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PARTICLE
PLANT MEDICINE

TOMMYE DEAN

TABLE OF CONTENTS

1 - 6

SECTION
01

PHILOSOPHY

SECTION
02

7 - 18

RESEARCH

19 - 28

SECTION
03

PRECEDENTS

SECTION
04

29 - 34

CONCEPT

35 - 48

SECTION
05

SCHEMATIC

SECTION
06

49 - 70

DESIGN

71 - 94

SECTION
07

SPECIFICATIONS

SECTION
08

95 - 102

RESOURCES



SECTION 01

PHILOSOPHY

MOTIVATION

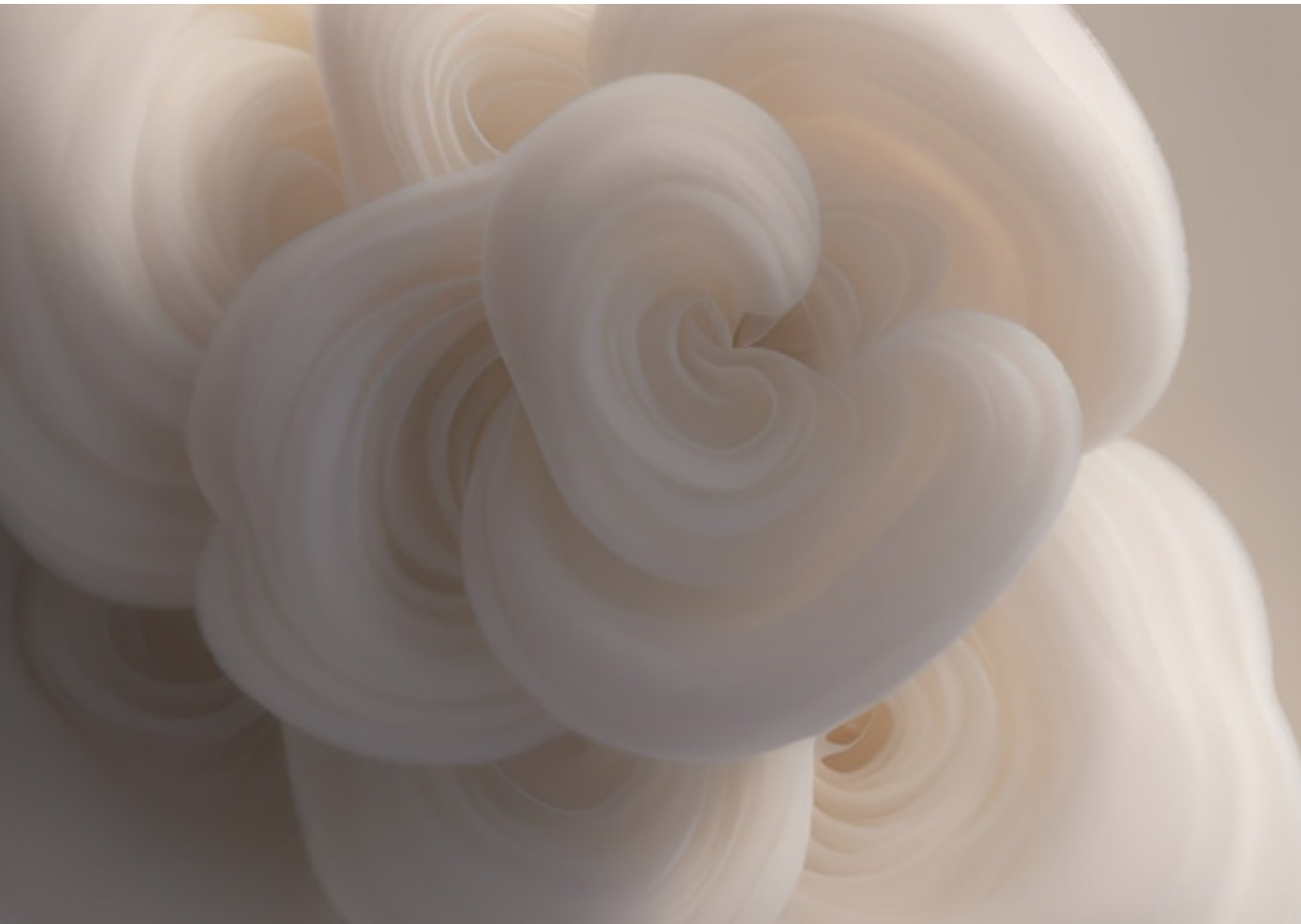


Perspective of the Lobby Reception Desk

The disheartening statistics surrounding mental illness in America and globally were a huge driving force behind this thesis. The inspiring potential for those with chronic mental illness to heal through psychedelic mushroom therapy ignited a fire in me. I am passionate about connecting us back to our roots and healing through plant medicine, traditional practices and diving into the subconscious. The deeper research into these medicines and indigenous practices was eye opening and transformative.

As society turned their back on significant research of these medicines, other countries never stopped and offer a prominent precedent for these type of facilities. With the changing legislation in the US surrounding psychedelic mushrooms, I saw an opportunity to create a synergistic environment for emotional healing and self-discovery. I ventured to understand where we are currently lacking in the mental health landscape and how we can enhance the capacity to heal through design.

DECLARATION



AI generated image from concept drawing

Interior design is the art of crafting spaces that transcend aesthetics and become platforms for profound human connection. It's about curating environments that evoke emotions, memories, and interactions. Every design decision is a deliberate gesture aimed at fostering connections between individuals, forging bonds that exceed physical boundaries and resonate deeply within the human experience. As designers, not only do we hold the power to enhance the human experience, we have the opportunity to change our future. As we embark on a new frontier integrating sustainability into every decision, we get to pave the way to a more holistic way of life. By designing harmoniously with our surrounding environment, we are finding new ways to build healthier buildings and re-establish a flourishing planet.



SECTION 02

RESEARCH

ABSTRACT



Mycelium + Timber
Sebastian Cox and Ninela Ivanova
Petr Krejci Photography

In an era marked by a growing recognition of mental health as a critical component of overall well-being, unconventional approaches to therapeutic interventions have gained prominence. One such intervention coincides with the importance of setting the intersection of psychedelic therapy and interior design, creating a synergistic environment for emotional healing and self-discovery. This thesis ventures to delve into the uncharted territory where the realms of altered states of consciousness and thoughtful spatial design converge, seeking to discover the profound impact this collaboration may have on the therapeutic and design landscape.

CONTEXT

The new wave of research on psychedelic medicines has captured the attention of many for good reason. There have been shocking results in the study of psilocybin, LSD, MDMA, Ayahuasca and others with chronic depression and anxiety, PTSD, addiction and OCD. Looking at psilocybin many studies show a significant decrease in the reported symptoms of anxiety and depression. This particular study saw a mean drop from 22.8 to 8.5 in participants on the Hamilton Depression Rating Scale, from only two sessions. This has been the standard quantity of sessions over all the data I have observed. Ketamine therapy on the other hand, can be very impactful within one session is usually an ongoing treatment as the results diminish (Davis, Barrett, 2021). While psilocybin has been my main focus I have also investigated some other psychedelics as they have an overarching impact on our 5-HT_{2A} receptor, which creates neuroplasticity in the brain. This influences humans' physiological, cognitive, and emotional state, including mood changes and increased conscious processing of emotions, proving to be antidepressant and anti-addictive (de Vos, 2021).

