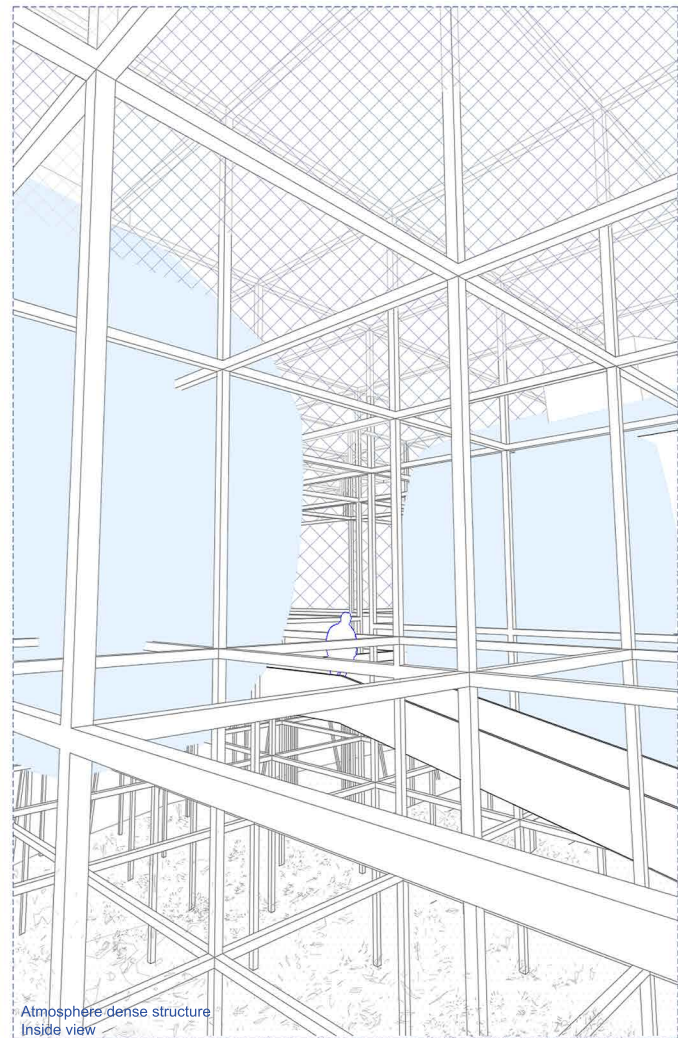
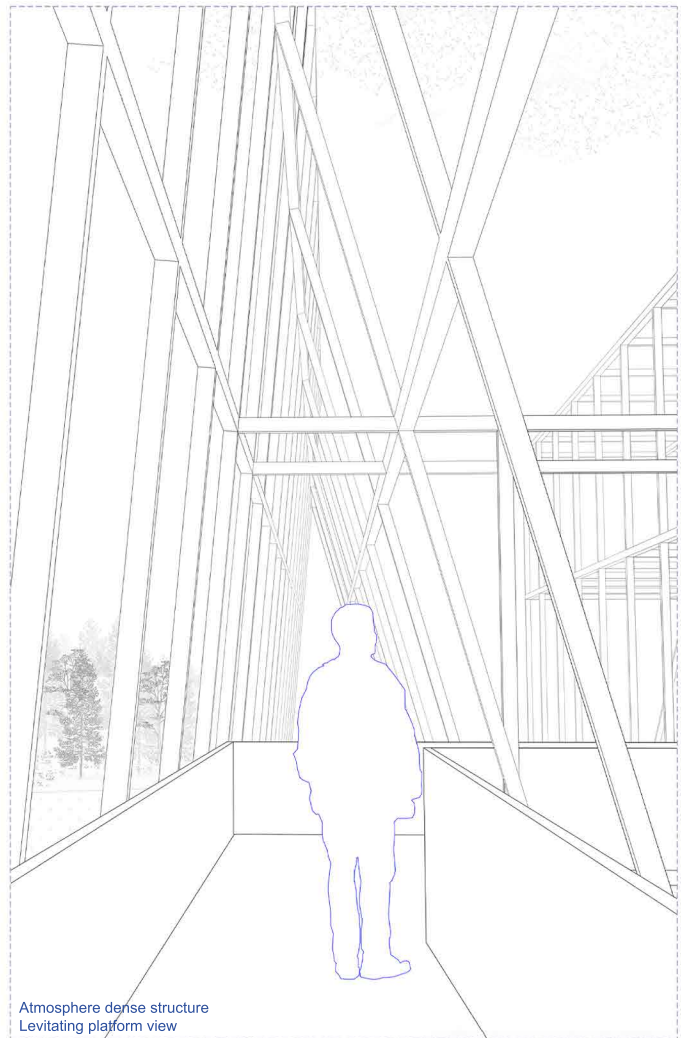
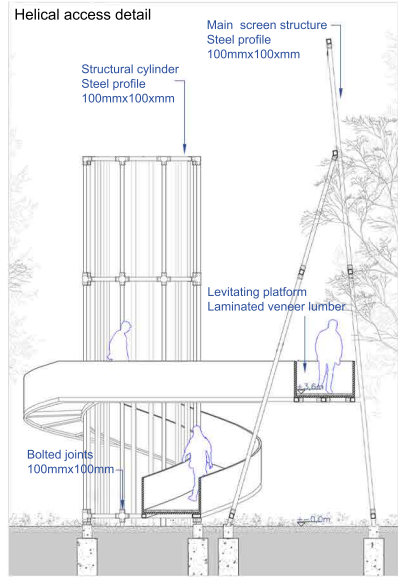
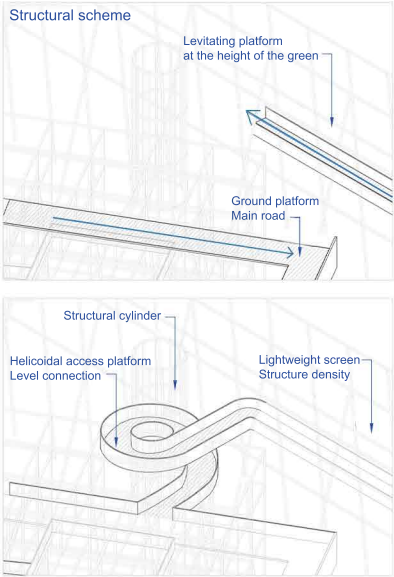
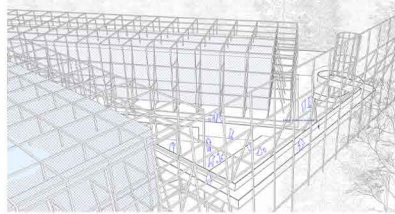
The platforms and internal pathways rest on the structural density, configuring access to the levitating volutes through ramps, complemented by elevators and resting slabs capable of providing views of both the project's interior and the vastness of the exterior.

