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Sound Of Systems Music Therapy For Autism

Nishtha Chawla

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Sound OF SYSTEMS music therapy for autism

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/ Nishtha Chawla / Masters in Fine Arts / Virginia Commonwealth University / Spring 2022

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i believe...

I believe design should be transformative. Architecture and design have the responsibility to evoke memories and provide a sense of belonging through sensory design application. The composition of light, shadow, materials, space, and acoustics can trigger human senses and create a notable moment in life. Humans are sensory individuals that recollect and cherish memories that leave an impact on our subconscious minds. A sensory design should have the ability to activate our latent memories and influence human emotions. As stated by Juhani Pallasmaa "Form alone does not imply any meaning, it is the human interaction with it which gives form its meaning. The act of looking out the window but not the window itself, the act of gathering around the hearth but not the hearth."

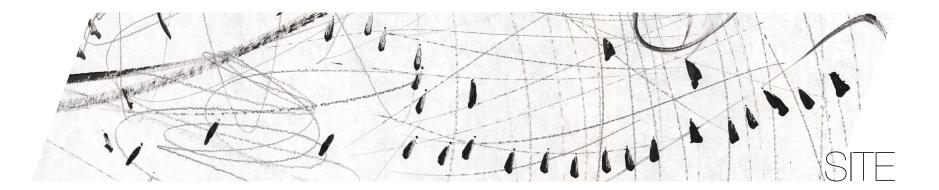
Some memories that have left an imprint on my mind are: Balance of traditional cultural values with eastern upbringing Playful colors of Indian festivals Temple bell ringing at sunrise and sunset Classical songs playing during the monsoon season The aroma of spices drying in the sun Bickering with the vegetable seller over a few pennies Priest approaching my iron gated veranda with sandalwood incense and blooming roses

All these memories have shaped my design decisions in terms of choosing sustainable materials, living in harmony with nature, and creating inclusive environments. Lasting impressions on minds are left by environments that evoke one"s sensory perception and urge one to live in the present and experience their surroundings.

abstract

The motivation of this project is to nurture the innate quality of enhanced pitch perception in children with Autistic Spectrum Disorder. Past research has shown individuals with ASD have a greater ability in memorizing picture-pitch association and in detecting pitch changes in melodies. Appropriately nurturing this quality with musical therapy enables children with ASD to interact socially in a less intimidating environment. Through music-based activities such as auditory-motor mapping technique, rhythmic training, and improvisational music therapy, cognitive, emotional, and behavioral processes can be gradually improved.

This thesis project is an investigation of a solution through the form of the building's interior to establish a relationship between the structure of music and the structure of the interior. Integrating these two disciplines in a synergistic approach and drawing parallels between the two allows for the manipulation of form and space in a systematic approach that governs the two fields. The systematic approach is based on the noise sensitivity levels of children on spectrum and sound reverberation levels of room size. In addition, the orderly approach takes into account color preference and light sensitivity levels of individuals with ASD. Through this sympathetic understanding of the gifts and vulnerabilities of these children, an inventive environment can optimize their quality of life.



site / 08

site + neighborhood

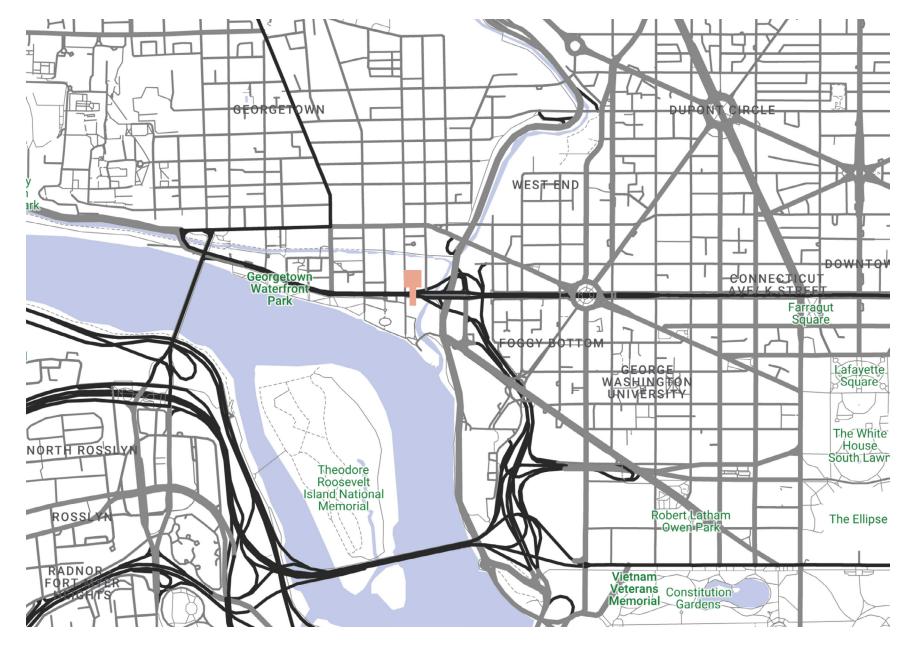
site

The proposed project is located on the 2nd level of The House of Sweden, at Georgetown Harbor encompassing 13, 582 square feet. The building is located at 2900 K St, NW, Washington, D.C. that includes The Embassy of Sweden and The Embassy of loeland and tenants with connection to Sweden. It is the only Embassy in Washington located on the waterfront of the Potomac River. The facade primarily consist of curtain wall and glazed Swedish pine with white timpa stone and black granite floors.

neighborhood

Georgetown is at the boundary of Virginia and Washington, D.C. connected by the Francis Scott Key Memorial bridge. The primary commercial areas of Georgetown are the intersection of M Street and Wisconsin Avenue, which contain high-end shops, bars, and restaurants. The C&O Canal initially carried coal from the Allegheny Mountains from 1831 to 1924. It is now a National Historical Park and draws hikers, bikers and joggers with a connecting path to Theodore Roosevelt Island and The Kennedy Center.





site sun study / 10



south



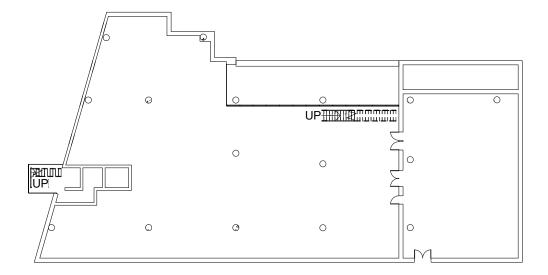






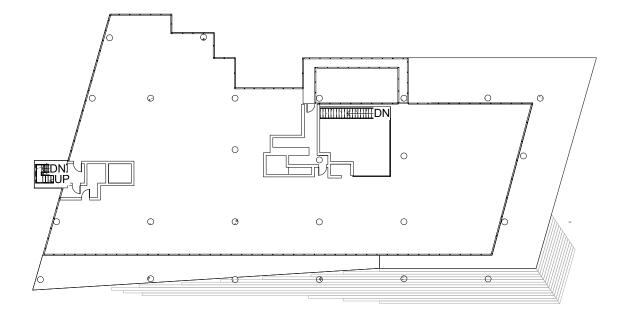
site sun study / 11

as-built drawings / 12





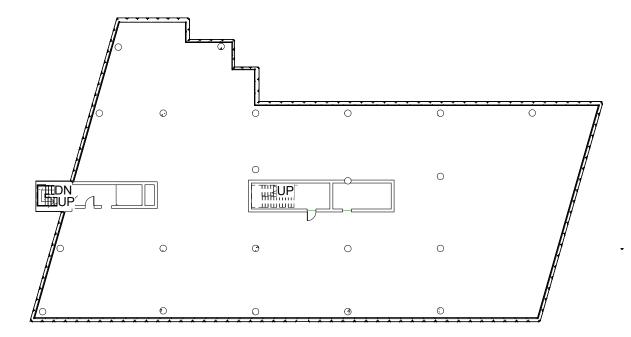


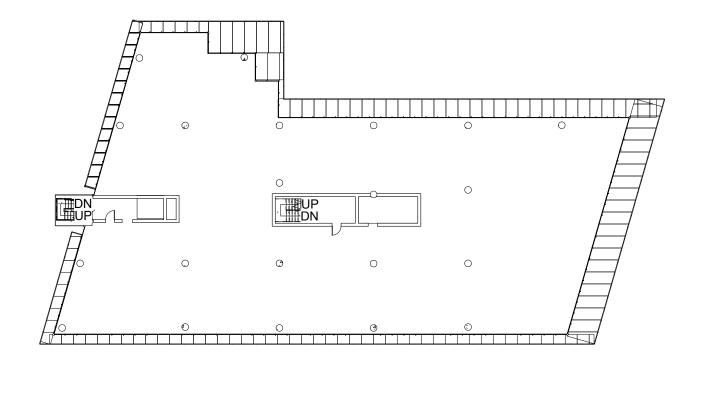


1



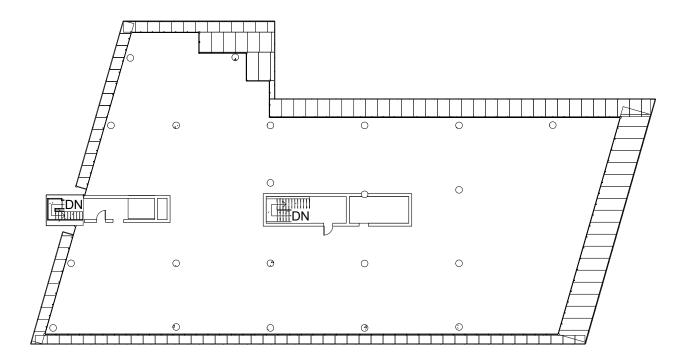
as-built drawings / 14



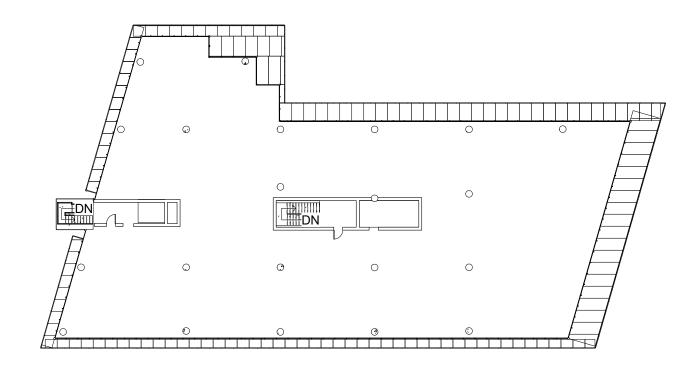








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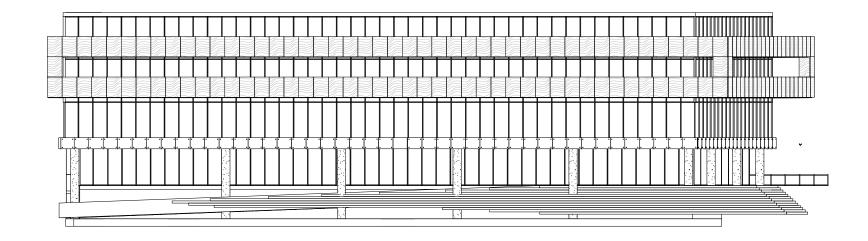


FOURTH FLOOR PLAN 1/32" = 1"



DOR PLAN 1/32" = 1"





