

PSYCHIATRIC WELLNESS CENTER



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OF

BACHELORS IN ARCHITECTURE

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ABSTRACT

The mental health care service remains a major problem globally, but more obvious in developing countries including Pakistan. In general, mental illnesses even though are acknowledged as great contributors to the global burden of disease, they receive little attention at global, regional and local levels compared to other illnesses such as communicable diseases. The mental health care design in Pakistan deserves urgent attention. Whereas no recent study is done to examine the prevalent rate and treatment gap, the available data shows that 74% of mentally ill patients who require treatment do not receive it.

The aim of this study was to contribute to the improvement of the design of mental health care service by exploring factors that influence the mental health care service in Pakistan; presenting a picture of existing mental health scenario, suggesting the ways for improvement and comment on possible future developments.

One of the centers that have high sensitivity for design is psychotherapy center because of special physical, mental and sentimental conditions of their patient. Design and architecture of psychotherapy centers and caring mental patients are taboo subjects in our country; and there was so less attempt to study and design. To start design of every usage, recognition of habitants of that place is necessary. Recognition and understanding of different needs of mentally challenged patients and attempt to meet their needs and respect to priority of these needs in designing and improving their special spaces can be effective in improvement of its quality. Since these patients are considered one of the most disadvantaged sectors of society, and their main requirement is to help them to return home and social environment, it should be possible to step in improving treatment by identifying and using elements of environmental quality and to introduce the environment of a hospital as a healing environment not as an environment for permanent or long-term accommodation for patients, Because the main purpose of admission of a mental patients is maintenance of security of patients and others and above all is his stable treatment. But psychotherapy centers in Pakistan cannot fully respond to the needs of these patients. And most buildings in the old psychiatric institutions are without proper space and occupational therapy sectors are not efficient and effective. The subject of this project is the eclectic and interdisciplinary, means architect

ure and psychology. Purposes of that are obtaining a codified agreement, design standards and present an architectural pattern for treatment and positive influences on mental disorders of these patients and their return to a normal life.

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CHAPTER 1 INTRODUCTION

1.1 INTRODUCTION

COGNITION THROUGH MIND READING

The thesis shall cater to allow the subconscious needs of a human being to physically shape the individualized spaces. Bridging psychology with architecture will provide more sensitive spaces with enhanced observation of a human beings way of sensing and perceiving tangible spaces. The concept deals with in depth study of the subject (human being) and how it in turn shapes the object (tangible architectural spaces)

Architecture is a form of human expression, portraying the psychology of the collective or the individual creator. When people with mentally disabilities have private rooms with their own personal objects around them, they exhibit less aggression, anxiety and fewer psychotic symptoms.

The project output would be a space for the **Mentally ill Patients** and the community to interact to improve their cognitive imbalance. The program would provide an ambient stress-

relieving environment and personalized spaces to serve the activities they need.

A central theme of this design is that creating a physical, interpersonal, and psychological environment that supports the therapeutic milieu is essential to the recovery process. Recovery is promoted not only in the therapeutic program, but also in the facility design. Patient care areas that incorporate natural light, access to exterior environments, color, art, pleasant furnishings, and other components of a warm environment have been shown to advance healing and reco