These levitating volumes will be covered by fiberglass shells, creating an amber-toned skin that protects the interior of the workshops. These shells will be acupuncturally perforated by the main structure, attached to the platform they cover

These elements in tension will build a fragile and ephemeral atmosphere, translucent and delicate with the environment.

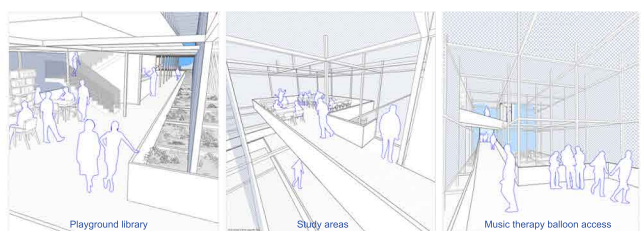
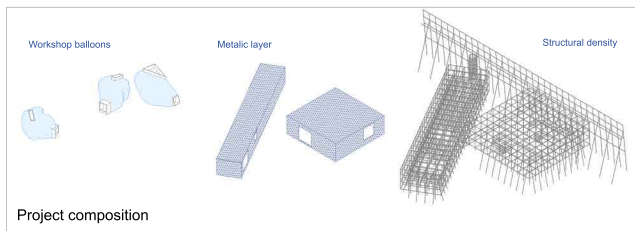
The main access to the balloons will be by means of a helicoidal ramp guided by the road, which will be raised to the height of the green of the trees, maintaining an uninterrupted flow with the route of the site.

This ramp will rest on the structure and will be dispersed throughout the project connecting the spaces, always maintaining a panoramic view of the landscape.