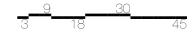






as-built drawings / 18

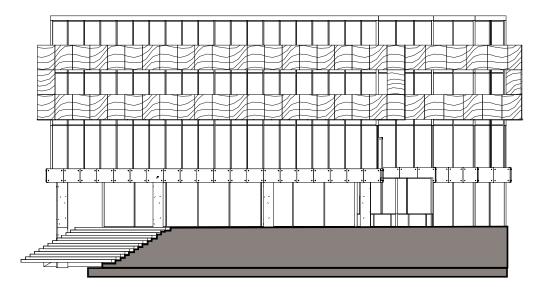
ATION 3/64" = 1"



as-built drawings / 20

1

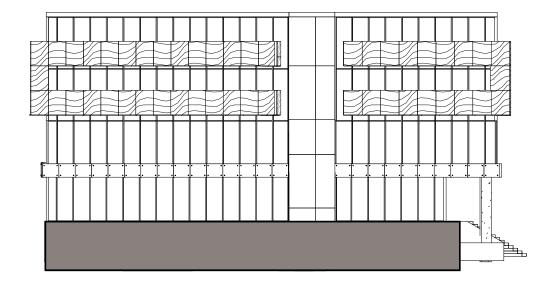
1





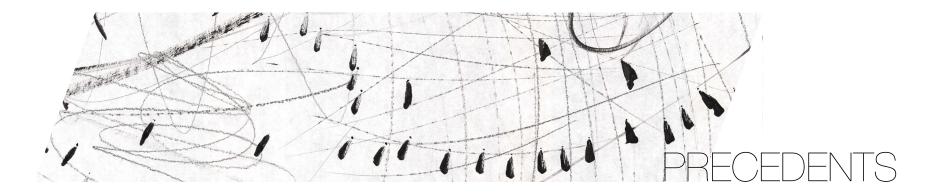






/ATION 3/64" = 1"





sunbeams music centre

location

Penrith, United Kingdom

use Music therapy for disabilities

year built 2016

architect

MawsonKerr Architects

Sunbeams music center provides community music to children and adults with disabilities such as autism, down syndrome, and sensory impairments. The primary motivation for choosing this building is due to its design strategy. The design is intended to embody musical qualities of rhythm, timbre and melody within the landscape. The architecture brings together nature, contemporary vernacular and musical activity.

Three major goals of the building were to provide music therapy, in acoustically treated spaces designed for group and individual therapy sessions for individuals with autism and other neuro diversities. The project also has strong sustainable agenda. A 6,458 square foot facility is predominantly all naturally ventilated, naturally lit, and heating provided by ground source heat pump.





toho gakuen music school

location

Chofu, Japan

use

music college

year built 2014

architect Nikken Sekkei The Toho Gakuen Music School was selected as a study primarily for its acoustic properties while utilizing a glass facade. Due to the superfluous consciousness of ambient noise and sound insulation, several music colleges employ a style in which the exterior appears as a closed boas and lesson rooms are lined up along corridors in an institutional manner.

This facility provides a porous appearance to the interior by exposing the volume of lesson rooms to the exterior with small courtyard like spaces between neighboring lesson rooms. This arrangement allows for a connectivity to other students by employing glass and providing sound insulation simultaneously.





advance special needs education center

location

Qattameya, Cairo

use Education Facility

year built

2010

architect

Ashraf Tawfid Magda Mostafa Advance Special Needs Education Center is the first building to apply sensory design theory published by Magda Mostafa. Building on the premise of architecture as a sensory environment and a source of controllable stimulation-spatial organization, acoustics, texture, color, pattern and lighting. The architect translates this evidence based on research into a conducive environment for children with autism.

Concepts such as sensory zoning, spatial sequencing, compartmentalization, transitional sensory space and graduated acoustical treatment with escape spaces are utilized to serve 100 students and 200 teachers and staff.





new struan autism center

location

Alloa, Scotland

use

Education Facility

year built 2005

architect

Aitken Turnbull Magda Mostafa New Struan is the most advanced centre in the world for education of children with autism.

The 'gull wing' roof has been developed to encourage as much natural light as possible into the building. The pointed center of the 'gull wing' forms a glazed atrium that runs the length of the buildings and floods the space with brilliant sunlight. Seven classrooms are located on either size of the atrium, each incorporating floor-to-ceiling windows with a brise-soleil to diffuse direct sunlight. Color-coded doors lead to an external play area and allow pupils to easily remember which classroom to return to.







reed academy

location

Oakland, NJ

use

School for Autistic Children

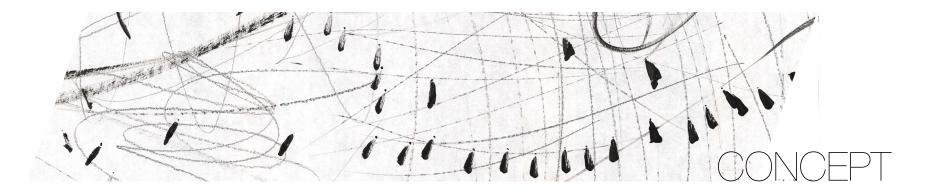
year built 2011

architect WXY Studio The design of REED Academy builds on the idea of the environment as a teacher and encourages productive relationships between built space and pedagogical technique. To meet the unique requirements of teaching people with Autism Spectrum Disorders, the building itself acts a learning tool through which students can acquire life skills and job training above and beyond academic learning.

The school is conceptually based on an "interior street" that wraps around a central Multipurpose room serving as the heart of the building. Along each interior street are alcoves where students can set up stations to learn communication and other life skills through modeling and play techniques. The communal spaces are equipped with tackable surfaces to display student work.

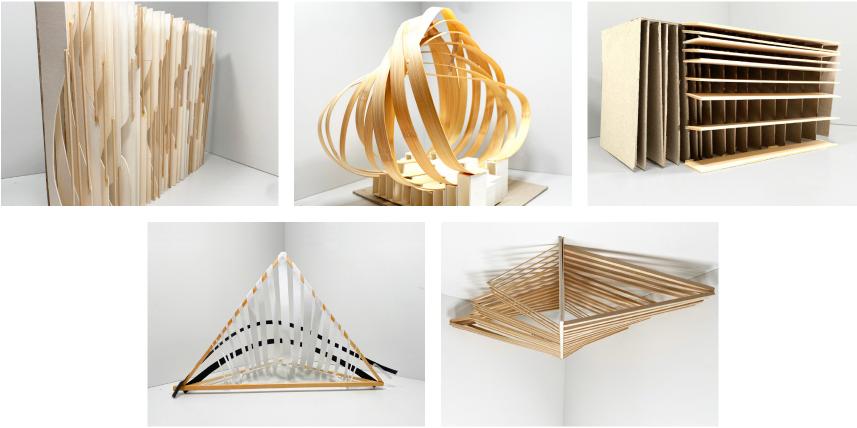


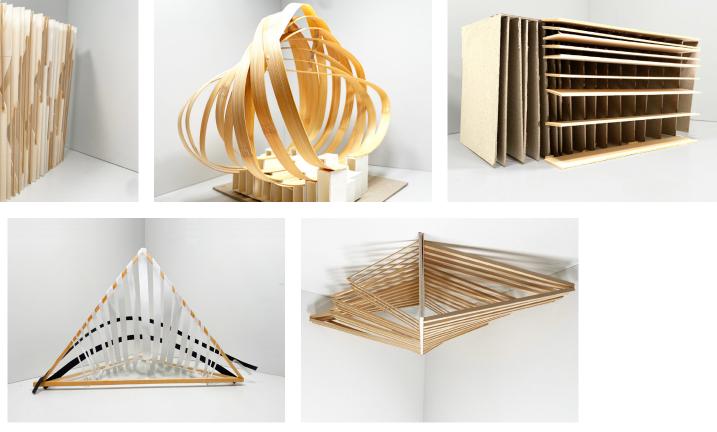




sound of systems

The concept is based on the harmonic proportions of a vibrating string. An octave is an interval between two notes. As per the Greek philosopher and mathematician Pythagoras, musical intervals have the quality to create connections to pattern structure and order. The harmonic proportions consist of an octave (1/2) of a fundamental (whole string), 2/3, 3/4, 4/5 and 5/6th of the string. Based on this concept, This project explores a system of visualizing these harmonic divisions in a space that can cater to children with autism who have increased sound sensitivity. This systematic division of string is incorporated in variation of ceiling height for children on various different spectrum of autism. The systematic approach is based on the noise sensitivity levels of children on spectrum and sound reverberation levels of room size. In addition, the orderly approach takes into account color preference and light sensitivity levels of individuals with ASD.





This series is exploring the harmonic proportions. Each model is based on proportions of 1/2, 2/3, 3/4, and 4/5 of an fundamental (1) note. Two different materials are utilized to observe the interplay of materials with one another.

poem

notes of silence

Chaos humming in my head Can you hear it?? No, you only see it. You see it in the flapping of my hands, which I see as my wings. You see a garden for a morning stroll, while my mind sees a jungle with the path obscured. You hear a breeze as it gently goes by, While I hear a violent thunderstorm ready to seize me into the dark sky. I see beauty in the details of life, unveiling its essence in numerical orders, patterns, and science. My syntax is composed of its own internal rhyme, and my tongue its own instrument, repeating and echoing words and chimes. You say I lack empathy, but you judge, and dissect myriad parts of me. I am not a checklist of deficits, disorders, and abnormalities; I perceive the world differently. My reality is subject to the imagination. All these layers of me create a beautiful symphony. Don't sympathize with me, But, understand and accept these musical layers of me.