RELEVANCE

An estimated 22.8% of Americans ages 18 and older suffer from a diagnosable mental disorder. However, according to a study conducted by the NIMH, in 2021 only 65.4% of adults with a serious mental illness received treatment in the year prior. Having experienced mental struggles myself at

various points, I have a passion for finding ways to improve mental health and making the best treatments available to the public. I have seen large changes taking place across the world in people's views and usage of these drugs. PTSD affects many of our veterans who have served in the US military and is one of the most debilitating mental illnesses. There is promising research being done using MDMA to treat PTSD. A clinical study looking at MDMA after only 3 sessions 67% of participants no longer met the criteria for PTSD and this lasted till their last check in 18 weeks later (Mitchell, 2021).

ISSUE

There is no current accepted framework for how a psychedelic therapy center should be designed to foster serenity, connection with one's self and positive mental changes. It is important to reference the deeply rooted history indigenous communities have of practicing with these plant medicines. Psychedelic research has had significant negative impacts on indigenous communities, such as the Mazatec people, throughout history and it is important to move forward ethically and with Indigenous representatives in the conversation. While psychedelic mushrooms are plants of Mother Nature and their impact on mental illnesses is important to bring to the under-served communities, we have to be mindful in the steps we take to make them more accessible.

INVESTIGATION

I investigated Ketamine therapy to understand how this therapy, similar in structure and experience to psilocybin therapy is being conducted. Ketamine therapy does produce hallucinations and a similar impact on untreatable depression anxiety and other mental illnesses. The sessions only last 40 minutes and they are ongoing in order to receive the greatest benefit (Brackett, 2023). Dimensions Algonquin Highlands in Canada is a mental wellness retreat center that is of interest as they provide a plethora of mental health services in the form of multi day retreats designed as a luxurious hospitality environment. They are anticipating the use of psilocybin in their work as soon as



*Amygdala Lost and Found:
Hamish Pearch*

it's legal, however they currently use cannabis assisted therapy (Phelan, 2023). There are several facilities in Colorado that have already marketed their future use of psilocybin therapy and are awaiting changes in legislation in order to add that treatment method to their practices.

OUTCOMES

The research has proven psychedelics positive impacts on chronic mental illnesses through serious reductions in patients reporting of symptoms. After typically two sessions the impact on the symptoms of the mental disorder are significant and in the case of a psilocybin study on depression the rated symptoms dropped by over 50%. These effects are reported to last the duration of the study (Davis, Barrett, 2021). In this study and most others the patient received pre-session therapy in the weeks leading up to the session and post therapy to assist in integration (Goodwin, 2022). There are typically two mental health professionals in the

*"Participants ranked their psilocybin experience as one of the most meaningful in their lives, comparable to the birth of a first child or death of a parent."
Michael Pollan,
How to Change Your Mind*

room during the session to assist in navigating any difficult moments or talk through what is occurring. In several studies the participants were provided headphones and an eye mask to further facilitate diving deeper into one self. In a specific study focusing on the impact of music during a psilocybin therapy session they found that music evoked meaningful emotions and a sense of calm. Specifically, they curated a playlist to guide the patient through the journey starting with slow instrumental leading into more upbeat music including drums and more percussion as the medicine is coming to a climax. It then would slow back down as the experience came to a close. The fMRI scans of these participants were perceived as significantly more pleasant. "Neuroimaging results showed that connectivity of the nucleus accumbens with default-mode network regions was significantly decreased in the music scan following treatment (relative to the resting-state scan, and to the music scan before treatment). The authors speculate that this may reflect a relaxation of top-down inhibitory control from cortical (i.e. default-mode) regions to limbic regions, allowing the perception of greater music-evoked emotionality." (Wall, 2023)

GOALS

This project, to develop the design of a therapeutic plant medicine space, aims to bring this taboo treatment to the hands of those that desperately need it. Designing a space that feels elegantly peaceful and connected to its roots is at the core of this project. The hope is to acknowledge the rich history of this plant medicine and inform the patient throughout the experience through visual information.

RESEARCH WRITING



*Mushrooms:
Anthony Cotsifas*

INTRO

Recognizing the significance of the setting in emotional healing and self-exploration, this study aims to delve into the unexplored territory where altered states of consciousness intersect with purposeful spatial design, investigating the profound implications this collaboration might hold for both therapy and design practices.

The development of psychedelics in science started with Albert Hoffman's creation of LSD in 1938 by synthesizing quill and ergot. However, it wasn't until five years later when he accidentally ingested the substance that he discovered its psychoactive capabilities. On the other hand, psilocybin, more commonly known as mushrooms, has been around for thousands of years, utilized by Indigenous peoples from Mexico and Central America for sacred ceremonies. In 1955 R. Gordon Wasson was the first Westerner on record to partake in a traditional ceremony including mushrooms in Huautla, Mexico where the healing practice of mind transcendence through the mushrooms is the spiritual backbone of their community. Two years later he wrote an account of his journey that would be published in Life magazine, the moment "a new form of consciousness" reached the general public (Pollan, 2018). These events in history would come to revolutionize brain science, developing psychotherapy and treating a variety of disorders including alcoholism, anxiety, and depression. However, it also gave rise to counterculture in the 1960s where the use of psychedelics became part of pop culture. The dark side of psychedelics began to gather more media attention during this decade, as people became unruly and ideas rose against present society igniting a revolution. As quickly as people welcomed them, they turned against them. By the end of the 1960s psychedelic drugs which had been legal throughout most of the US were outlawed (Pollan, 2018).

Beginning in the 1990s a small group of scientists and psychotherapists who believed a profound treatment method had been covered up, worked to bring it's use in medicine back. Igniting a renaissance in psychedelics, there is now a large collection of scientists researching

psychedelics' potential to heal mental illnesses such as depression, anxiety, trauma, and addiction, having found incredible results in a variety of psychedelics. The benefits of this drug used in a therapeutic setting will be touched on in more depth later on.

A common association with the use of psychedelics is the importance of set and setting. The set is the mindset or expectation one brings to their journey and the setting is the environment in which you are surrounded by (Pollan, 2018). One who has not experienced psychedelics can assume the value of these when in a hallucinogenic state as you are vulnerable to your surroundings and their impact on your journey. In the recreational use of these substances, the set and setting can often be an afterthought, which can lead to an undesired experience within the altered state as unexpected circumstances arise in the environment causing heightened anxiety and possibly frightening images within the hallucinations. When applying the use of psychedelics to the healing of mental illnesses within a therapeutic setting these factors are critical to the impact gleaned from the experience. The significance of environmental factors in shaping human experiences is a well-established notion, with interior design recognized as a powerful influencer of mood, behavior, and overall well-being.

Many find it hard to ignore the mental unrest that has encapsulated our country and even the world in the last decade. The impact COVID-19 has had on American mental health is unprecedented and many have not recovered. In 2023, fifty million people experienced a mental illness, and over half received no treatment (Mental Health America, 2023). 54% of adults who reported having a substance use disorder also experience an anxiety disorder (Chandler, 2022). While there is typically a chemical imbalance in the brain contributing to mental illness, our thoughts, habits, and perceptions can contribute to its downfall. Evidence-based psychological treatments (EBPTs) are interventions targeting psychological processes that cause and/or maintain mental illness and have been evaluated scientifically. An implicit goal of EBPTs is to disrupt unwanted habits and develop desired habits.