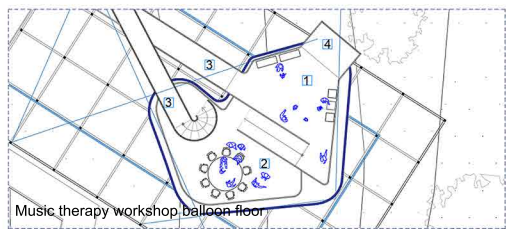
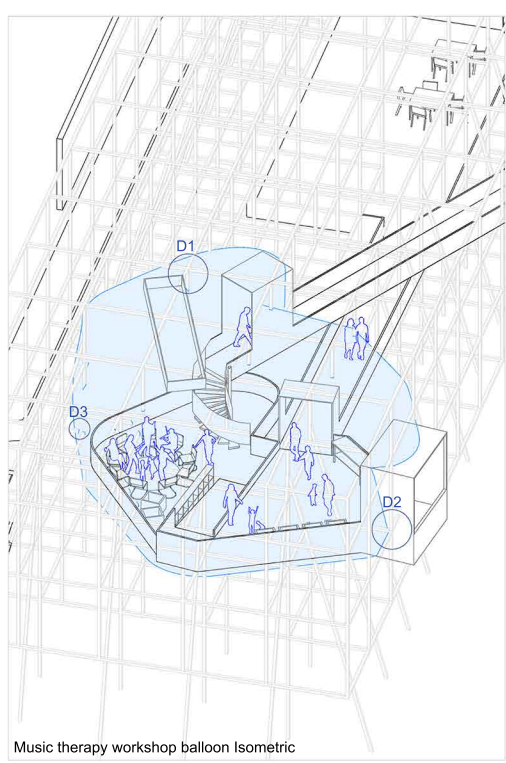
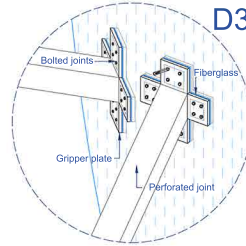
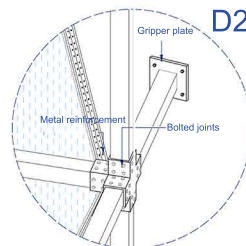
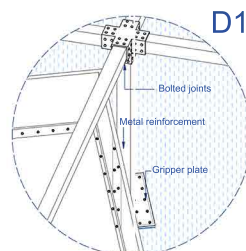
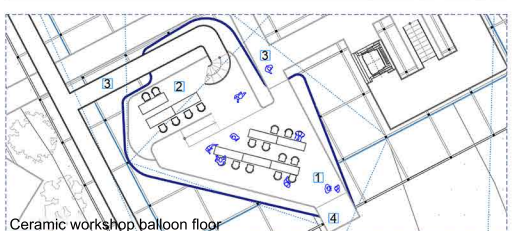
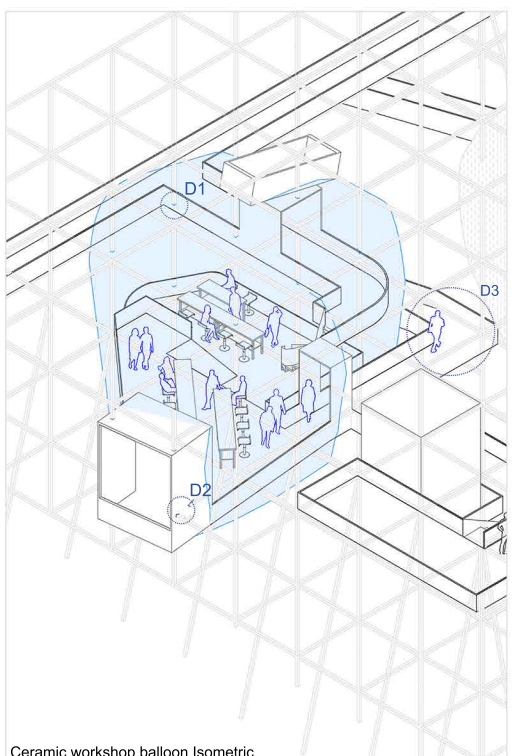
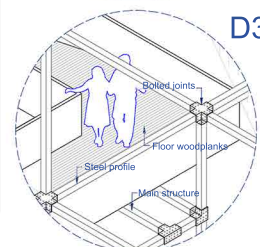
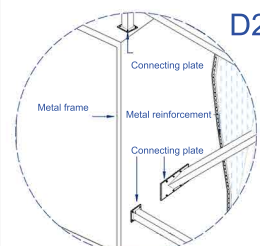
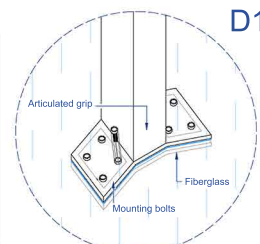