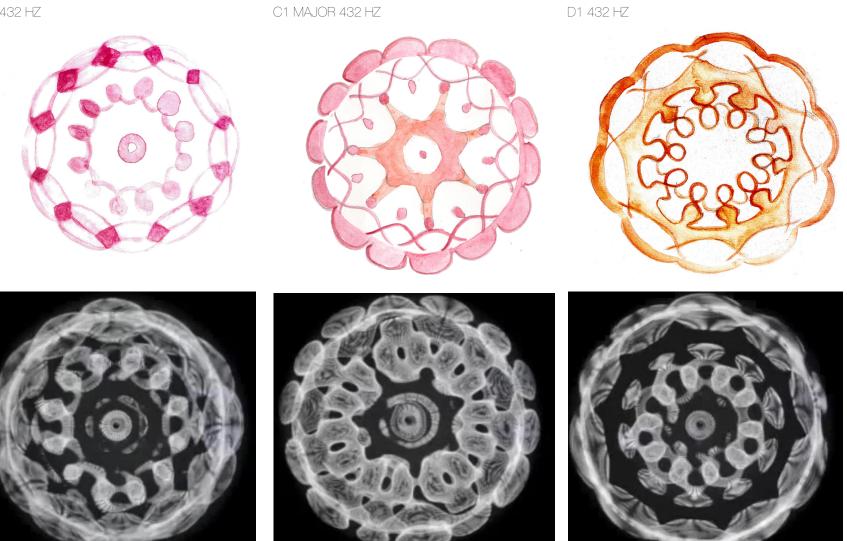


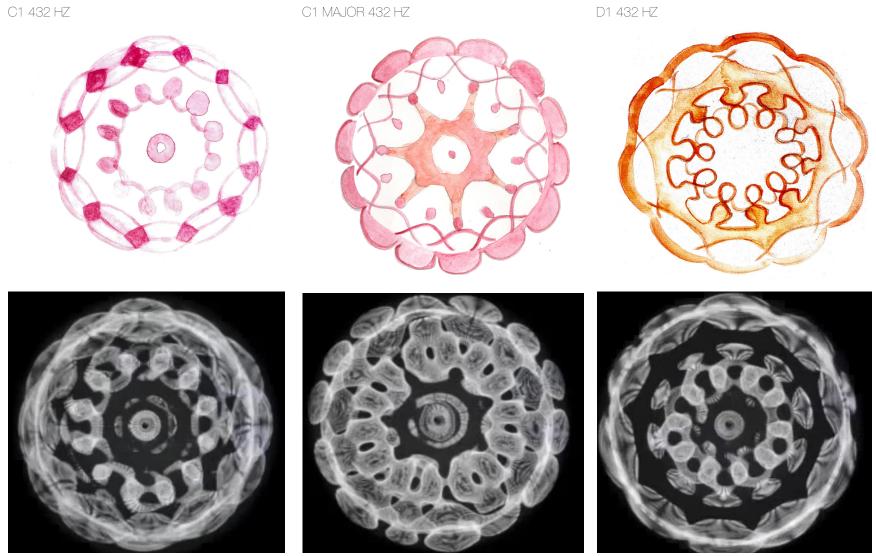


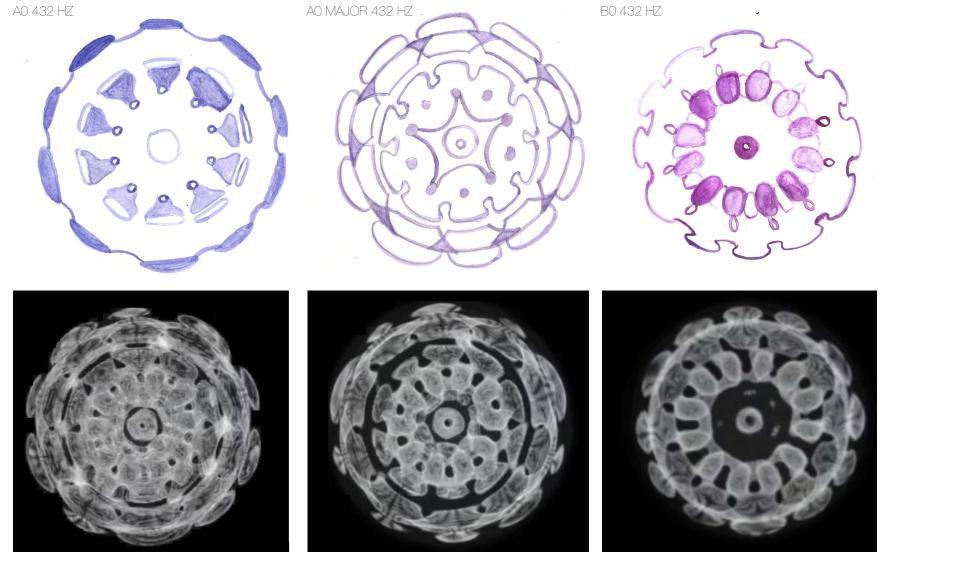
sound vibrations of notes A0 to G1at 432 hz

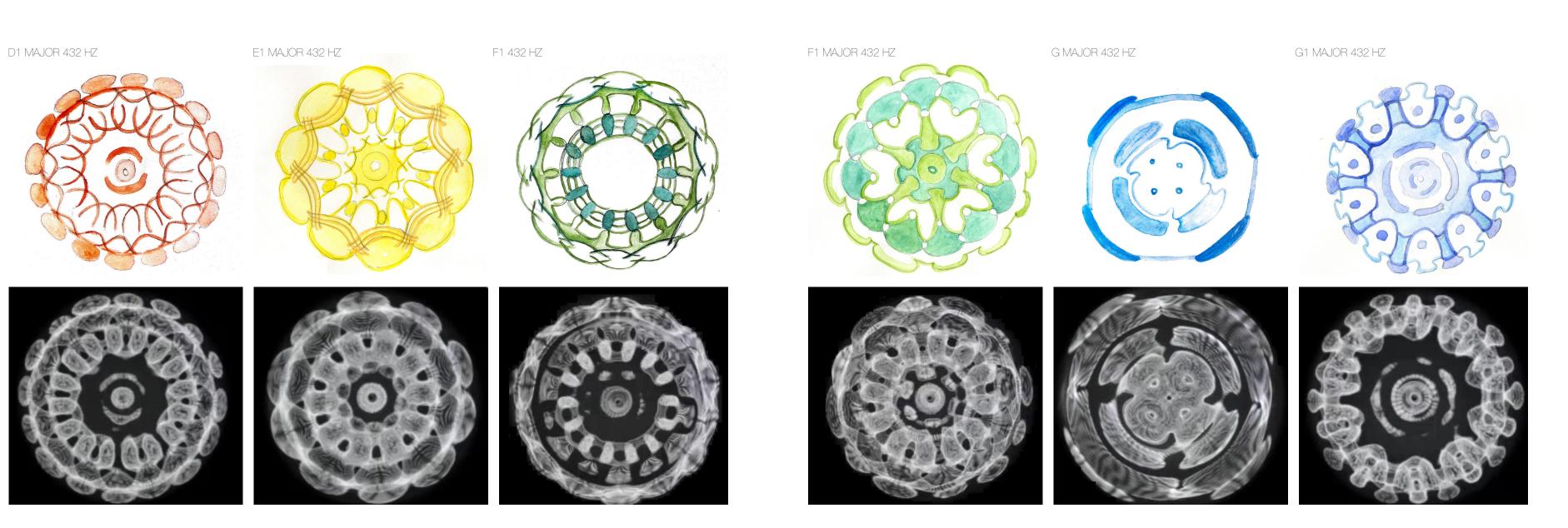


This series uses a CymaScope to explore sound vibtration of piano notes from A0 to G the 12 the musical notes. Patterns were generated via watercolors using Newton's color theory of musical notes.

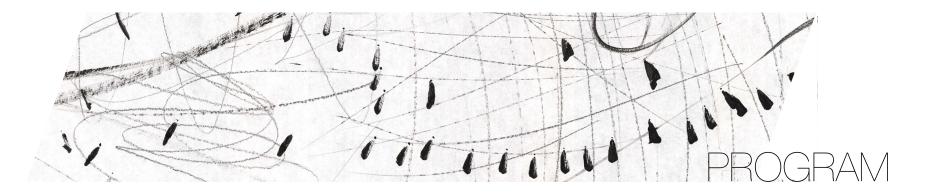








concept / 45



overall program

This music therapy center is made of three components

1. staff offices

2. primary user rooms

- therapy rooms
- escape rooms
- music library
- play room

3. support services

- kitchenette,
- storage
- reception
- audio control

staff offices 1279 sf (15.60%)

admin offices (2) 655 sf

consult offices (4) 624 sf

ŗ		support 2024 sf (24.62%)		
private			shared	
individual therapy (4)	995 sf	music library	370 sf	kitchenette 734 sf
large group therapy (3)	1638 sf	play room	346 sf	storage 174 sf
mid group therapy(3)	1063 sf			reception 871 sf
escape pods (5)	567 sf			audio control room 183 sf
total	4263 sf	total	716 sf	

open space 5418 sf (40%)

criteria matrix

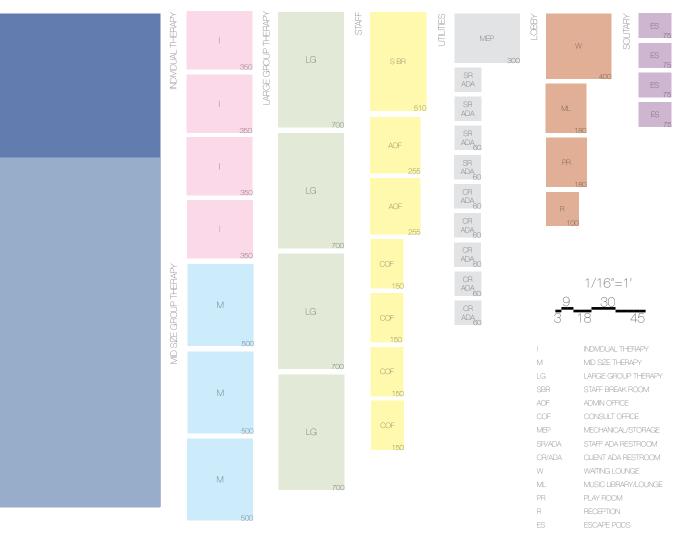
		ŝ		AC AC	21 21 21 21 21 21 21	ASS NEW		9100 24- 25-	Later
	RECEPTION	100	0		Y	Y	N	Ν	DUAL HEIGHT COUNTER, SIGNAGE
	WATTING	400	0		Y	Y	N	Ν	WAYFINDING/ SIGNAGE, LOUNGE SEATING,
	MUSIC LIBRARY	180	0	0	N	Y	N	Y	SHELVING, VINYL PLAYER
	PLAY ROOM	180	0	•	N	Y	N	Y	NETTING PLAY AREA
	STAFF BREAK ROOM	510	Θ	Θ	NR	Y	Y	Y	KTCHENNETTE , LOUNGE SEATING, DINING FURNITURE
	ADMIN OFFICE (2)	510		0	Y	Y	N	Ν	TASK CHAIR, TABLE, GUEST SEATING
	CONSULT OFFICE (4)	600		0	Y	Y	N	N	TASK OHAIR, TABLE, GUEST SEATING
	STAFF BATHROOM(4)	240	•		N	Y	Y	N	TOILET, SINK+FAUCET
	INDMDUAL THERAPY(4)	1400	•	0	Y	Y	N	Y	MUSIC INSTRUMENTS, SEATING , SPEAKERS
	LARGE GROUP THERAPY(4)	2800			Y	Y	N	Y	MUSIC INSTRUMENTS, SEATING, SPEAKERS
	MID SIZE GROUP THERAPY(3)	1500		Θ	Y	Y	N	Y	MUSIC INSTRUMENTS, SEATING, SPEAKERS
$\times()\times()\times \otimes$	LOOAILIODO (4)	300	•	0	NR	Y	N	N	SOUNDPROOF PODS
	ULENT DATAKOOVI (4)	240		•	N	Y	Y	N	TOILET, SINK+FAUCET
	MEP	150		0	N	NR	N	Y	MECHANICAL/ELECTRICAL EQUIPMENT
	STORAGE	150	•	0	N	NR	N	Y	UTILITY SINK , STORAGE SHELVING

graphic program

TOTAL GROSS AREA 13700 SQ FT

> TOTAL PROGRAM NET 8220 SQ FT

- \bigcirc MEDIUM
- \bigcirc LOW
- Y YES
- N NO
- NR NOT REQ





HYPO SENSITIVE

Children are under sensitive to sensory information. These children seek out sensory experiences. They prefer brighter lights, louder noises.

Activities : Group activities such as singing, playing an instrument, synchronous movements, clapping and walking to music.

Group size : 10-12



HYPER/HYPO SENSITIVE

As students make progress, in either high or low stimulus spectrum, they will gradually transition to moderate stimulus therapy room where they can learn to interact with one another This avoids the bubble effect.

Activities : Small focus group activities of rhythm training, and singing.

Group Size : 3-7



HYPER SENSITIVE

Children are over sensitive to sensory information. These children try to avoid excessive sensory experiences.

Activities: individual therapy of Tomatis Method and AAMT combined with composing a song, playing an instrument and gradually initiate small groups.

Group size - individual or (2-3 people)



Designated areas for therapy activities; Music games, Tomatis Method zone, AAMT Zone, Rhythm Training

Minor zones within major zones allows for greater level of concentration.

Acoustic reverberation levels and lighting levels changes within compartments

High Stimulus - high reverberation time (1.5-2 secs) and low absorption coefficient (0 to .5) Low Stimulus - Low Reverberation time (1 or less) and high absorption coefficient (.5-.80)

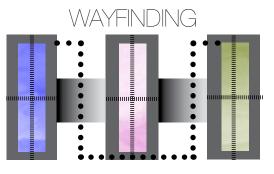
COMPARTMENTALIZE

Change in level of acoustic and lighting to avoid bubbling effect in either high or low stimulus zones

Some factors to keep in mind when developing the transition zones are green walls, ambient white noise, transition from bright to mild colors and light play connecting the high, mid and low stimulus zones.

This allows the user to get themselves acquainted prior to entering the main sensory zoning area that fits their sensitivities.

Location: Entrance juncture and corridors



Primary path - one way major circulation to avoid confusion and anxiety connecting high, moderate and low stimulus zones.