“The importance of habits in our everyday lives cannot be overstated. Habits affect every aspect of our physical and mental health, including our exercise frequency and intensity, when and how we sleep, what we eat, the content and patterning of our thinking, how our attention is allocated and captured, whether we tend toward approach or avoidance, and so forth. Therefore, our habits hold a key to the major health challenges we all face as we attempt to fashion our lives to incorporate healthy habits and reduce or—even better—eliminate unhealthy habits”.

Harvey, 2022

“The great potential for leveraging existing knowledge on habit formation has already been recognized in subfields. For example, habit is included within the formulation of specific problems, such as depressive rumination, obsessive-compulsive disorder...In addition, addictions have been conceptualized as habits.” (Harvey, 2022). One aspect of what goes on in the brain during a session with psilocybin is the rewriting of neural connections. The brain is bringing the subconscious to the surface and allowing new ideas to be formed about one’s life. In addition to the greater impact psilocybin has on mental illness, its connection to new habit formation may play an important role in long-term life shifts. Instead of treating the symptoms of mental illness, we must treat the root, which leads the discussion to the power of Psilocybin to reframe the mind in one session.

The application of psychedelics in a therapeutic setting has a complex background and no physical framework to follow. The basis of this thesis research and design is to understand the science of psilocybin and how its use in treatment can work harmoniously with the built environment to heal. Through this research it seems that the primary existing framework is that of international retreats due to its legal standing in the US, I feel as though this space needs to reach for greater accessibility to communities lacking in mental health resources. This manifests through local opportunities to partake in these therapies as well as providing various options to best cater to the patient’s needs

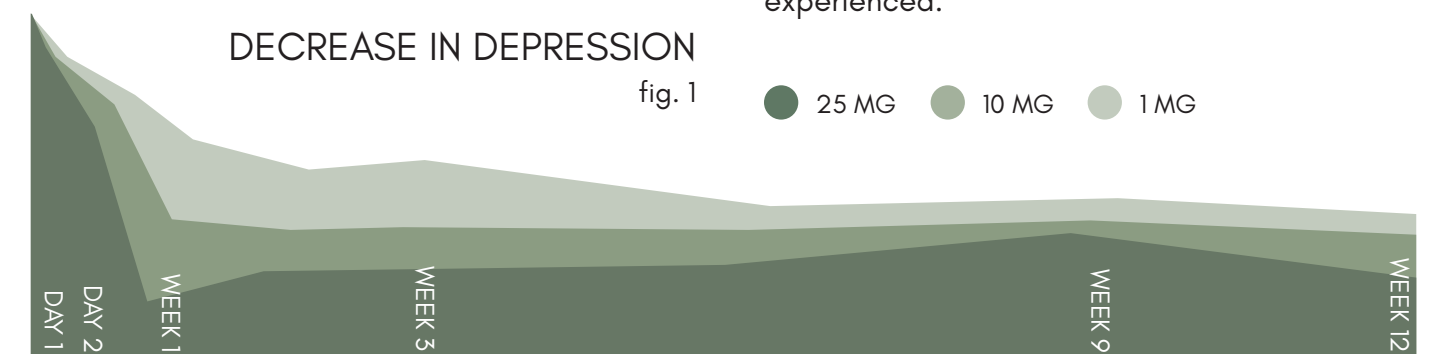
and comfort level. The program has been split into two options, single-day sessions, and multi-day retreats, bringing a variety of experiences to Richmond residents.

RESEARCH

This drug’s potential for healing has been made clear through research that ancestors in Huatla, Mexico to name one, have known about for thousands of years. In this place magic mushrooms are deeply ingrained in their culture. References to sacred mushroom use in Mexico are found in the very earliest written documents produced in the Spanish New World. They were seen as spirits in which the healers could form relationships. The mushrooms revealed information or spoke through their healer to heal members of their community. They hold ceremonies where they chant, dance, and play music, connecting with the spirits. Their relationship to this plant is sacred and has been appropriated by Westerners since the 50s (Lutkajtis, 2020). “The decontextualized appropriation of Indigenous traditional medicines in the context of psychedelics is arguably detrimental to Indigenous health and Land rights through unauthorized research and drug development.” (Celidwen, 2022) This history is referenced to better understand the origins of mushroom use. This sacred plant medicine has been an integral part of their culture and history for thousands of years. With that in mind, let’s try a new approach as a society and ensure appropriate inclusion and recognition of the rights of historically marginalized voices in the realm of psychedelic research (Celidwen, 2022). The Indigenous consensus panel is made up of a globally represented Indigenous-led group that has been brought together to interact directly with the psychiatric and research community to establish firm guidance on the ethical standards needed for the engagement with Indigenous Peoples and their traditional medicines within psychedelic research and practice.

They worked to identify eight principles: Reverence, Respect, Responsibility, Relevance, Regulation, Reparation, Restoration, and Reconciliation.
Celidwen, 2022

These principles summarize an ethical path to research and practice that includes understanding the Indigenous connection to the environment and the nature of their ceremony, in contrast to Western practice which separates the medicines from the context of their original environments. The panel pushes for Indigenous integration and consent on issues within the field. Consent relates to the context of the appropriation of traditional medicines. “In 2001, a report supported by the World Health Organization Traditional Medicine Program (WHO TRM) determined that a total of 122 in use–drug compounds were being used in Western medicine at the time, and 80% of these compounds were used for the same (or related) purpose as their original traditional medicine use. Yet, many Indigenous medicine systems around the world are still often given the back seat when it comes to both acknowledgment and practice within the conventional medical-care setting.” (Celidwen, 2022). In detail, these principles relate primarily to research and practices in the field of psychedelics which is critical in the building of an ethical framework but beyond the scope of this project. Valuable principles to carry forward in this thesis are reverence as respect for Mother Nature for providing such healing medicines, respect to the Indigenous peoples for their history and desires moving forward, and respect to the traditional context of these ceremonies by ethically incorporating elements with consent, as well as restoration of our relationship with these communities by inviting them to the conversation.



Some may wonder how this plant medicine can transform their lives. There has been research into the pivotal mental states experienced during a psychedelic experience that have the potential to mediate rapid, major, and potentially enduring psychological change (Carhart-Harris, 2021).

If you’ve never experienced a hallucinogen you may be wary about what you will feel and see. You may also wonder if it will be safe and if it will have long term negative impacts on your biology. However, some research has found that even the “negative experiences” within psychedelics have the potential for positive change. Traumatic experiences, especially in PTSD can cause overwhelming memories to boil up in everyday life. Naming the negative experience does not automatically lead to healing. It often crystallizes it making it harder to change. The act of looking at those negative experiences in a new light through psychotherapy allows you to build a new perception (Hasler, 2022).

There have been significant results for clinical trial participants after one session of psilocybin. Goodwin’s trial gathered patients with treatment-resistant depression, from which patients have historically failed to see significant relief from many other treatments. They found one 25mg dose session of Psilocybin alongside psychological support from trained therapists surrounding the session, not only improved clinician-rated symptoms of depression but also resulted in improvement of the patient’s report of depression. They found the treatment was rapid-acting and that there were significant reports of improvement starting on day two, which continued for the 12 weeks the patients were observed. Fig. 1 helps to illustrate the rapid mental change accompanied by the session and the longevity of the benefits experienced.

Note that the 25 mg dose was seen throughout the data as having a greater improvement and a dose-response relationship with the intensity of the subjective experience. Only at this dose of the three would the participants experience hallucinogenic properties (Goodwin, 2023).

