

# healing spaces



THE SCIENCE OF PLACE  
AND WELL-BEING

ESTHER M. STERNBERG, M.D.

# Healing Spaces The Science Of Place And Well Being

**Patrick Vollmar**



## **Healing Spaces The Science Of Place And Well Being:**

**Healing Spaces** Esther M. Sternberg MD, 2009-05-31 Sternberg explores the marvelously rich nexus of mind and body perception and place The book shows how a Disney theme park or a Frank Gehry concert hall a labyrinth or a garden can trigger or reduce stress induce anxiety or instill peace

**Healing Spaces, Modern Architecture, and the Body** Sarah Schrank, Didem Ekici, 2016-07-15 Healing Spaces Modern Architecture and the Body brings together cutting edge scholarship examining the myriad ways that architects urban planners medical practitioners and everyday people have applied modern ideas about health and the body to the spaces in which they live work and heal The book s contributors explore North American and European understandings of the relationship between physical movement bodily health technological innovation medical concepts natural environments and architectural settings from the nineteenth century through the heyday of modernist architectural experimentation in the 1920s and 1930s and onward into the 1970s Not only does the book focus on how professionals have engaged with the architecture of healing and the body it also explores how urban dwellers have strategized and modified their living environments themselves to create a kind of vernacular modernist architecture of health in their homes gardens and backyards This new work builds upon a growing interdisciplinary field incorporating the urban humanities geography architectural history the history of medicine and critical visual studies that reflects our current preoccupation with the body and its corresponding therapeutic culture

*Psychological Trauma* Ana Starcevic, 2019-11-13 Trauma presents as a negative experience or situation of an individual in which coping mechanisms do not always work perfectly This leads to the appearance of disturbing behavior thinking or developing disorders in the area of mental illnesses Psychological trauma is related to chronic and repetitive experiences and the term and situation that refer to it must be consider objectively because it is up to each survivor to determine if it is traumatic Future studies in the area of psychological trauma need to be conducted with the aim of defining anatomical correlates of stress and its underlying pathophysiological mechanisms

**Therapeutic Landscapes** Clare Cooper Marcus, Naomi A Sachs, 2013-09-20 This comprehensive and authoritative guide offers an evidence based overview of healing gardens and therapeutic landscapes from planning to post occupancy evaluation It provides general guidelines for designers and other stakeholders in a variety of projects as well as patient specific guidelines covering twelve categories ranging from burn patients psychiatric patients to hospice and Alzheimer s patients among others Sections on participatory design and funding offer valuable guidance to the entire team not just designers while a planting and maintenance chapter gives critical information to ensure that safety longevity and budgetary concerns are addressed

**Sound and Noise** Marcia Jenneth Epstein, 2020-10-30 This book is about how you listen and what you hear about how to have a dialogue with the sounds around you Marcia Jenneth Epstein gives readers the impetus and the tools to understand the sounds and noise that define their daily lives in this groundbreaking interdisciplinary study of how auditory stimuli impact both individuals and communities Epstein employs

scientific and sociological perspectives to examine noise in multiple contexts as a threat to health and peace of mind as a motivator for social cohesion as a potent form of communication and expression of power She draws on a massive base of specialist literature from fields as diverse as nursing and neuroscience sociology and sound studies acoustic ecology and urban planning engineering anthropology and musicology among others synthesizing and explaining these findings to evaluate the ubiquitous effects of sound in everyday life Epstein investigates speech and music as well as noise and explores their physical and cultural dimensions Ultimately she argues for an engaged public dialogue on sound built on a shared foundation of critical listening and provides the understanding for all of us to speak and be heard in such a discussion Sound and Noise is a timely evaluation of the noise that surrounds us how we hear it and what we can do about it *Design Informed* Gordon H. Chong, Robert Brandt, W. Mike Martin, 2010-09-29 The Power of Evidence to Create Design Excellence This practical accessible book for design professionals and students alike is about design excellence and how to achieve it The authors propose an evidence based design approach that builds on design ingenuity with the use of research in ways that enhance opportunities to innovate They show the power of research data to both reveal new design opportunities and convince stakeholders of the value of extraordinary work A guide for all designers who want to earn their place as their clients trusted advisor and who aspire to create places of beauty and purpose the book demonstrates An approach to applying evidence to design that neither turns designers into scientists nor requires large firm resources The wide range of types of evidence that can be applicable to design and where to look for it Direct practical application of the evidence based design approaches in use today Provides tools to distinguish strong evidence that can improve design decisions from misleading assertions resulting from weak research Benefits of evidence based design including improved human and building performance Two featured case studies illustrate the theory and practice of evidence based design The work of the authors 2005 2007 AIA College of Fellows Benjamin Latrobe Research Fellowship provided an empirical foundation for this book and addresses the use of rigorous research methods to understand relationships between design choices and health outcomes The California Academy of Sciences designed by Renzo Piano Building Workshop Chong Partners Architecture and Arup provides transparent evidence that enhances building technology performance in the context of a powerful design expression In depth interviews and case studies are clustered around three research categories modeling simulation and data mining social and behavioral science and the physical and natural sciences and including cutting edge use of neuroscience to understand human response to physical environments The twenty two featured thought leaders include William Mitchell MIT Media Lab Fred Gage Salk Institute Phil Bernstein Autodesk Sheila Kennedy Kennedy James Timberlake Kieran Timberlake William and Chris Sharpley SHoP Architects Vivian Loftness Carnegie Mellon University John Zeisel Hearthstone Paco Underhill Envirosell Susan Ubbelohde and George Lois Lois Ubbelohde Architecture Energy Chris Luebke Arup Martin Fischer Stanford University CIFE and Kevin Powell GSA Housing Design for an Increasingly Older Population