Clarity of pathway is achieved via continuous single material for primary path and another material for secondary pathwavs.

Secondary pathways connecting the zones that are compartmentalized within the major sensory zones.

This reduces fear of large crowds in intersecting pathways as autistic children are fearful of crowds.

user analysis / informational interviews



Jacob Varghese Age : 14

Personality traits

- Highly social
- Swimmer
- Part of Special Olympics
- Talkative
- Attends music events with his father
- Enjoys painting after school
- Attends Fairfax high school
- Highly active in community events
- Constantly looking for movement
- Has a hard time paying attention to 1 task at a time

HYPO / HYPER SENSITIVE CHILD

Thomas Wagner Aae : 10

Personality traits

- Prefers bight light during daytime and hides under blanket from fluorescent light
- Initiates conversation but quickly loses interest
- Forms friendships but unable to retain them
- Becomes pre-occupied with an object such as a particular toy for long periods of time
- Prefers background noise



Amanda Clien Age: 7

Personality traits

- Avoids aggressive cartoons
- Walks close to the walls
- Hides under blanket to avoid bright lights
- Prefers having downtime alone in quiet zone
- Closes her ears when a loud bike goes by or hears the sound of vacuum
- Does not interact with other children and share



Saji Varghese Age : 57

- IT Director at Marriott
- Adjust to situations constantly
- Organizes events for his son to keep him occupied
- Follows a routine daily with some flexibility to avoid conflicts
- Has to take phone calls of his son no matter the circumstance
- Takes his son fishing on days he feels overwhelmed
- Gives him space to make him less dependent



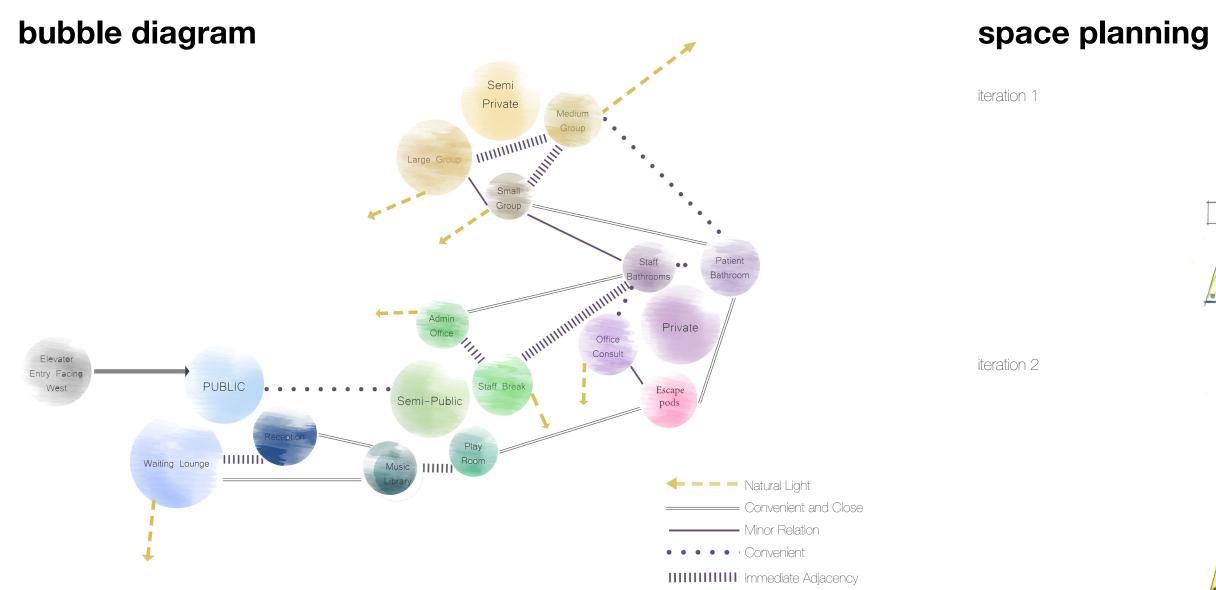
Joshua Shrader, MT-BC Age : 50

- Therapist at Capital Music Therapy
- Arrives at 7 :30 AM
- Decompresses before classes at 8:00 AM
- Sometimes brings special equipment aside from what is available in class
- Frequently researches new techniques
- Updates parents on any unforeseen circumstances
- Monitors progress on weekly basis

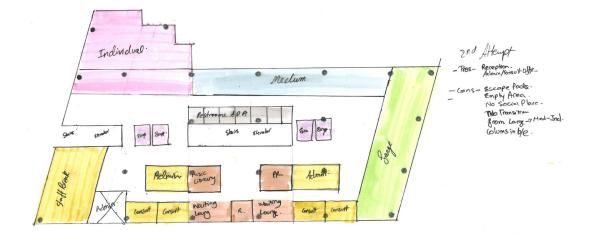


AMT Cleaning Company Service since 1990

- Arrives after hours daily to clean open areas such as kitchen, reception, offices
- Does not clean music equipment
- Incorporates recycling and compost
- Does not need designated parking after hours
- Checks in and checks out time entry for security purpose





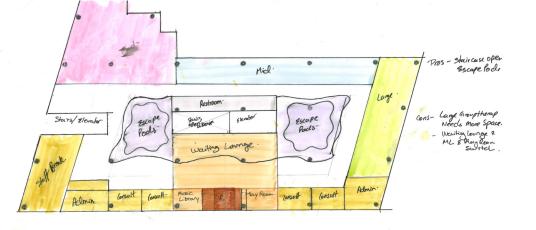


space planning cont.

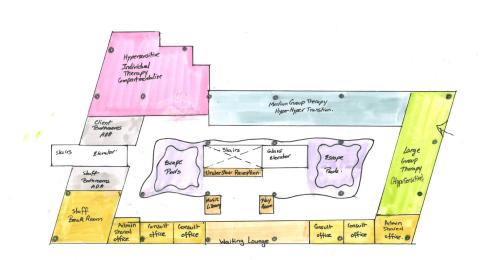
iteration 3

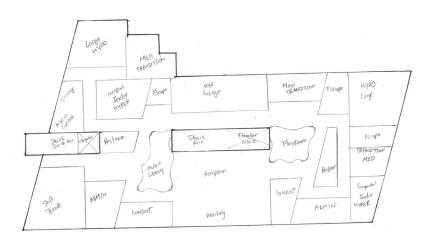
iteration 5

iteration 6

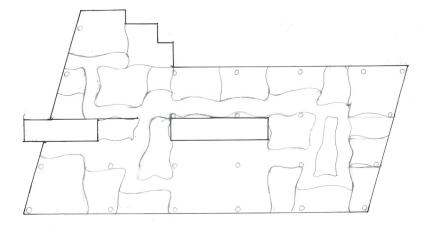


iteration 4





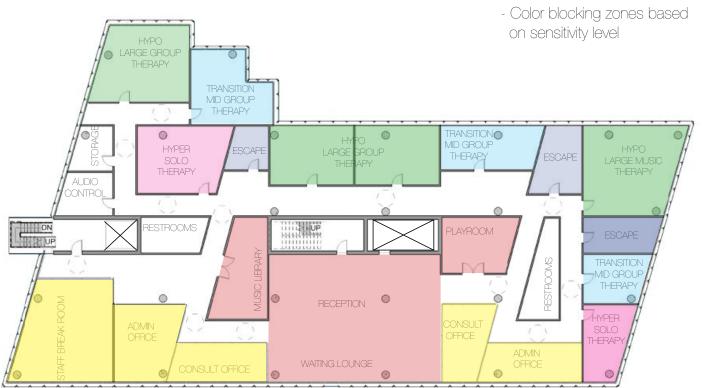
- Curving the exterior of rooms
- incorporating a wavy path



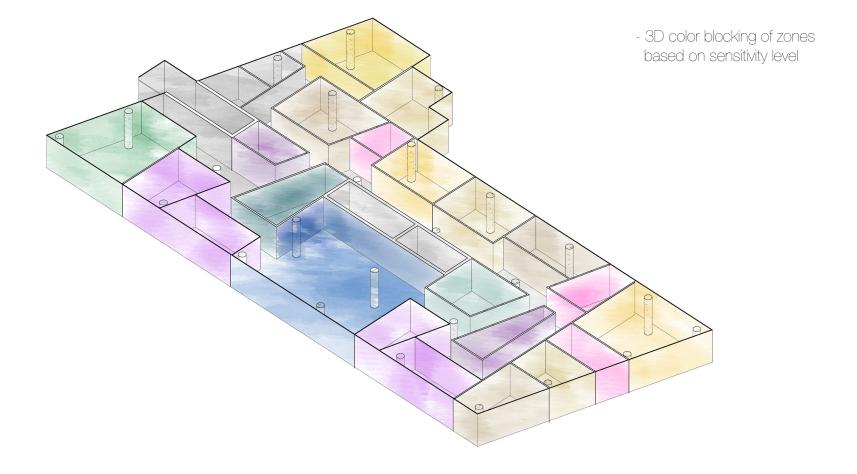
- Curving the library and play room only
- Providing distinction of areas

space planning cont.

iteration 7

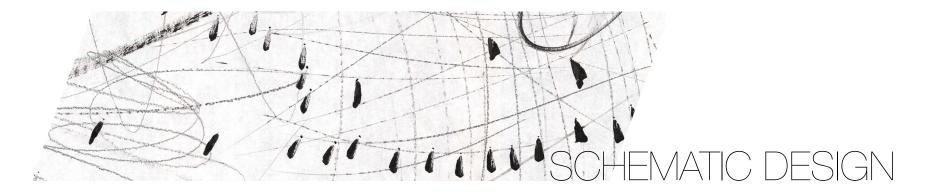


iteration 8



÷

program / 61



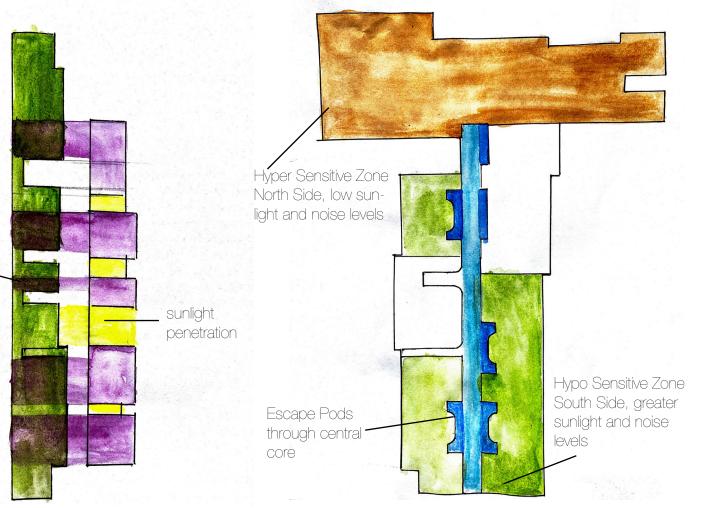
process diagrams

Diagrams exploring various ways of dividing the floor plan, pre-existing conditions, and column grid

Pre- existing emergency fire -stairway and elevator Geometry 5 -Separate Geometry 4 geometry Geometry 3 -Pre- existing emergency fire stairway and Geometry 2 elevator Reduction in size for large, small and individual therapy rooms Geometry 1 —

Acoustic considerations through misalignment of rooms creating gaps in between

Diagrams exploring the central pre-existing core of emergency stairs and elevators