It's important to note that in the majority of these clinical trials, the participants meet with trained therapists several weeks before the psychedelic session and for a range of time afterward, 8-12 weeks depending on the study. During the session, they are often in a room provided with a bed for comfort, an eye cover, and headphones for greater introspection. Two trained mental health professionals stay with them in the room throughout the entire experience. They usually discuss beforehand what to expect, explore any worries, and practice self-regulation techniques such as breathing exercises in case they confront anything overwhelming (Wall, 2023).

METHODOLOGY

Much of the significant research on the impact of psychedelics on mental illness is performed in a clinical study format, a medical setting with usually a bed for the patient to lie in during the session, but not a soothing environment to say the least. The research has also included sources related to Indigenous plant medicines, Evidence-Based Design, and Ketamine therapy. However since there is still much to be learned from a design standpoint, much of my additional research is sourced from direct interviews and precedents.

An interview with Jamie Phelan, lead designer at Design Agency, provided insight into the design of Dimensions Algonquin Highlands, a psychedelic healing retreat. We discussed the hospitality design that acknowledged the variety of circumstances in which people are arriving, such as drug addiction, trauma, other mental illnesses, and or a search for the spiritual. This guided them to design a space that felt accessible to many and was non-intrusive to the experience. They curated a neutral, textured palette of only eight materials, stripping away the unnecessary and letting the space speak for itself. This allowed the focus to be placed on healing the internal (Phelan, 2023).

Josh Brackett, a ketamine therapy patient, had chronic treatment-resistant depression for his entire life and was diagnosed bipolar in his early 20's. He experienced many psychological breaks and had been admitted to a mental facility twice. He had never experienced any relief until he

tried ketamine therapy. After his first session he experienced a massive reduction in depression and anxiety and stated it's never been that bad since. Ketamine is considered a psychedelic adjacent drug, offering some similar effects but functioning in the brain differently. Ketamine requires repeated treatments for results and also has the potential for addiction whereas psychedelics do not (Brackett, 2023).

Observing existing psilocybin retreats has shown a lack of recognized design decisions as many of these retreats are working within an existing hospitality environment, not designed for this type of therapy. As the focus of the design is holistic healing it made sense to focus on the body, mind and spirit. The body is calmed through a series of thermal baths ranging in temperature. Wellness centers have proven to be an excellent precedent in understanding how a space functions to calm the mind and soothe the body, as well as program constraints like space requirements and accessibility for thermal baths.

PROGRAMMATIC STRATEGIES

The ease of navigation within a space can heavily impact our experience of it, either soothing us or causing tension. Therefore, the entry sequence in this design is critical to soothing the guests from their moment of arrival. Guests will then be guided to their next destination and cared for with kindness. Through wayfinding strategies, acoustics, staff, and materiality the space can evoke a sense of calm. Boundaries of the session spaces are important to ensure everyone can experience the breadth of their journey without safety concerns. Providing patients with choices can allow them to feel empowered to face their mental illness which has made them feel out of control (Ostrander, 2021). A balance must be stricken between providing a positive indoor environment and offering the possibility for outdoor exploration, as the opportunity to decide empowers the guest and sometimes fresh air and environment is needed. Responsibility will lie on the practitioners guiding the session to create a safe space for both.

A primary driver in this thesis is that of holistic healing through the connection of the mind, body,

and soul. The psilocybin sessions focus on the mind and soul. The facility will also offer additional therapies including somatic therapy, reiki, and breathwork to build a greater toolkit to handle mental struggles. The concept of biophilia and connecting humans to our environment for greater well-being is not only important to designers but is rooted in the history of these plant medicines. It is integral in understanding where they come from and the sacred ceremonies connecting people to Mother Nature. The adjacent green space that overlooks Richmond will be important to the project, inviting a nature element into the sessions. In indoor spaces, providing a visual to the outdoors and or plant life can have a similar effect of grounding us and lowering our heart rate (Ostrander, 2021). Locality, meaning pulling materials from the surrounding local environment is critical in curating an authentic experience. It is also a great contributor to the sustainability of a project by reducing carbon emissions caused by the transport of materials. A space feels of its environment when you pull from the materials that exist in their locale and work with local craftsmen to design something authentic.

CONCLUSION

To summarize, there are significant unprecedented mental shifts that can alleviate chronic mental health disorders under the therapeutic use of psilocybin. Pervasive mental illnesses such as depression and anxiety can have dramatic positive changes in just one session of Psilocybin, with these effects staying consistent for many weeks after the treatment.

Set and setting are critical in these sessions, providing a serene environment to dive into the soul. Set references the mental state of the patient, their mood and well being. Setting refers to the physical environment. Important design decisions include acoustic privacy, biophilic design, soft lighting, and textural, local materials.

As this plant medicine has traditional Indigenous ties, respect should be paid to those practices through the methodology of the sessions. This can manifest through traditional music-making to help guide the patients through their journeys.

The availability of this treatment could change the makeup of how we treat mental illness as a society. The current issues restricting the accessibility of this treatment are cost and legality. Many people looking for this kind of treatment travel to an international retreat which is costly. This thesis rides into the new frontier of science and American culture, pushing boundaries, asking hard questions, and designing intentionally. I imagine a new wave of research related to design in psychotherapy and this thesis has the potential to be a precedent in the field of interior design.



*Mushroom Macro Photographs:
Max Mudie*



SECTION 03

PRECEDENTS

PRECEDENT STUDY ONE



REMEDY PLACE

Designer: Bells & Whistles
Location: West Hollywood
Year: 2019

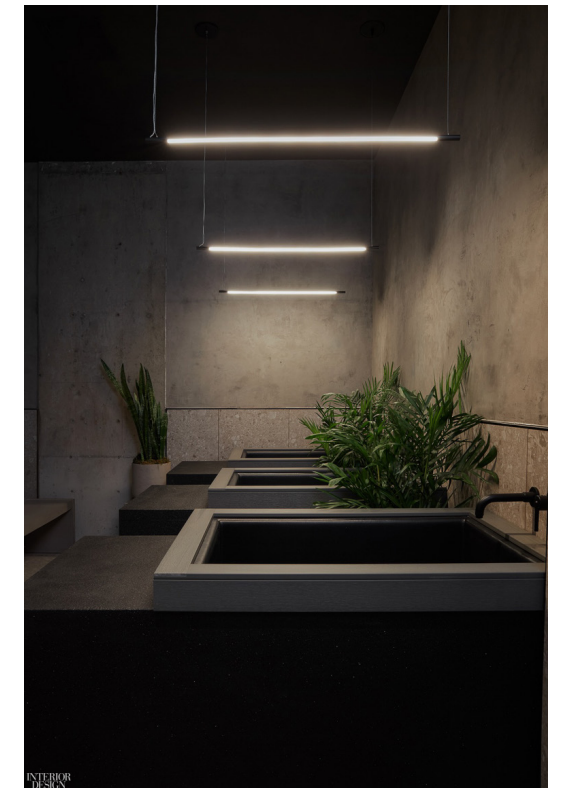
PROJECT DESCRIPTION

This wellness club has created a space for holistic wellness offering a variety of services to its members. They've designed a brutalist interior where minimalist form meets maximalist texture and detailing. The darker material palette is a calculated move using color psychology to represent "neutrality and balance." They are working to enhance health and social life at the same time. They offer a variety of holistic treatments .

Founded by Dr. Jonathon Leary, he developed this framework for those seeking a nonsurgical approach to chronic pain rehab. He found his clients were craving a social aspect as many of their friends socialized through drinking. He also found that the environment was critical to their healing process. His business model required a comforting, well designed space where people could meet up with friends.



