

DE-ADDICTION CENTER



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For my parents that stand by me and give me the strength to believe that everything is possible.

ALHAMDULILAH!

Abstract

De-addiction center is a thesis project that explores the possibilities and affects that design, and its relation to nature and therapeutic environment, has on healing and the overall health of the inhabitants of a structure. In times of sickness and injury, time is spent with professionals in environments that are meant to repair our health in a timely, painless, sensible manner. These environments can be designed to promote a healthy mind and body through a strong connection between the built environment and its natural surroundings.

There are many factors that are involved in our body's biological recovery time, and many of these biological responses are induced through our emotions, which can be controlled in some degree by the spaces that surround us. The spaces we inhabit and their exposure to natural elements, such as sunlight and fresh air, contribute to a patient's recovery process.

Successful completion of this project will give a better understanding of what people with dependencies need in order to recover from physical and psychological impacts in the most efficient, effective manner possible, also encouragement to take a control over their addictive stance. Health care facilities are often times associated as being sterile, artificial environments. By designing spaces that are mentally stimulating, accomplished in part, through their connections with nature, a more holistic level of well-being can be maintained for the users.

Introduction

Addiction is a state defined by compulsive engagement in naturally rewarding behavior or compulsive drug use, despite adverse consequences; it can be thought of as a disease or biological process leading to such behaviors.

There is a lot of debate and controversy when people talk about addiction and what it actually is and what it means to be an addict. Some people including many treatment centers say that addiction is a disease that the individual cannot control on their own and therefore need outside treatment. There is also another group of people who do not believe in the idea that addiction is a disease and that it is not curable. They see addiction as more of a choice that the individual makes. The topic about what addiction is and why some people have it and others do not is a very sensitive issue and there are a lot of biased opinions. Scientifically addiction has been described in a medically unbiased way.