RECEPTION Provide privacy Provide various Change materiality Provide pendant lighting above types of seating of ceiling screening as it is waiting zone and and lower the adjacent to waiting

linear light in ceiling

amount

STAFF BREAK ROOM

schematic / 66

lounge



Change curtain wall to provide privacy



STAFF BREAK ROOM



Provide different seat heights

Consider the height of wall mounting instruments

Change orientation of wall panels to 1 wall + ceiling

Change from paint to colored acoustic felt based on sensitivity level

schematic / 68



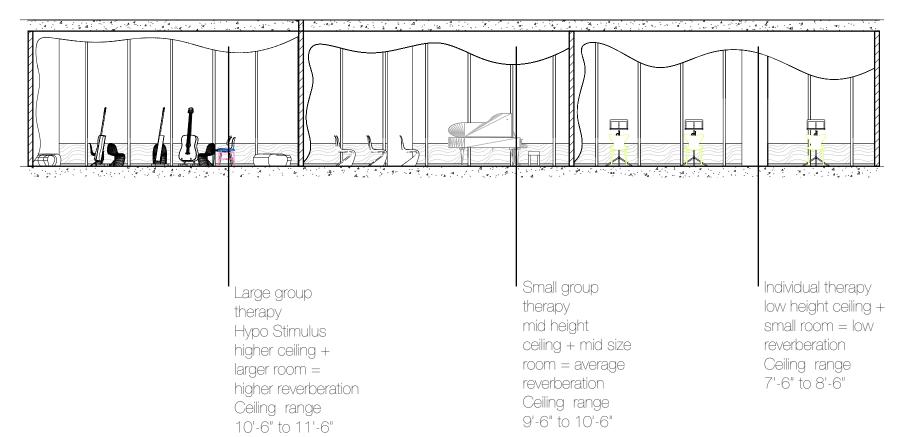
CHILDREN'S BATHROOM 29

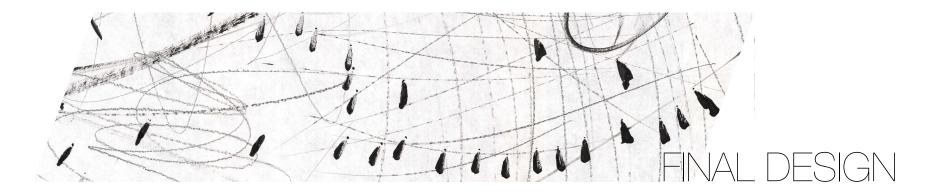
Change height level in bathroom from 12'-0" to 9'-0" Toddler toiletsIncrease doorfor difference inheight for morechildren's heightprivacylevels

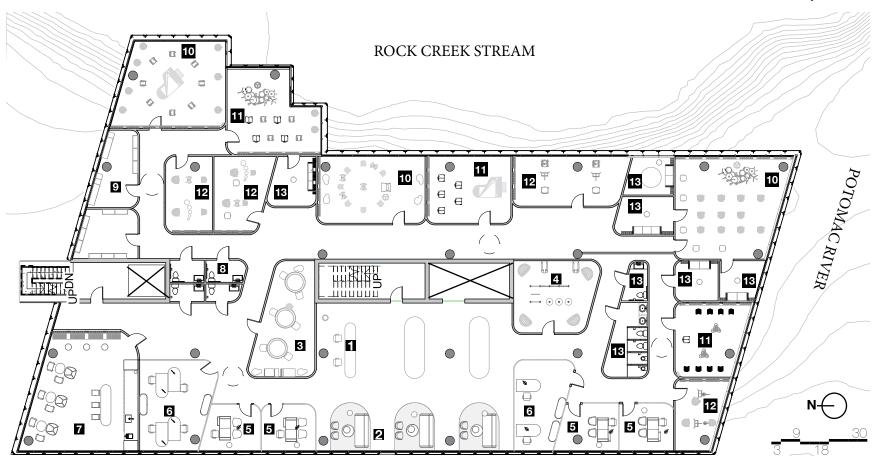
29

23

EAST SECTION







8

9

10

11

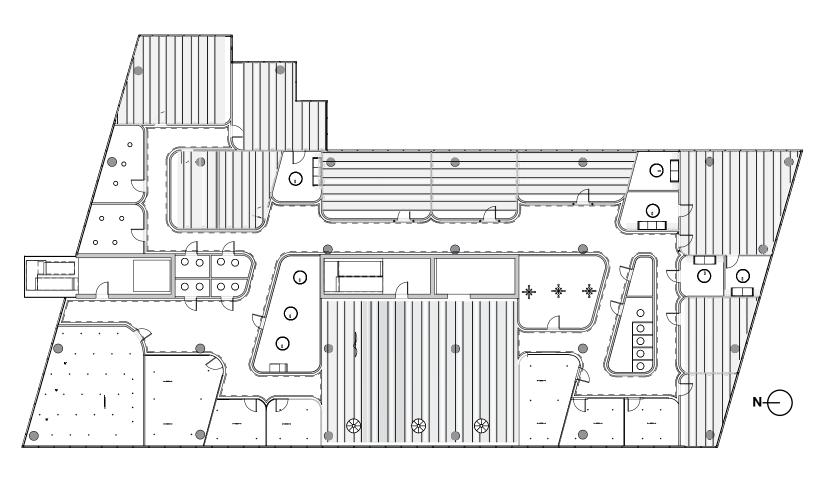
12

14

1	Reception
2	Waiting Lounge
3	Hyper Sensitive Library
4	Hypo Sensitive Playroom
5	Consult Office
6	Administrative Office

7 Staff Break Room

- Staff Bathrooms
- Audio Control
- Hypo Sensitive Large Group Therapy
- Hyper/Hypo Small Group Therapy
- Hyper Sensitive Individual Group Therapy
- 13 Escape Pods
 - Children's Bathroom

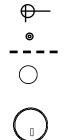


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floor plan / 74

Venus TC 3 D IP 67 IIII.08 Pendant Lamp Estiluz Vola Suspension Lamp UTU Pyppe Suspension

Bover Mediterrania Pendant



Noom Supermatic Pendant Thimble Recessed Canned Markcove 504 Cove Luminaire Panzeri Ginerva

Panzeri Brooklyn Ceiling Lamp

final design / 76



BLUE WATING LOUNGE

final design / 77

PINK WATING LOUNGE





The waiting lounge has variety of seating options for children and adults. The waiting lounge is also color coded with the rug, pouf and the marble table depending on the sensitivity level of the child.

The waves in th ceiling are also based on harmonic proportions. The areas where it drops and recedes are compsosed of 3/4, 1/2, and 1/4 of a fundamental 1 string.

HYPER SENSITIVE INDIVIDUAL THERAPY



Small group therapy individuals have a ceiling height of 7'-6" to 8'-6" which leads to lower levels of sound reverberation. Pastel colors of acoustic green felt is applied to the walls for acoustic consideration. Natural sunlight filters through the south facade, however mecho shades allow for more light control in case of over stimulation. Smaller more enclosed space with seating against the wall in order to feel secured is preferred by hyper sensitive children.

HYPER / HYPO SENSITIVE SMALL GROUP THERAPY



final design / 79

The small group therapy rooms have a ceiling height of 8'-6" to 9'-6" allowing for more sound reverberation but not as great as large group therapy. Feline acoustic felt in a slightly bolder color is used and shading device for light control. The room carters up to 8 individuals who are somewhere in between the spectrum and those who have shown progress and can now transition to these rooms.

HYPO SENSITIVE LARGE GROUP THERAPY



The Large Group Therapy consists of ceiling height from 10'-6" to 11'-6". Due to the larger size of the room, larger ceiling height and glass curtain wall, the result leads to greater amount of sound reverberation. Acoustic felt in a more saturated color is utilized. Various seating options with two colors also helps with additional stimulus, which is preferred by hypo sensitive children. This rooms seats up to 15 people.

ESCAPE PODS SOLITARY MOMENTS



Escape Pods provide solitary moments in case of over stimulation and can also serve to diffuse an uncontrollable situation. This allows for a child to be alone with the therapist while not disrupting the other students and a few are easily accessible through the classroom. Also, an adjacent escape pod without views to the outside allows for an even more controlled environment with sunlight filtering through the clerestory windows.



The Hyper Sensitive Library is adjacent to the north side of the waiting lounge. It provides an alternate option for waiting before or after therapy. The pastel palette and muted tones in an enclosed room provides a secure environment with little stimulation. Various table and chair height options are provided for children from age 4 to 14.

HYPO SENSITVE PLAYROOM



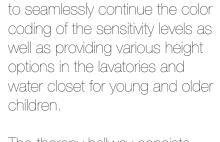
The Hypo Sensitive Playroom is adjacent to the south side of the waiting lounge. It provides an alternate option for waiting before or after therapy. The poles with step up plates in saturated colors help with movement. The varying height of the step ups creates its own symphony. Swings on all four corners of the room with peg boards provide additional stimulation.

STAFF BREAK ROOM



THERAPY HALL





The therapy hallway consists of color coded doors and sconces to help with wayfinding and orientation. Also the graphic on the wall and cove light help guide the children through the hallway and providing an interesting visual stimulus.



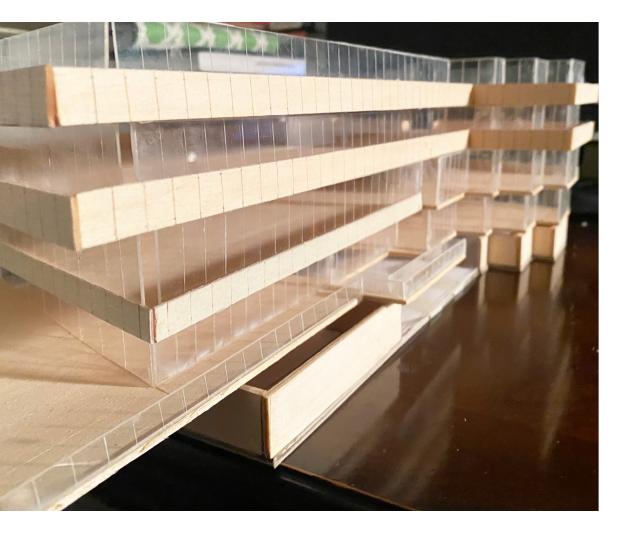
MODEL SECTION EAST SIDE

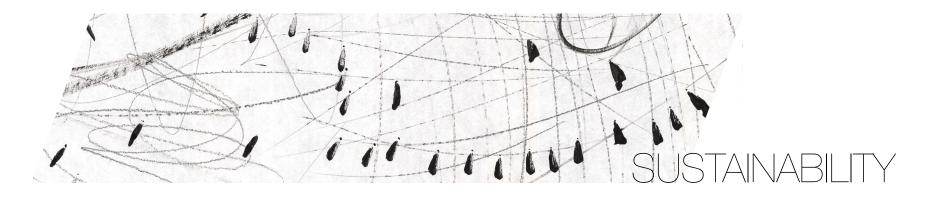




BUILDING MODEL

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Location and Transportation

- The site was chosen at the intersection of Virginia and DC by keeping commuters route in mind therefore leading to reduction of greenhouse gas emissions caused by vehicle travel.
- The building entrance is located within 1/2 mile walking distance of seven or more diverse uses such as banks, pharmacies, grocery stores, libraries, police stations, and place of worships.
- Develop in areas that have multi modal transportation access such as bu stop, commuter rial station.

Energy and Atmosphere

- Passive solar design strategy in orienting the rooms towards south and east side of the facade to help with heating and cooling, and reducing the need for artificial light and using shading device for daylight control.
- Through commissioning process a third party contracted to verify that building and all of its system and assemblies are planned, designed, installed, tested, operated and maintained to meet owner's project requirements.

- Install High Efficiency Appliances in the Staff break room that are Energy Star certified.

Materials and Resources

- Compost food waste bins in staff break room.

Acoustics

- Material conservation through re-use of nano perforated wall panels pre-installed in the building.