Group Space

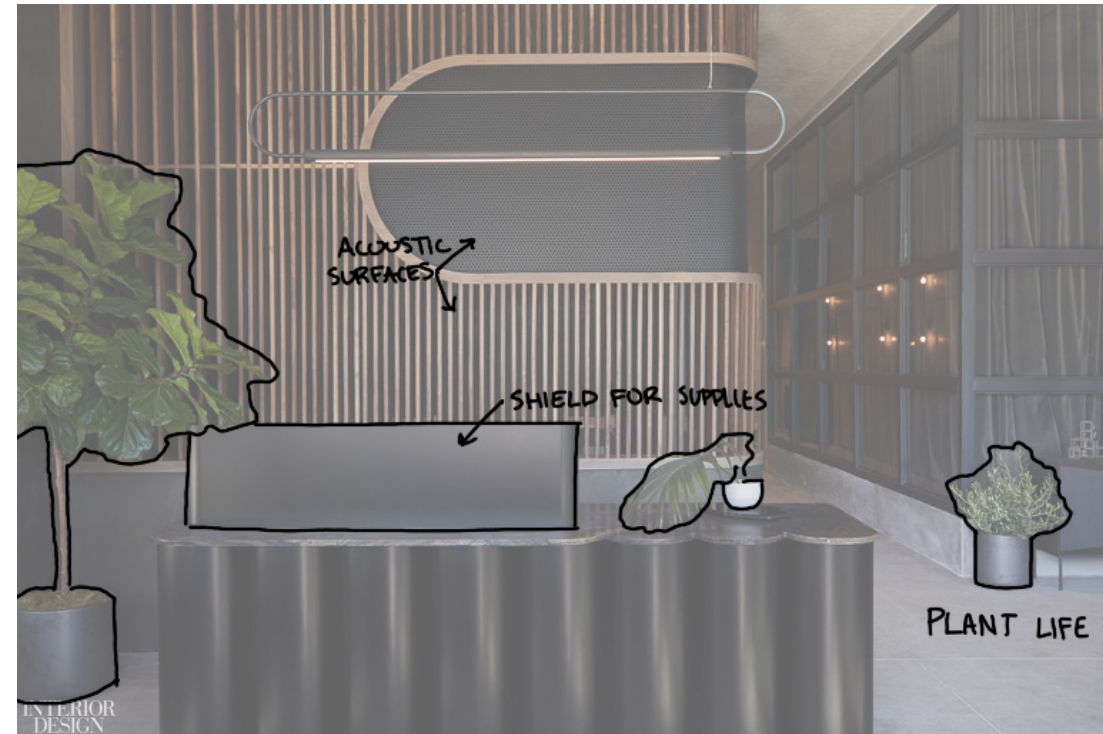


Ice Baths



Wellness Bar

Bells & Whistles design of Remedy Place has primarily helped inform decisions surrounding materiality and adjacencies in this thesis exploration. Working within a smaller footprint, they have utilized their circulation space well to provide ample space for program. The rich materiality differentiates zones and guides you through the space and at times doubles as a screening element for another space.



Reception



Yoga Studio

Cafe

PRECEDENT STUDY TWO



ALBA THERMAL SPRINGS AND SPA

Designer: Hayball
Location: Australia
Year: 2022

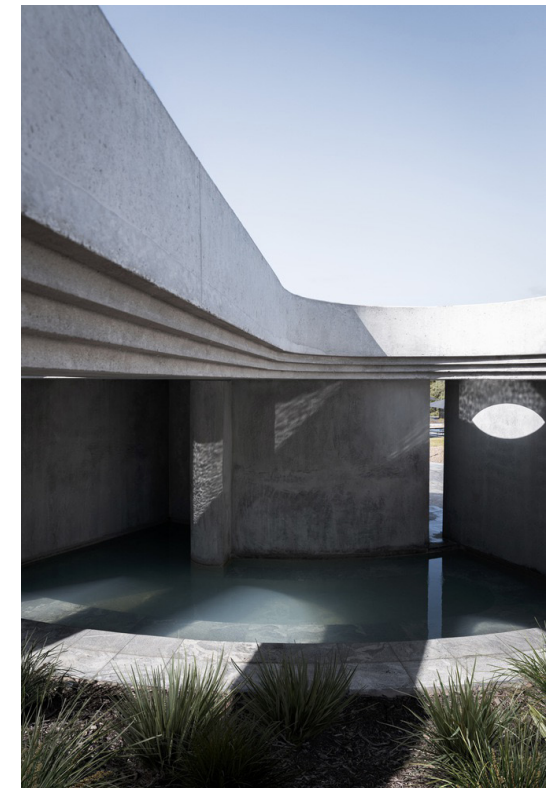
PROJECT DESCRIPTION

Alba is a thermal spa and spring housing thirty-two geothermal pools and also offers spa services such as massages, pedicures, steam room and dry sauna. Nestled in the dune-like landscape the form is made of raw concrete allowing the surrounding environment to take the main stage. We also see ribbed texture, bronze glass and metallic finishes on the exterior.

The curved walls delineate spaces as they create opportunities for sunken courtyards and natural light. Each pool is designed to have a unique interaction with topography, views and planting to create a unique equitable experience. Their use of natural, tactile materials such as hand made Spanish brick tiles, concrete pillars and timber paneling strengthens the connection to the landscape.