Victor Regnier, 2018-08-13 Longer lifespans and the needs of the oldest old are challenging the senior living industry to find bold and compassionate solutions to combine programs and services with housing Victor Regnier's latest research provides a thoughtful and insightful roadmap that arrays new ways of thinking from small scale settings to community based options International case studies offer possible solutions with the best thinking from around the globe all with Vic's unique perspective of extracting themes and concepts that are broadly applicable and essential to addressing the needs of those that live on life's fragile edge David Hoglund FAIA Supporting the independence of the oldest old is a tough problem Victor Regnier addresses in his latest book on aging and housing Like previous work Victor relies on the best practices of northern Europeans to outline a three prong approach First providing extremely comprehensive home care services in an apartment for life setting Second reforming the conventional nursing home by exploring small group style accommodations Third combining new technology with community based services to age in place Case studies document the experiences of others in making these programs work here and abroad The magnitude of the 90 and 100 population increases in the next 50 years make it clear how important it is to address this concern today Edward Steinfeld Darch The movement of health care from the institution to the home is a theme that Regnier identifies as one of the most important lessons in rethinking the issue of how to support the ever growing and increasingly aged older population here and abroad He examines simple but profound approaches we can take in making long term care a more humane proposition Familiar themes like humanizing technology and optimizing the impact of the natural environment are brought together with clear policy thinking about what we need to do The timing is good because the impact of this growing segment of society will have major repercussions on health care for the next 50 70 years Stephan Verderber Ph D A comprehensive guide to designing housing for the world's aging population The dilemma of helping older people maintain their independence through better housing with services is growing This book presents innovative solutions for those who create and provide housing for the world's increasingly longer living population By focusing on three specific housing and service arrangements it offers alternatives that provide greater freedom of choice than the current living arrangements that exist today It presents selected examples of housing and service solutions from the US Sweden Denmark and the Netherlands to stimulate thinking about the possibilities of community based service models Housing Design for an Increasingly Older Population looks at a trio of options for housing the oldest old the Dutch Apartment Condo for Life Model AFL decentralized Small Green Houses and the provision of enhanced personal and health care for people who want to stay in their own home It offers unique and eye opening chapters covering what older people want what age changes affect independence demographics and living arrangements how long term care is defined concepts and objectives for housing the frail care giving and management practices that avoid an institutional lifestyle innovative case studies programs that encourage staying at home with service assistance therapeutic use of outdoor spaces how technology will help people stay independent and more Based on the author's numerous conversations with other experts as well as his

examinations of high quality settings from Northern Europe and the US Building case study examples showcase innovative and compassionate solutions In depth coverage of three major systems that work Examines successful programs such as PACE Friendly Cities NORC and the Village to Village Network to demonstrate the progress made in helping older frail people stay in their own homes for as long as possible Housing Design for an Increasingly Older Population Redefining Assisted Living for the Mentally and Physically Frail is an important book for those who create design and manage assisted living and skilled nursing facilities as well as for those who set policies regarding health and personal care for our world s aging society Finished Business Patrick Dust,2017-09-09 Ever wondered about the connection between psychological and physical illness We sense that the mind and the body don t exist in separate spheres that at some deep level they are fused and interrelate constantly in our daily lives Finished Business takes our curiosity about this reality to a new level with a passionate focus on two psychosomatic phenomena fibromyalgia syndrome and an eating disorder The roots of these conditions are examined in one person s experience of complex childhood trauma Employing the interdisciplinary lens offered by the powerful new method of Neuropsychanalysis this volume confronts head on the realities of early abuse lost love identity dysregulation and physical illness Reaching beyond it forges a means for repair a healthy autonomy and an experience of recovery The memoir of Part One opens up wounds from the past and confronts the demons of childhood Part Two describes a post therapy period in which the examined life yields the first fruits of a recovery Part Three engages some of the most exciting cutting edge knowledge of the brain available today and connects critical issues concerning trauma and health with a nascent neuroscience of the whole person Part Four titled Afterthoughts deals with memory reconsolidation epigenetics dissociation and the creative unconscious Finished Business will appeal to those who know the rigors of mind body challenges to clinicians researchers and indeed to anyone who has pondered the enigmas of our mesmerizing body brain mind existence **The Oxford Handbook of Mental Health and Contemporary Western Aesthetics** ,2025-01-02 Human flourishing depends upon the mental health of the individuals Throughout history various cultural traditions have established and practiced diverse strategies to maintain their community members mental health treat their mental illness and enhance their well being They range from spiritual disciplines religious rituals and philosophical training to communal activities educational instructions and community support It is noteworthy that aesthetic objects and activities are frequently integrated into these strategies They include visual arts music dance story telling theatre and occasions and events made special by certain foods drinks decorations clothes and fragrance This long held and widely practiced integration of aesthetics into promotion of mental health testifies to the power of the aesthetic to affect the well being of humans and their communities The world s major philosophies and religious traditions have recognized this power of the aesthetic For example Plato s proposed censorship of the arts in his utopian Republic indicates his acknowledgement of and a respect for the power of the arts to mold the citizens psyche and character Confucianism also utilizes arts and rituals to promote moral virtues