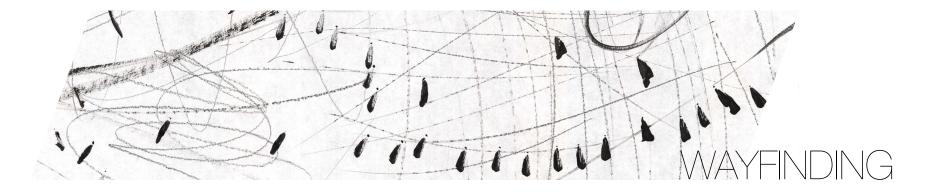
- Selecting environmentally preferable materials with low VOC's.

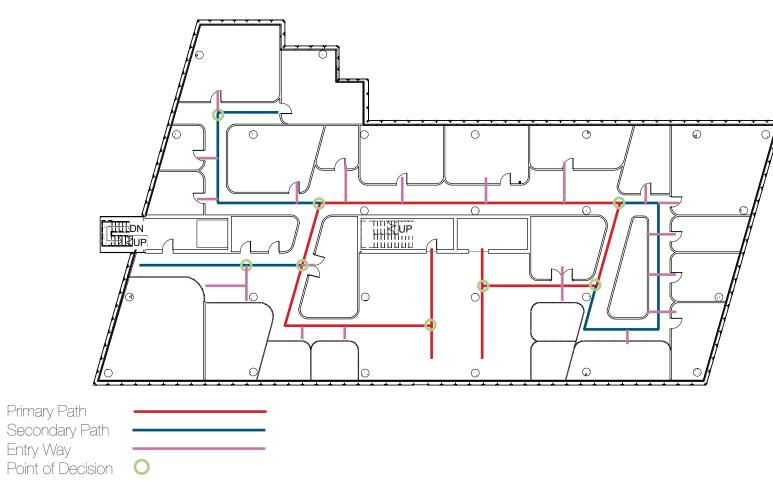
- Specify green cleaning products for instruments and children's therapy rooms.

- Use of acoustic felt on walls to reduce background nose levels by HVAC systems.

- Calculation of reverberation times, understanding absorption quality of products.

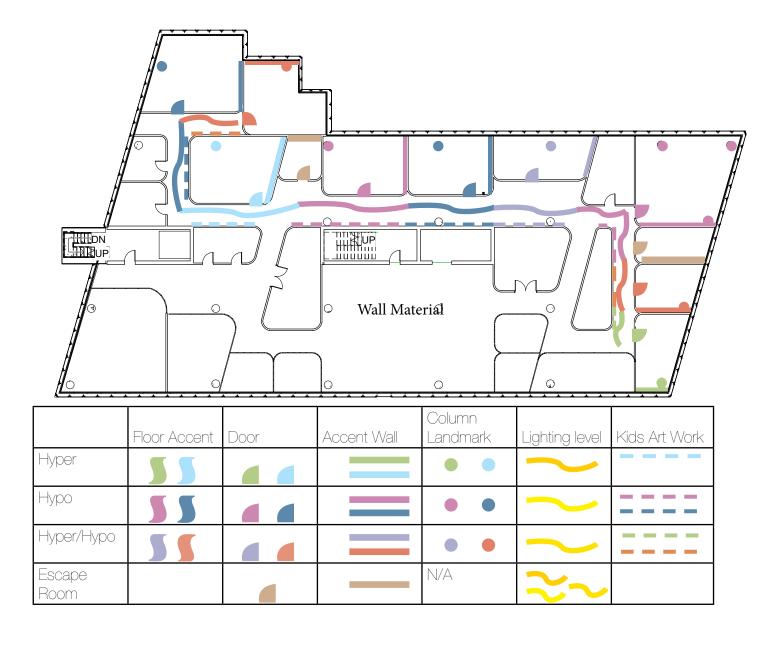
- Incorporating buffer rooms as escape pods for sound isolation.

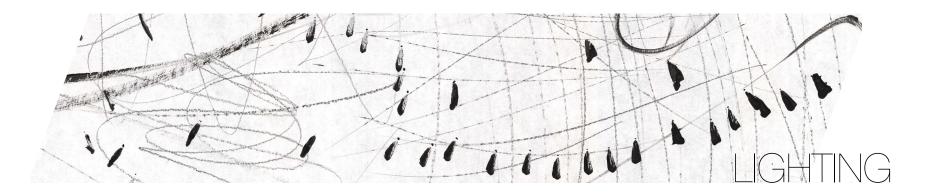




Potential Wayfinding Opportunities

One way circulation - highlighted in red around the central core with views from the distant corridor with unobstructed sight lines Transparency - through space by utilizing curtain wall and curved edges for staff offices allows for previewing Color - used to identify Individual, Large and small group therapy rooms and escape rooms y along the floor and door Edge contrasting - floor material from reception hall to hallway provides way finding into the interior of the building





General

1. How will you use both natural and artificial lighting to enhance your concept?

The concept for this project is the sound of system catered toward children with autism. By keeping the neuro-diversity in mind of children on the spectrum, natural light is vital for their well-being. The therapy rooms are situated on the south and east side of the facade which provides natural light at different intensity levels depending on whether the room is on the east or south side. To augment the space with artificial lighting, the therapy rooms will consist of recessed downlight with a color temperature of 3000K as a class take place during the daytime neither too early nor too late in the evening. The natural light provides large amounts of cooler color temperature at 5000K. This is inconsistent with the Circadian Lighting Strategy.

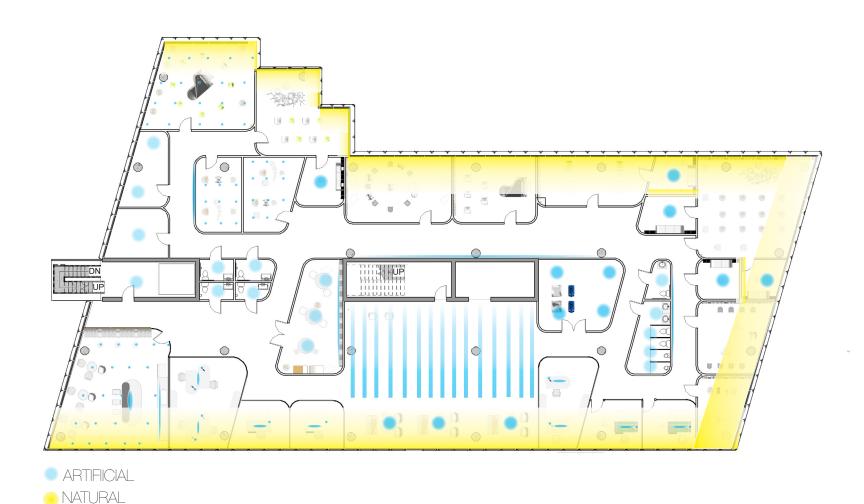
2. What is the overall mood you would like the light in your space to evoke?

As a music therapy place that holds sessions from 8:30 AM to 6:00 PM, the facility requires the use of more natural daylight. The lighting should evoke a sense of calm as a sensory stimulus as music and architecturally built components stimulate the senses. A balance of the two is necessary for these individuals.

3. Will you use lighting to benefit way finding? If so, where?

Lighting will be used to help users locate major program areas such as the pathways to the therapy rooms and the large open waiting lounge/reception space. It is vital to provide ample illumination along the long unobstructed hallway of the therapy rooms as natural light is limited in this area.

4. Given the function of the space, in what ways will you use the lighting to influence productivity, leisure or other program areas that are necessary for your space to function properly? Program areas that are necessary for your space to function properly? The areas that require lighting for productivity are the reception area, consult rooms and administrative offices. Task lighting in conjunction with daylighting will also be used in these spaces. Spaces such as the library and playroom for leisure require more ambient lighting however, the sensory stimulus for both spaces vary. The library requires fixtures that are not the focal point whereas the playroom for the hypo-sensitive spectrum requires fixtures that can provide a visual stimulus.



lighting / 99

Natural

1. How have you populated the program in relation to each space's proximity to natural light?

The therapy rooms and escape pods are situated near the natural daylight as it is vital to the program and the user's needs. Other administrative spaces are also situated toward the glass facade on the west side through the sunlight is partially blocked by the adjacent façade, therefore, providing shade. Passive solar design technique along with keeping building orientation in mind will aid with heating and cooling and daylighting reduces the need for artificial light.

2. Which spaces receive the most/least natural light and why?

The areas that receive the most natural light are the therapy rooms and escape pods which are situated right next to the curtain wall facade on the south and east side of the building. The interior escape pods share a clerestory window with the adjacent escape pod next to the one placed near the glass facade. This provides both privacy as well as natural light.

3. How are you treating the windows around the perimeter?

Matural views of the Potomac River, rock creek stream, and Theodore Roosevelt Island can be viewed from the south and east side. The natural landscape provides a soothing environment for children. Mecho shades are added along the south and east side where therapy is taking place. In addition, they are added on the west side in consult offices and reception area.

Artificial

1. How will you use artificial lighting to manipulate the mood/energy of the space?

Artificial light will be used to enhance spaces such as the waiting lounge, staff break room, and playroom to provide energy in those zones. Other rooms, require less sensory stimulus therefore utilizing artificial lighting without being distracting will be vital.

2. Which spaces require special attention for lighting and how do you plan to address those needs?

The long corridor around the therapy rooms is shielded from natural daylight and can seem dark and dingy. Therefore, using a lighter color palette and artificial lighting to brighten the hallway with sufficient illumination.

lighting / 102

Bover Mediterrània Suspension Pendant S/105		
Location	Waiting Lounge	
Dimension (in)	60 suspension; 41.34 W	
Color Temp	2700 K	
CRI	> 90	
Dimmable	Yes	



Panzeri Brooklyn Ceiling Lamp 55 W LED		
Location	Hyper Sensitive Library	
Dimension (in)	39 2/5 diameter	
Color Temp	3000 K	
CRI	> 90	
Dimmable	Yes	



Venus TC 3 D	IP 67
Location	Reception Ceiling
Dimension (in)	W.71 x H.687
Color Temp	3000 K
CRI	> 95
Dimmable	Yes



himble recessed	downlight
ocation	Kitchen Island, Consult/Admin
)imension (mm)	74 diameter
Color Temp	3000 K
RI	> 90
)immable	Yes



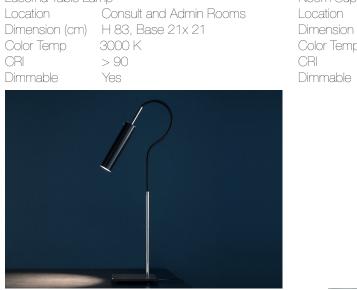
III.08 LED Suspe	ension Pendant
Location	Reception Desk
Dimension (mm)	1800 x 300 x 300
Color Temp	2700 K
CRI	> 95
Dimmable	Yes



Estiluz Volta Suspension Lamp Location Kitchen Island, Consult/Admin Dimension (mm) H 1524; 630 diameter 3000 K Color Temp CRI > 90 Dimmable Yes



Lucerna Table Lamp	
Location Consult and ,	Admi
Dimension (cm) H 83, Base 2	21x 2
Color Temp 3000 K	
CRI > 90	
Dimmable Yes	



ED Ceiling Pendant
Bathrooms
53 diameter
3000 K
> 90
Yes

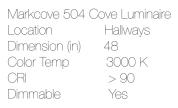


lighting / 103

Noom Supermatic Two CS5 Staff Break Room Dimension (cm) $H 37 \times W 17.5 \times D 15$ Color Temp 3000 K > 90 Yes

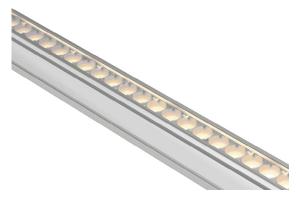
UTU Pyppe 70 Hypo Sensitive Playroom Location Dimension (cm) $H 36 \times W 70 \times D 80$ 3000 K Color Temp CRI > 90 Dimmable Yes