Lounge Area



Outdoor Bath

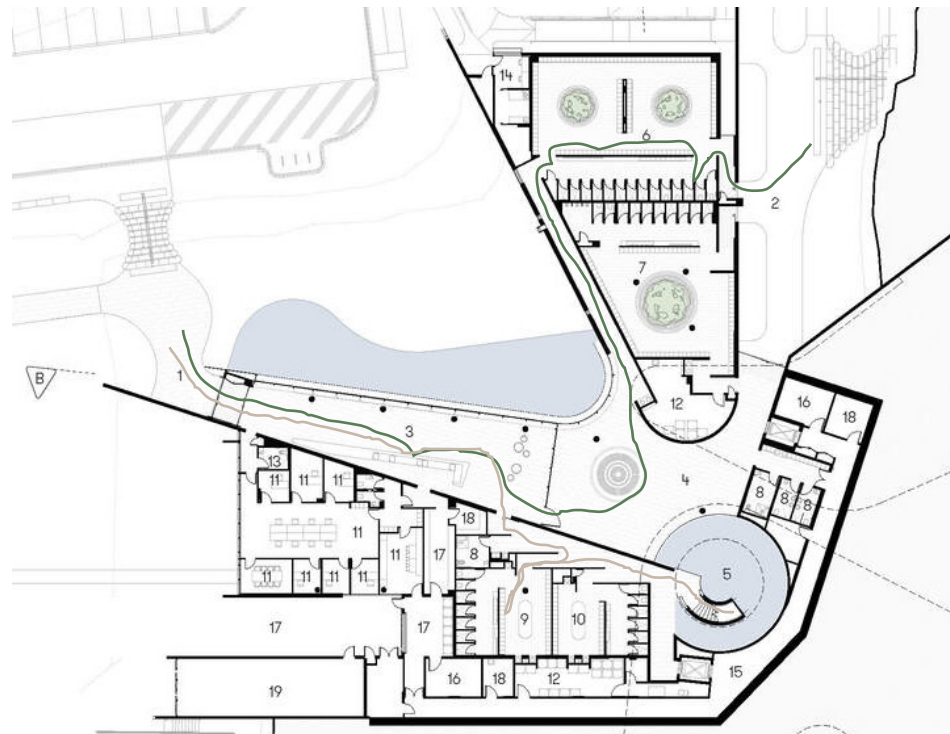


Outdoor Bath

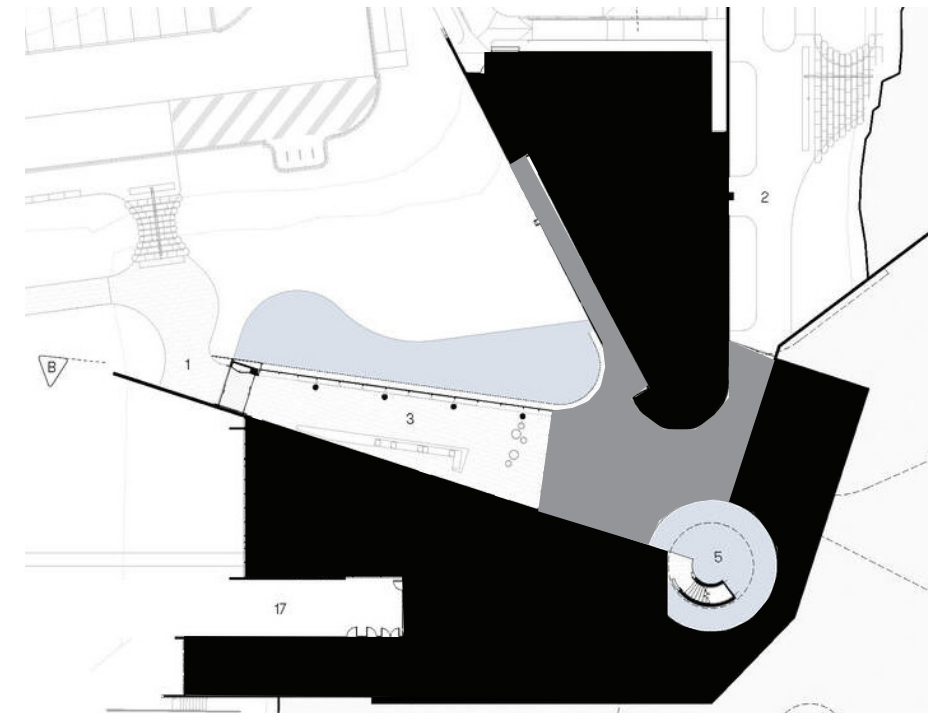
Hayball's Design of the Alba Thermal Springs is an important precedent for this thesis exploration because of its similarities in program for the spa areas. The floor plans describe the space allocation of each bath as well as the locker rooms, treatment areas and staff spaces. Their design of way finding and thoughtful transitions from space to space can be studied to foster further intentionality in this project.

Circulation

- Employees
- Public

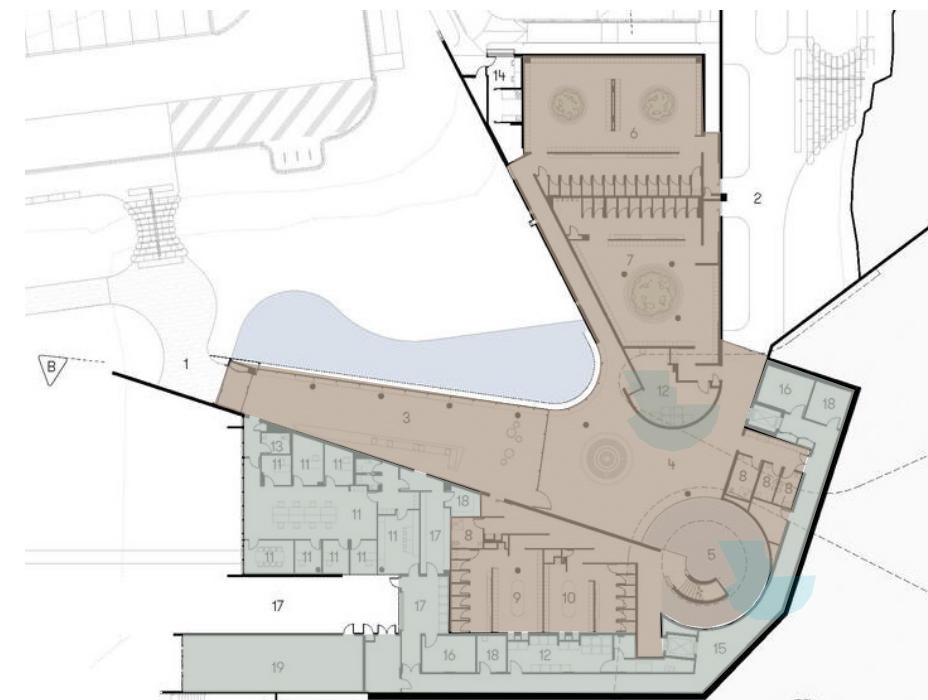


Solid vs.Void



Public vs. Private

- Public
- Private





SECTION 04

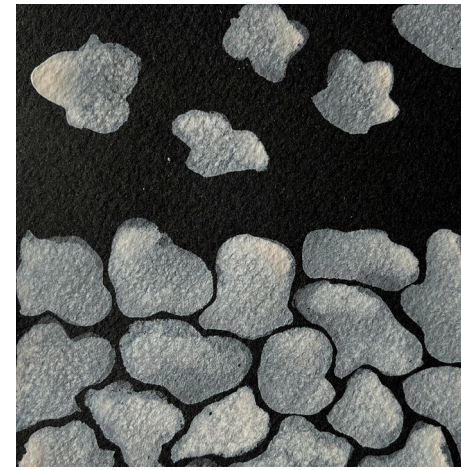
CONCEPT DESIGN

CONCEPT DEVELOPMENT

On a sunny day here in Richmond, I laid out on the grass watching the clouds passing by. I felt remarkable peace and an awe for the constant change, forming and dissipating right above our heads all day. So similar to the thoughts constantly streaming through our mind despite any conscious input from us. The serenity brought by watching the clouds pass is the experience I hope to curate in this design and it felt like a natural concept to help drive the space.