Finally Buddhism teaches the cultivation of mindful practice for human flourishing by developing an alternative relationship with present moment experience such as suffering and distress Today the most dominant methods of treating mental illness in the West are psychotherapy psychology and psychiatry methodologies and practices established and developed in Europe since the nineteenth century Ever since the birth of art and poetry its purpose has been to inspire stir and move people This handbook addresses the valuable role aesthetics plays in psychotherapy and psychiatry exploring both theory and practice

**Environmental Psychology and Human Well-Being** Ann Sloan Devlin, 2025-06-01 Environmental Psychology and Human Well Being Effects of Built and Natural Settings Second Edition provides an understanding on how mental and physical well being is affected by physical environments along with insights on how the design of environments might be improved to support better health outcomes The book s uniqueness emphasizes the impact of particular kinds of environments on humans e g cities therapeutic landscapes schools and thus considers the environment as the driver of behavior rather than starting with human attitudes and values In addition the content reviews the history discusses theoretical constructs research and design and provides up to date research survey findings New content on the effects of the pandemic on work and educational settings including remote options as well as a new chapter on shelters in response to natural disasters is included Provides research based insights on how an environment can impact mental and physical health and well being Integrates core psychological constructs such as territoriality environmental stress privacy social support and perceived control across settings Covers educational settings workplace settings environments for active living housing for the elderly natural settings therapeutic environments correctional facilities the pandemic and more Includes new chapter on shelters in response to natural disasters and the COVID 19 pandemic *The Border and Its Bodies* Thomas E.

Sheridan, Randall H. McGuire, 2019-11-12 *The Border and Its Bodies* examines the impact of migration from Central America and Mexico to the United States on the most basic social unit possible the human body It explores the terrible toll migration takes on the bodies of migrants those who cross the border and those who die along the way and discusses the treatment of those bodies after their remains are discovered in the desert The increasingly militarized U S Mexico border is an intensely physical place affecting the bodies of all who encounter it The essays in this volume explore how crossing becomes embodied in individuals how that embodiment transcends the crossing of the line and how it varies depending on subject positions and identity categories especially race class and citizenship Timely and wide ranging this book brings into focus the traumatic and real impact the border can have on those who attempt to cross it and it offers new perspectives on the effects for rural communities and ranchers An intimate and profoundly human look at migration *The Border and Its Bodies* reminds us of the elemental fact that the border touches us all **Health Progress**, 2010 **Modernity and the Construction of Sacred**

**Space** Aaron French, Katharina Waldner, 2024-07-01 This volume focuses on the connection between modern design and architectural practices and the construction of sacred spaces Not only language and ritual but space place and architecture

play a significant role in constructing special or religious spaces However this concept of a constructed sacred space remains undertheorized in religious studies and the history of art and architecture in general This volume therefore revisits the question of a modern sacred space from an interdisciplinary perspective focusing on religion space and architecture during the emergence of the modern period and up until contemporary times Revisiting the ways in which modern architects and artists have endeavored to create sacred spaces and buildings for the modern world will address the underlying questions of how religious ideas especially those related to esotericism and to alternative religiosities have transformed the way sacred spaces are conceptualized today *Happy City: Transforming Our Lives Through Urban Design* Charles