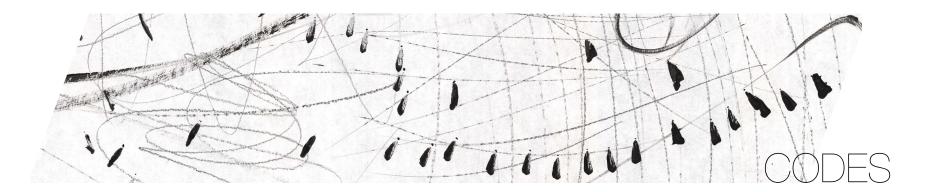
Kundalini Evita LED Wall Lamp Location Therapy Room Door Sconce Dimension (in) H 15; Diameter 4.3 Color Temp 2700 K > 80 CRI Dimmable Yes



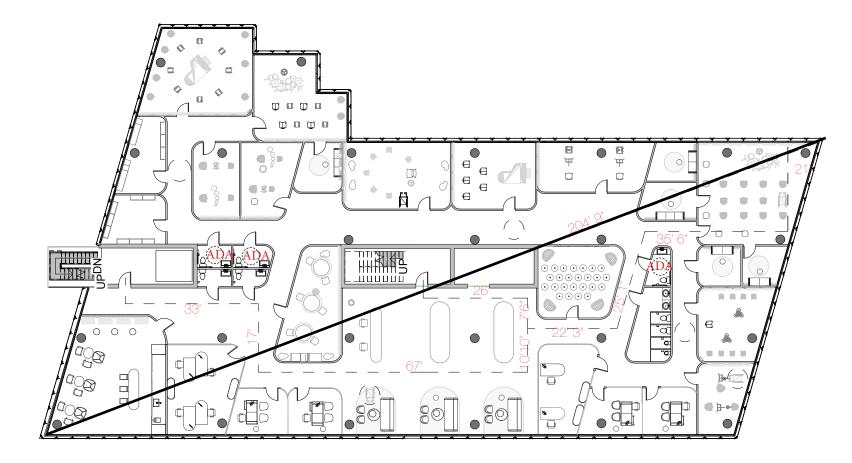






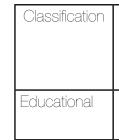


egress plan



plumbing code

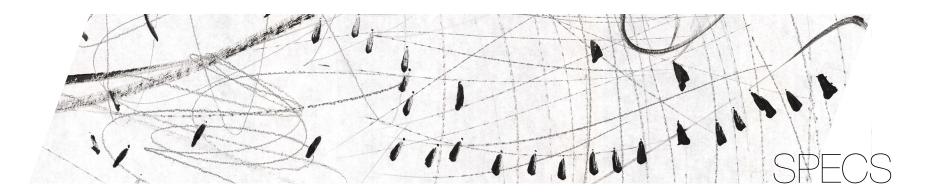
educational facility



Based on the code above at a maximum capacity of 450 people 9 water closets are installed. Based on the code above at a maximum capacity of 350 people 7 lavatories are installed

As per section 2902, table 2902.1 of 2018 International building code, the minimum number of required plumbing fixtures for

Description	Water Closets (Urinals See Section 424.2 of the IPC)	Lavatories	Bathtubs/ Showers	Drinking Fountains (See Section 410 of the IPC)	Other
Educational Facilities	1 per 50	1 per 50	-	1 per 100	1 service sink



Santa Cole Cadaqués Sofa

Specs

	Santa Cole https://www.santacole.com/es/mobiliario/cadaques -424/?gclid=CjOKCQjwsdiTBhD5ARIsAlpW8ClltFBB -P7KzfWpslORhwrZH078A0PzgFtEZOVro-JHGyREZ TfT6osaAiXLEALw_wcB
Fixture Number	n/a
Description	Sofa
Color	Ivory
Dimensions (cm)	L 250, D 100 Seat H 40, Overall H 75
Available Sizes	2
Material	100 % New Wool
Special Instruction	Clean Gently
Sustainability	n/a
Reason Chosen	Low Seat and Form
Project Location	on Waiting Lounge

Sancal Tonella Armchair



specs / 110

Specs

Company Name Website Fixture Number Description Color Dimensions (cm) Available Sizes Material Special Instruction Sustainability

Reason Chosen

Project Location

SANCAL https://sancal.com/en/armchair-tonella/ n/a Armchair Atlantic 65074, 64117, 66063 Seat H 41, W 49, overall H 71 x W 61 x D 45 Upholstery 100% PL; Base Metal Clean with Soft Cloth ISO 14001 Certification of a Rigorous Environmental management System Various Color Options Available for Children

Waiting Lounge

Specs

Company Name Website Fixture Number Description Color Dimensions (cm) Available Sizes Material Special Instruction Sustainability

Reason Chosen

Project Location

Gan Ply Rug



Specs

Company Name Website

Fixture Number Description Color Dimensions Available Sizes Material Special Instruction Sustainability Reason Chosen

GAN Rugs https://shop.gan-rugs.com/us_en/ collection-ply-rug-yellow 100642 Hand Tufted Rug Base Neutral, Loops: Pink, Blue, Lilac, Seafoam 82: x 120" 2 100% New Wool n/a n/a Form, Playful Colors

Waiting Lounge



Waiting Lounge, Escape Pod

Project Location

Sancal Tortuga Armchair

specs / 112







Specs

Company Name	Real Piel
Website	https://www.realpiel.it/en/products/alu/
Fixture Number	n/a
Description	Armchair
Color	Soft Pink 31BR
Dimensions (cm)	Seat H 46, D 40 Overall W 68, H 85, D 55
Available Sizes	1
Material Uphols	tery Top Grain Leather, Base Black Chrome Metal
Special Instruction	Clean Gently
Sustainability	Production Chain Made up of Small and Medium
	Sized Zero-Kilometer Artisan Companies
Reason Chosen	Form

Specs

Company Name https://sancal.com/en/armchair-tortuga/ Website Fixture Number Description Color Atlantic 65074, 64117, 66063 Seat H 42, W 65, Overall H 77 x W 81 x D 60 Dimensions (cm) Available Sizes Material Upholstery 26% WO, 35% VI; Base Wood Natural Special Instruction Clean with Soft Cloth ISO 14001 Certification of a Rigorous Sustainability Environmental Management System Reason Chosen Various Color Options Available for Children

Specs

Company Name Website

Fixture Number Description Color Dimensions (in) Available Sizes Material Special Instruction Sustainability Reason Chosen

Project Location

Staff Break Room

Project Location

Staff Break Room

SANCAL

Armchair

n/a

2

Project Location

LA Isla Coffee Table





Specs

ZUO Modern https://modernselections.com/ Pinch-Adjustable-Stool.aspx SKU#: BS-EEI#693 Bar Adjustable Stool Natural Finish L 19.5, W 15, H 20 - 30" Natural Wood Veneer Finish , Base Steel n/a n/a Form

Company Name	Note Design Studio
Website	https://sancal.com/en/occasional-table-la-isla/
Fixture Number	n/a
Description	Coffee Table
Color	Blanco
Dimensions	70 W × 35 H
Available Sizes	3
Material Table Top	o Fume Glass; Table Base Extra Matte Lacquer
Special Instruction	n/a
Sustainability	n/a
Reason Chosen	Electrical Sockets Including USB-A + C

Staff Break Room

Project Location

Staff Break Room

Kettal Cala Side Table



Specs

Company Name Website

Fixture Number Description Color Dimensions (in) Available Sizes Material Special Instruction Sustainability Reason Chosen

Cala Collection https://www.kettal.com/living/en /cala_side_able_48_doshi_levien KS270110 Side Table Bone Table Base Color H 19.2", 18.8" Diameter 1 Aluminum, Glass Clean Gently

Uses Recycling Process, Eco Friendly Adjustable Legs

Lagom Rose Wallpaper

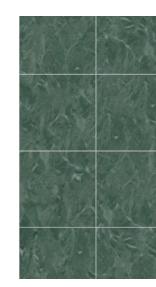


Specs

Company Name Website

Fixture Number Description Color Dimensions (in) Available Sizes Material Special Instruction Sustainability Reason Chosen Graham Brown https://www.grahambrown.com/us/lagomrose-plain-wallpaper/1ing-wallpaper-pink 106840 Wallpaper Lagom Rose L 32'.80", W 20'.47" 1 Vinyl n/a n/a Materiality, Color

GAN Ply Round



Specs

Company Name Website

Fixture Number Description Color Dimensions Available Sizes Material Special Instruction Sustainability Reason Chosen

Project Location

Staff Break Room

Project Location

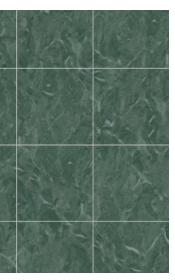
Staff Break Room

specs / 114

Project Location

MDF Wood





GAN Rugs https://www.bedrosians.com/en/ product/detail/cloe-ceramic/ DECCLOGRN55 Ceramic Tile Green 3 x 3 3 Ceramic n/a n/a Function and Color

Staff Break Room



Specs

Company Name Website

Fixture Number Description Color Dimensions (in) Available Sizes Material Special Instruction Sustainability Reason Chosen

Project Location

Inventables https://www.inventables.com / technologies/blue-mdf-sheet n/a MDF Cabinets Blue L 12 x W 12, 1/4" Thick 2 MDF n/a Organically Dyed Color of MDF

Staff Break Room

Alfa Kids Table

Specs

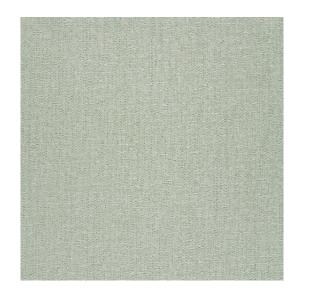
Company Name Website

Fixture Number Description Color Dimensions (cm) Available Sizes Material Special Instruction Sustainability Reason Chosen

Vitter https://www.vitterdesign.com/en/ kids-collection/kids-table/ n/a Library Table Top - Pink, Blue, Lilac H 53.1, 120" Diam 1 Formaldehyde-Free Compact Laminate Clean Gently Recycle and Renewable

Color Options and Formaldehyde Free

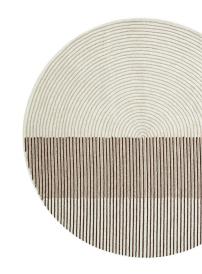
Blink Vinyl Wallcovering



Specs

Company Name Website Fixture Number Description Color Dimensions (in) Available Sizes Material Special Instruction Sustainability Reason Chosen Design Tex https://www.designtex.com/blink.html 3127-502 Wallcovering Bermuda Green W 54 1 21% Polyester(recycled), 47% Polyethylene n/a Ships Carbon Neutral Low VOC, No Antimicrobials

GAN Ply Round



Specs

Company Name Website

Fixture Number Description Color Dimensions Available Sizes Material Special Instruction Sustainability Reason Chosen

Project Location

Hyper Sensitive Library

Project Location

specs / 116

Panton Chair



GAN Rugs https://shop.gan-rugs.com/us_en/ rug-round-collection-ply-model-pink 100640 Hand Tufted Rug Base Neutral , Loops : Pnk, Blue, Lilac, Seafoam 96.45 " Diameter 2 100% New Wool n/a Form, Playful Colors

Hyper Sensitive Library, Escape Pods

Specs

Company Name Website

Fixture Number Description Color Dimensions (in) Available Sizes Material Special Instruction Sustainability Reason Chosen Vitra https://www.vitra.com/en-us/living/ product/details/panton-chair n/a Chair Pale Rose, Soft Mint, Glacier Blue Overall H 34, W 19 3/4 D 24, Seat H 17 1/2" 1 100% Recyclable Polypropylene Matt Finish Limit Sun Exposure 100 % Recyclable Colorful and Available in Jr. Size