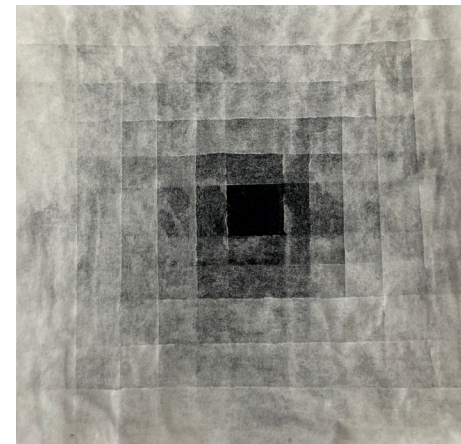
*Concept Model:
Light Exploration*



Contraction +
Release



Dense Particles +
Filtered Light



Translucency



Patterns in
Precipitation



Gill Rhythm



Dense Particles +
Filtered Light



Translucency



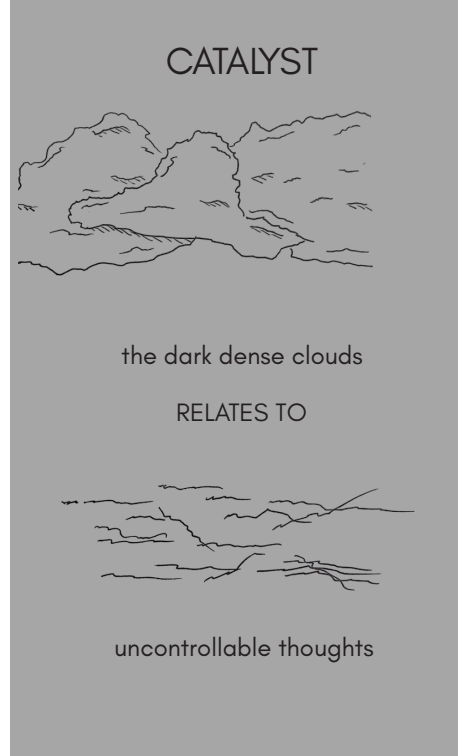
Sparse Particles +
Filtered Light



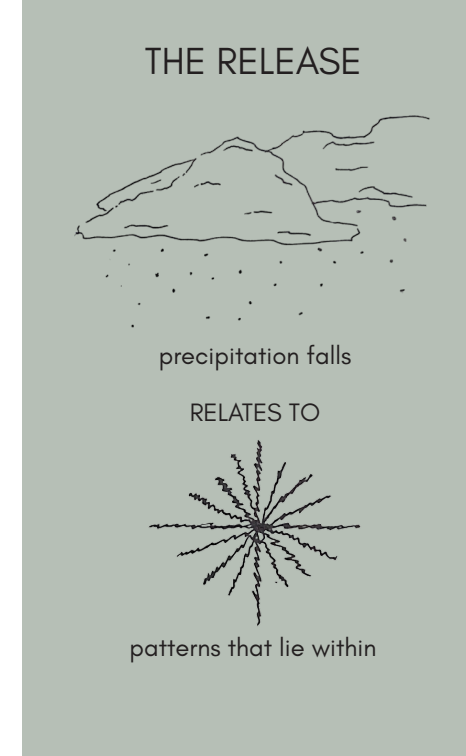
Concept Model:
Light Exploration

CONCEPT STATEMENT

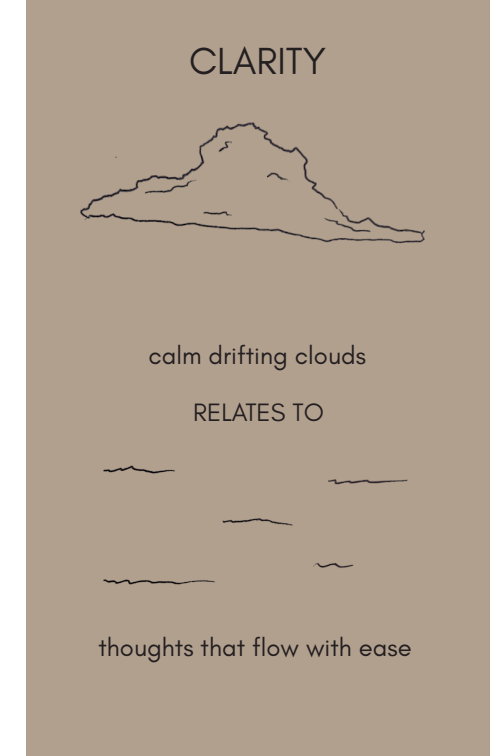
Clouds, similar to the thoughts in the mind, are fluid, constantly evolving. There is a natural build up and dissipation of particles that dictates how well we can see through. Plant Medicine provides an opportunity to see beyond the storm and envision a brighter future. It is the cathartic release that provides us with clarity and fertile ground to nurture growth.



Guests will be arriving in this complex mental state so the design of the central lobby, cafe and corridors will represent this dark looming cloud. The catalyst phase will be represented through darker materials and a lowered ceiling plane.



The clouds and humans can only hold so much before we must release. However, this is critical, it enriches the soil with moisture. The precipitation is formed into incredible patterns. Similar patterns are brought to us through hallucinations in plant medicine journeys. The session spaces will include more color, pattern and texture to represent this phase



This phase represents the new reality the guests are stepping into, peaceful skies. The design uses neutral soothing colors and light texture in the spa decompression and guest wing. Light is paired with plant life to give the illusion of sun streaming in from beyond. This reflects the idea that the storm has passed and the sun is streaming through the clouds.



SECTION 05

SCHEMATIC DESIGN

SITE HISTORY + STUDIES



CHILDSAVERS *2012 image of the site from Architecture Richmond*

200 N 22ND ST
RICHMOND, VA, 23224
AREA: 18,958 SF

IMAGES OF EXTERIOR MATERIALS



Concrete Exterior



Herringbone Brick



Exposed Aggregate



Cobblestone



Grass



Surrounding Trees



Surrounding Bush



Gas Lanterns



Concrete Sidewalk

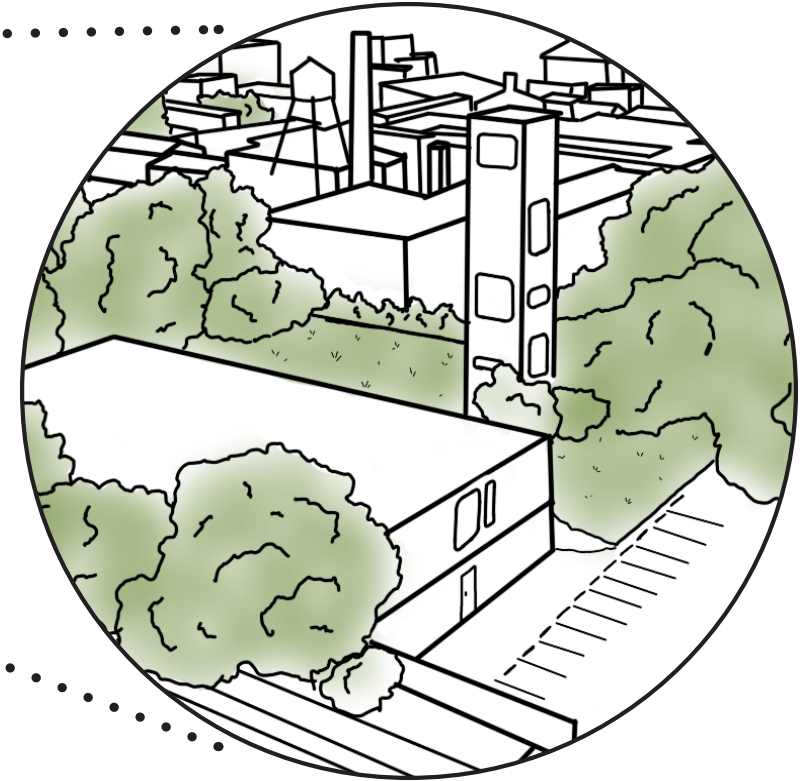


Vicinity Map

NEIGHBORHOOD HISTORY

The highest point in Richmond, Richmond Hill, has been a place of prayer for several millennia. Richard Adams, one of the most prominent men in Richmond built a house in this neighborhood in the 1780's. In 1866 the Order of the Sisters of the Visitation of Holy Mary established a monastery here. There are several churches in the surrounding that amplify this neighborhoods holy history including St. John's and St. Paul's.

Current Day: The immediate neighborhood still primarily consists of residential and church property. There are a variety of businesses as the neighborhood expands including grocery, coffee shops, gyms, restaurants etc. Broad and Franklin are two main roads that encapsulate the area. Within a short walk there are several parks such as Libby Hill and Jefferson park. The primary architectural style is Greek Revival, so the buildings mid century design is gently juxtaposed with it's low profile and surrounding plant life.