- 1 Art therapy workshop: Wood crafts
- 2 Art therapy workshop: Ceramic crafts
- 3 Art therapy workshop: Music therapy
- 4 Playground library
- 5 Multipurpose room
- 6 Administration
- 7 Bathroom
- 8 Meeting platform
- 9 Main route
- 10 Green area



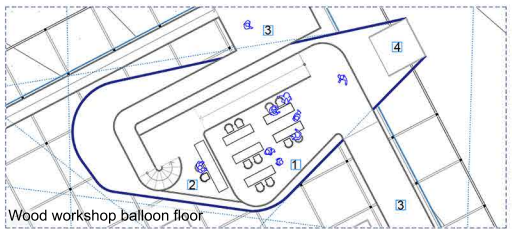
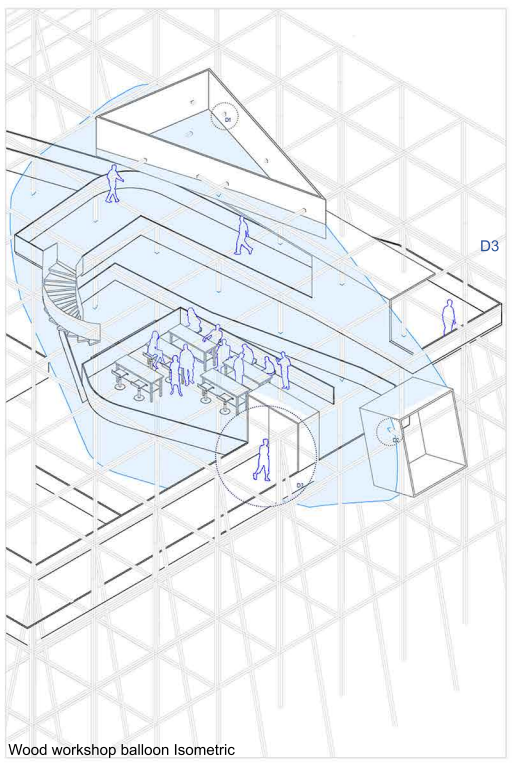
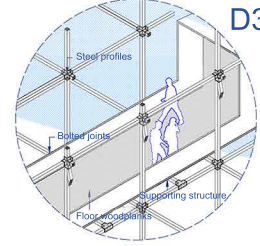
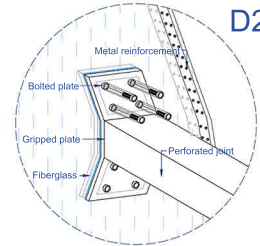
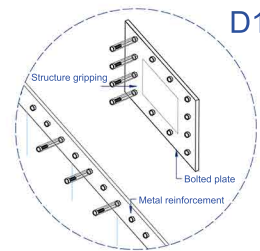
The balloon that contains the art therapy workshop focused on ceramics crafts, is divided into three platforms at different levels separating the work space with the drying space, being connected by a ramp

- 1 Work space
- 2 Drying space
- 3 Access platform
- 4 Forest/Lagoon view



The balloon that contains the art therapy workshop focused on music therapy in children, is divided into three platforms at different heights separating the play area space with the music instruments experimentation space, being connected by a ramp

- 1 Play area
- 2 Music instruments experimentation space
- 3 Access platform
- 4 Forest/Lagoon view



The balloon that contains the art therapy workshop focused on wood crafts has three levels at different heights that diagram the interior space with platforms, separating the work area from the tools area and connecting them with a ramp

- 1 Work area
- 2 Tools area
- 3 Access platform
- 4 Forest/Lagoon view