Hyper Sensitive Library, Therapy Rooms

Project Location

HON Workstations

HON

one

Birch

n/a

Form

LM72PENPNC

Work Station

Natural Birch

Clean Genty





Specs

Company Name	
Website	https://www.cassina.com/it/en/products/loop.html
Fixture Number	W52 01/10
Description	Consult Office Table
Color	Black
Dimensions (in)	W 70.1" x H 29.1" x D 32.3"
Available Sizes	2
Material	Wood with Matte Lacquer
Special Instruction	Gently Clean
Sustainability	n/a
Reason Chosen	Storage Casters wtih Lock and Key

Specs

Company Name https://www.officecrave.com/hon-lm72penpnc.html Website Fixture Number Description Color Dimensions (in) H 29" x W 72" x D 36" Available Sizes Material Special Instruction Sustainability Reason Chosen

Specs

Company Name Website

Fixture Number Description Color Dimensions (in)

Available Sizes Material

Special Instruction Sustainability Reason Chosen Project Location

Project Location

Consult Office

Project Location

Administrative Office

Herman Miller Aeron Chair



Specs

Company Name Website

Fixture Number Description Color Dimensions (in) Available Sizes Material Special Instruction Sustainability Reason Chosen

Project Location

Herman Miller https://store.hermanmiller.com/ office-chairs-aeron?lang=en_US 100073872 Task Chair Black H 41, W 27, D 16.75 3 Polished Aluminum n/a Eco-Friendly Ergonomics

Consult and Admin Office

SANCAL

https://www.blastation.com/products/easychairs/wilmer/wilmer-055s 055S Swivel Easy Chair Abodo White Seat H 46", Seat W 47", Overall W 100"; Seat D 46", Overall D 62" 1 Upholstery 100% Recycled Polyester; Base: Lacquered Steel n/a recyclable materials Form Consult Office

Casala Cantilever w/ Armrest



Specs

Company Name VONDOM Website https://www.vondom.com/us/products/ chairs-love-chair-eugeni-quitllet-65042 Fixture Number n/a Chair Description Color White Dimensions (in) Seat H 17 3/4. W 20 3/4 x H 34 1/4 x D 20 1/4 Available Sizes 2 Material Polypropylene Clean with Soft Cloth Special Instruction 100% Recycled Plastic from Mediterranean Sea Sustainability Various Color Options Available for Children Reason Chosen



Specs

Company Name Website

Fixture Number Description Color Dimensions (cm) Available Sizes Material Special Instruction Sustainability Reason Chosen

Casala https://www.archiproducts.com/en/products/ casala/cantilever-chair-with-armrests-casalino-2008-10_164322 2008/10 Padded Chair w/ Armrest White Overall H 72, W 58 D 54, Seat H 41 Plastic Frame n/a n/a Curved Organic Form

Therapy Room



Company Name Website

Fixture Number Description Color Dimensions (cm) Available Sizes Material Special Instruction Sustainability Reason Chosen

Project Location

Project Location

Therapy Rooms

Project Location

Caslino No Armrest





Specs

Company Name Website

Fixture Number Description Color Dimensions (cm) Available Sizes Material Special Instruction Sustainability Reason Chosen

casala/cantilever-chair-with-armrests-casalino-

Therapy Room

https://www.archiproducts.com/en/products/ casala/cantilever-chair-with-armrests-casalino-2008-10_164322 2000/00 Junior Chair White Overall H 59, W 42 D 53, Seat H 34 2 Plastic Frame n/a n/a Curved Organic Form

Therapy Room

Casala

Project Location

https://www.archiproducts.com/en/products/ 2008-10_164322

2004/00 w/o Armrest White Overall H 72, W 58 D 54, Seat H 41 Plastic Frame n/a n/a Curved Organic Form

Casala

H& A Double Braced Drum Throbe

Hightower Kona Pouf

Bla Station Puppa Pouf



Specs

Company Name Website Fixture Number Description Color Dimensions (in) Available Sizes Material Special Instruction Sustainability Reason Chosen

ADORAMA https://sancal.com/en/pouf-chat/ SKU: HADTH Guitar Stool Black 17-22.5 " Adjustable Height 12" Diam 1 Top Grain Leather Clean with Soft Cloth n/a Special Seating for Music Instrument



Specs

Company Name Website Fixture Number Description Color Dimensions (in) Available Sizes Material Special Instruction Sustainability Reason Chosen

Hightower https://cgmood.com/3d-model/hightowerround-kona-pouf-by-most-modest n/a Pouf Camira Armadillo Base Diam 20", Top Diam 17" H 17.5" 100% Wool Clean Gently n/a Seating Variety



Specs

Company Name Website

Fixture Number Description Color Dimensions (cm) Available Sizes Material Special Instruction Sustainability Reason Chosen

Project Location

Therapy Rooms

Project Location

Therapy Room

Project Location

Sancal Elephant Pouf



Specs

Bla Station https://www.blastation.com/products/ product-families/puppa/puppa n/a Pouf Camira Grey Decade WK 020 W 50, H 33, L 73 Upholstery 100% Wool Clean with Soft Cloth Recyclable Materials Various Color Options Available for Children

Company Name Website Fixture Number Description Color Dimensions (cm) Available Sizes Material Special Instruction Sustainability

Reason Chosen

https://sancal.com/en/pouf-elephant/ n/a Pouf Atlantic 65074 45 x 45 Upholstery 100% PL; Base Smooth Metal Black Clean with Soft Cloth ISO 14001 Certification of a Rigorous Environmental Management System Various Color Options Available for Children

Large Group Therapy

Project Location

Large Group Therapy

SANCAL

Floating Bubble Chair



Specs

Company Name Modhol Website https://www.myhammock.com/shop hammock-chairs/bubble-chair-swinc	5/
Fixture Number n/	
Description Swin	g
Color Mustard, Royal Blu	Ю
Dimensions (in) W 32 x H 42 x L 4	1
Available Sizes	1
Material Clear Acrylic, Polished Chrom	Эe
Special Instruction n/	/a
Sustainability n/	a
Reason Chosen Various Color Options Available for Childre	n

Mecho Shade Motorized System



Specs

Company Name Website

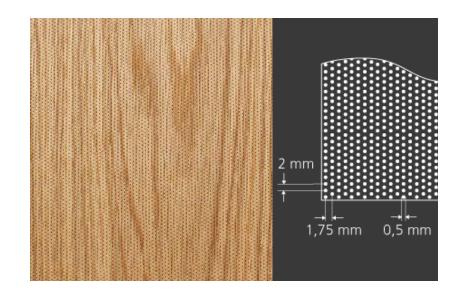
Fixture Number Description Color Dimensions Available Sizes Material Special Instruction Sustainability Reason Chosen

Mecho Shade https://www.mechoshade.com/products/shadesystems/motorized-shade-systems/electroshade

> n/a Motorized Solar Shade Soho Elavate White 1181 Customized Based on Room Several 76% PVC and 24% Polyester n/a 60% Cost Reduction with iQ3-DC Light Control

specs / 124

Gustafs Nano Perferoated Acoustic Panel



Specs

Company Name Website

Gustafs https://gustafs.com/gustafs-panel-system/ acoustic-panels/nano-perforation/# n/a Acoustic Panel Natural Birch .5 mm Hole and 1.75mm Space Fibre Gypsum Core with Birch Wood Veneer n/a Maintenance Free due to Small Holes Acoustic Needs

Fixture Number Description Color Dimensions Available Sizes Material Special Instruction Sustainability Reason Chosen

Project Location

Hypo Sensitive Playroom

Project Location

Therapy, Consult and Admin, Waiting Lounge

Project Location

Hallways Therapy Room, Playroom, Library

specs / 125

Birch



Specs

Company Name Website

Fixture Number Description Color Dimensions (in) Available Sizes Material Special Instruction Sustainability Reason Chosen

Hearne Hardwoods https://www.hearnehardwoods.com/ birch-lumber/ n/a n/a Light Yellow Sapwood W 2" Varies Birch n/a n/a Locality and Color Similar to Existing Condition

Project Location

Ceiling Wavy Panels

Marble



Specs

Project Location

Company Name	SANCAL
Website	https://pro-tops.com/marble-countertops/
Fixture Number	n/a
Description	Solid Surface
Color	Bianco Ibizza
Dimensions	Custom
Available Sizes	Varies
Material	Marble
Special Instruction	Clean with Soft Cloth
Sustainability	n/a
Reason Chosen	Scratch Resistant

Staff Break Room

Project Location

specs / 126

Féline Acoustic Felt



Specs

Website

Color

Material

Description

Dimensions(in)

Available Sizes

Sustainability

Solid Hardwood Oak

Company Name Somerset Floors https://www.somersetfloors.com/productcollection/collection/11/product/56 Hardwood Floor Hickory Ember W 4" 3 Oak ,Smooth, Low Gloss Special Instruction n/a n/a Reason Chosen Providing Contrast in Color from Ceiling and Walls

Specs

Company Name Website

Description Color Dimensions (mm) Available Sizes Material Special Instruction Sustainability

Reason Chosen

Floors

Project Location



Feline Fabrics https://www.felinefabrics.com/feltcollections/pet-felt/Fixture Number Acoustic Felt Fresco Green, Purple, Minimal Art Blue Thickness 3, W 150 cm З 90% WP/ 10 % PL n/a No Water or Drying Machines in Felting Process, Biodegradable Glue Acoustic Properties Absorption Coeff .95

Corian



Specs

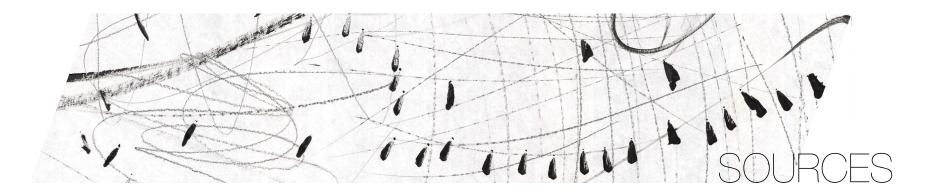
Company Name Website Fixture Number Description Color Dimensions Available Sizes Material Special Instruction Sustainability Reason Chosen

Corian https://www.corian.com/ n/a Solid Surface Venaro White Custom Varies Corian n/a n/a Scratch Resistant, Durable

Therapy Rooms

Project Location

Reception Desk, Custom Waiting Lounge



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reflection

The defense for this thesis project, held on May 5th of 2022, gave me a moment to reflect upon the development of not only this project but also my development as a designer over the past two years. This project was a medium to exhibit the proficiency of skills developed thus far. With the help of the respected professors Roberto Ventura, Kristin Carleton, Dr. Sara Reed, Emily Smith, Lexy Holcombe, and Camden Whitehead, I was able to cultivate my dormant creative abilities and apply them to this project to the best of my ability. They have consistently provided me with guidance and critiqued me when needed. The presentation of this project included a description of the project, its personal relevance to me, site context, neighborhood and building history, programming information, conceptual development, schematic design, and design development. The concept was predominantly implemented in the ceiling and walls of the therapy rooms, escape pods, and library. The form of the sound vibrations inspired the selection of furniture and staff break room. Through continuous guidance over the past few months, I was challenged to think about the materiality of the ceiling as well as the wall panels. This led me to explore the nano perforated acoustic panels for their acoustic quality as well as the invisibility of the perforation. As I transitioned from schematic to design development, the selection of furniture was greatly improved as suggested by my mentor Kristin Carleton. I learned to incorporate and mix and match various seating options and select finishes that are consistent with the overall design strategy. Post presentation, the respected professors and mentors provided their feedback. The biggest takeaway was to perceive the project as a whole and not separate units of space, as well as how to incorporate the concept in totality, especially at points where there is a meeting of floor, ceiling, and walls. I am very grateful for their insight and hope to carry their advice with me in my future endeavors.