Montgomery,2013-11-12 A journalist travels the world and investigates current socioeconomic theories of happiness to discover why most modern cities are designed to make us miserable what we can do to change this and why we have more to learn from poor cities than from prosperous ones **Nature by Design** Stephen R. Kellert,2018-01-01 A gorgeously

illustrated accessible book that provides a holistic summary of the key elements for good biophilic design **Introducing Human Geographies** Kelly Dombroski,Mark Goodwin,Junxi Qian,Andrew Williams,Paul Cloke,2024-07-09 Introducing Human Geographies is a travel guide into the academic subject of human geography and the things that it studies The coverage of the new edition has been thoroughly refreshed to reflect and engage with the contemporary nature and direction of human geography This updated and much extended fourth edition includes a diverse range of authors and topics from across the globe with a completely revised set of contributions reflecting contemporary concerns in human geography Presented in four parts with a streamlined structure it includes over 70 contributions written by expert international researchers addressing the central ideas through which human geographers understand and shape their subject It maps out the big foundational ideas that have shaped the discipline past and present explores key research themes being pursued in human geography s various sub disciplines and identifies emerging collaborations between human geography and other disciplines in the areas of technology justice and environment This comprehensive stimulating and cutting edge introduction to the field is richly illustrated throughout with full colour figures maps and photos The book is designed especially for students new to university degree courses in human geography across the world and is an essential reference for undergraduate students on courses related to society place culture and space *Handbook of Research on Methodologies*

*for Design and Production Practices in Interior Architecture* Garip, Ervin,Garip, S. Banu,2020-11-20 Studio environments can be defined as multi dimensional integrated production spaces where basic design trainings take place and where design issues including theoretical notions such as sociological political phenomenological and other dimensions are discussed Present approaches within the literature and social media on this topic gives cause for students to evaluate their future professions over finished and pictorial products rather than ontological and processual means While there are many resources available on the present approaches of aesthetics and visuality of interior spaces there is not much research



available on new design methodologies related design processes and new applied methods in interior architecture Based on different contexts these methods of design practice have the potential to enrich design processes and create multiple discussion platforms within project studios as well as other design media These different representations and narration methods for research in the context of interior architecture can be effectively used in design processes The Handbook of Research on Methodologies for Design and Production Practices in Interior Architecture proposes new design methodologies and related design processes and introduces new applied method approaches while presenting alternative methods that have been used within design studios in the field of interior architecture The chapters deal with four major sections the design process and interdisciplinary approaches then scenario development and content followed by material texture and atmosphere and concluding with new approaches to design While highlighting topics such as spatial perception design strategies architectural atmosphere and design thinking this book is of interest to architects interior designers practitioners stakeholders researchers academicians and students looking for advanced research on the new design methodologies and processes for interior architecture     Natural Environments and Human Health Alan W Ewert, Denise S Mitten, Jillisa R Overholt, 2014-04-25 The role natural environments play in human health and wellbeing is attracting increasing attention There is growing medical evidence that access to the natural environment can prevent disease aid recovery tackle obesity and improve mental health This book examines the history of natural environments being used for stress reduction enjoyment aesthetics and catharsis and traces the development of the connection between humans and the environment and how they impact our personal and collective health     *Mental Health and Wellbeing in the Anthropocene* Jamie McPhie, 2019-01-22 This book makes the unorthodox claim that there is no such thing as mental health It also deglamourises nature based psychotherapies deconstructs therapeutic landscapes and redefines mental health and wellbeing as an ecological process distributed in the environment rather than a psychological manifestation trapped within the mind of a human subject Traditional and contemporary philosophies are merged with new science of the mind as each chapter progressively examples a posthuman account of mental health as physically dispersed amongst things emoji photos tattoos graffiti cities mountains in this precarious time labelled the Anthropocene Utilising experimental walks play scripts and creative research techniques this book disrupts traditional notions of the subjective self resulting in an Extended Body Hypothesis a pathway for alternative narratives of human environment relations to flourish more ethically This transdisciplinary inquiry will appeal to anyone interested in non classificatory accounts of mental health particularly concerning areas of social and environmental equity post nature     Dancing in the Rain Jerome T. Murphy, 2019-01-02 Dancing in the Rain offers a lively and accessible guide aimed at helping education leaders thrive under pressure by developing the inner strengths of mindfulness and self compassion expressing emotions wisely and maintaining a clear focus on the values that matter most Jerome T Murphy a scholar and former dean who has written and taught about the inner life of education leaders argues that the main barrier to

thriving as leaders is not the outside pressures we face but how we respond to them inside our minds and hearts In this concise volume Murphy draws on a combination of Eastern contemplative traditions and Western psychology as well as his own experience and research in the field of education leadership He presents a series of exercises and activities to help educators take discomfort more in stride savor the joys and satisfactions of leadership work and thrive as effective leaders guided by heartfelt values Every day education leaders find themselves swamped in a maelstrom of pressures that add to the complex challenges of educating all students to a high level With humor and compassion *Dancing in the Rain* shows educators how to lead lives of consequence and purpose in the face of life s inescapable downpours

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