Site Context

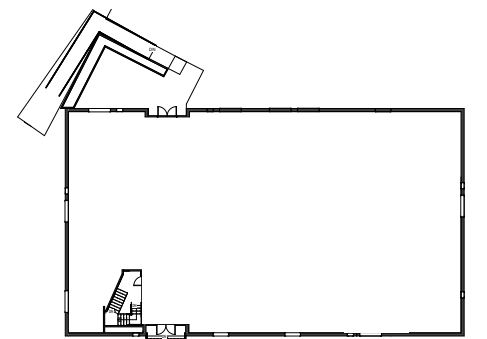
LANDMARKS + BOUNDARIES

The building sits atop a hill somewhat secluded in the Church Hill neighborhood. While it avoids adjacent traffic it does neighbor to Broad st, Main st, and N 21st which are all major streets. Jefferson Park lies 3 blocks to the north and Libby Hill park a short walk to the south east. The bus station lies at the corner of Franklin and 23rd just two blocks from the site.

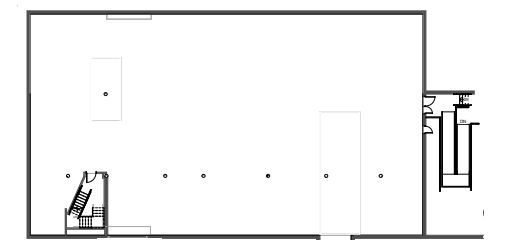


200 N 22ND ST

The building was designed by Philip Johnson in 1968, one of the most prominent architects of the 20th century. It was built for the WRVA, one of Virginia's first broadcast radio stations. The building is made of poured concrete and punched windows made by a machine. In 2007 it underwent a large renovation by local firm, Baskerville, for use by Childsavers and many changes were made to the interior in order to better suit their need for children's therapy. This building is a prominent mid century modern design that stands out amongst it's historical neighbors. Yet, it blends into the landscape and does not scream for attention.



Upper Floor Existing Plan



Lower Floor Existing Plan

Existing Site Images

PROGRAM

Lobby

400 SF

Occupant Load: 26

Assembly Group B

This is the main entrance welcoming guests into the space. The reception will help to direct guests where they need to go. Casual seating is provided to rest or wait.

Staff Offices

100 SF each

Occupant Load: 1

Assembly Group B

Staff Offices provide the practitioners a place to prepare for their session, take notes and take a moment of reprieve. These are shared between two paired practitioners who run sessions together.

Cafe

1500 SF

Occupant Load: 25

Assembly Group A-2

The cafe provides health focused foods to day session guests for purchase and to retreat guests three times a day as apart of the package.

Yoga/Community Session

500 SF

Occupant Load: 12-20

Assembly Group B

This room is a flex space between yoga classes and the community sessions. They both require a larger open area so it made sense to pair them, as yoga will not be occurring at the same time as the sessions. Nests and props will be pulled in depending on the activity.

Private Session

200 SF each

Occupant Load: 3

Assembly Group B

The private session rooms are independent spaces for guests coming for single day sessions to experience their therapy alongside two practitioners.

Decompression

200 SF

Occupant Load: 5

Assembly Group B

The decompression space is provided for guests to rest and reflect after their session. This is a shared area with private nooks.

Guest Rooms

300 SF each

Occupant Load: 1

Assembly Group R-2

Retreat guests who are staying for multiple days will have a private bed room and bathroom to relax in the evenings.

Thermal Baths

2000 SF

Occupant Load: 15

Assembly Group A-3

The thermal baths are a healing addition to the therapy bringing attention to the wellness of the body and mind. There are a range of temperatures to experience.

Locker Rooms

210 SF each

Occupant Load: 10

Assembly Group A

The locker rooms service the spa area and provide restrooms and showers.

Sauna

150 SF

Occupant Load: 8

Assembly Group A-3

The sauna provides dry heat to enjoy with the bath experience.

Treatment Rooms

150 SF each

Occupant Load: 2

Assembly Group B

Treatment rooms are used for services including massage, reiki and acupuncture.

CODE REQUIREMENTS

Construction Type: Assembly Group B

Total Gross Area: 18958 sq. ft.

Efficiency Ratio: Net = Gross x .60

Targeted Net Area: 11200 sq. ft.

Occupants for Project: 32

Number of Egress Stairs: $132/50 = .64$ or 1 Exit

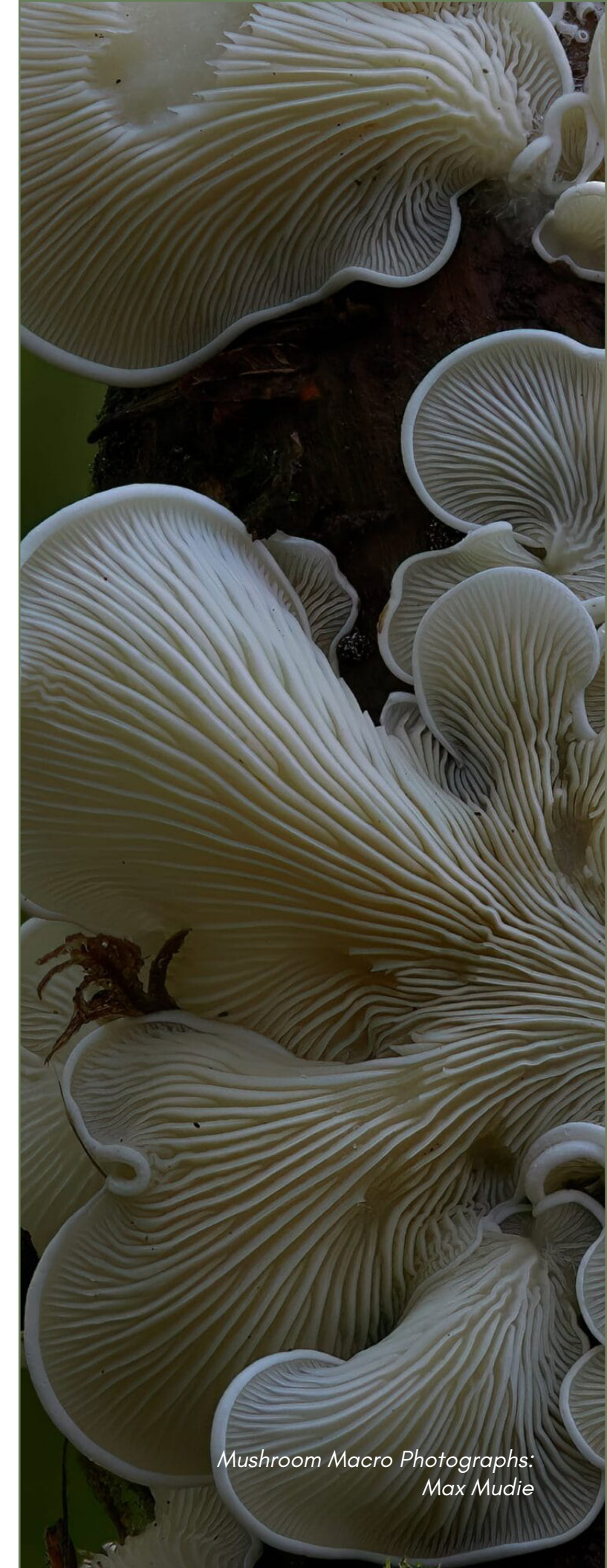
Restroom Fixtures: 1 Female, 1 Male

Restroom Water Closets: 1 Female, 1 Male

Restroom Lavatories: 2

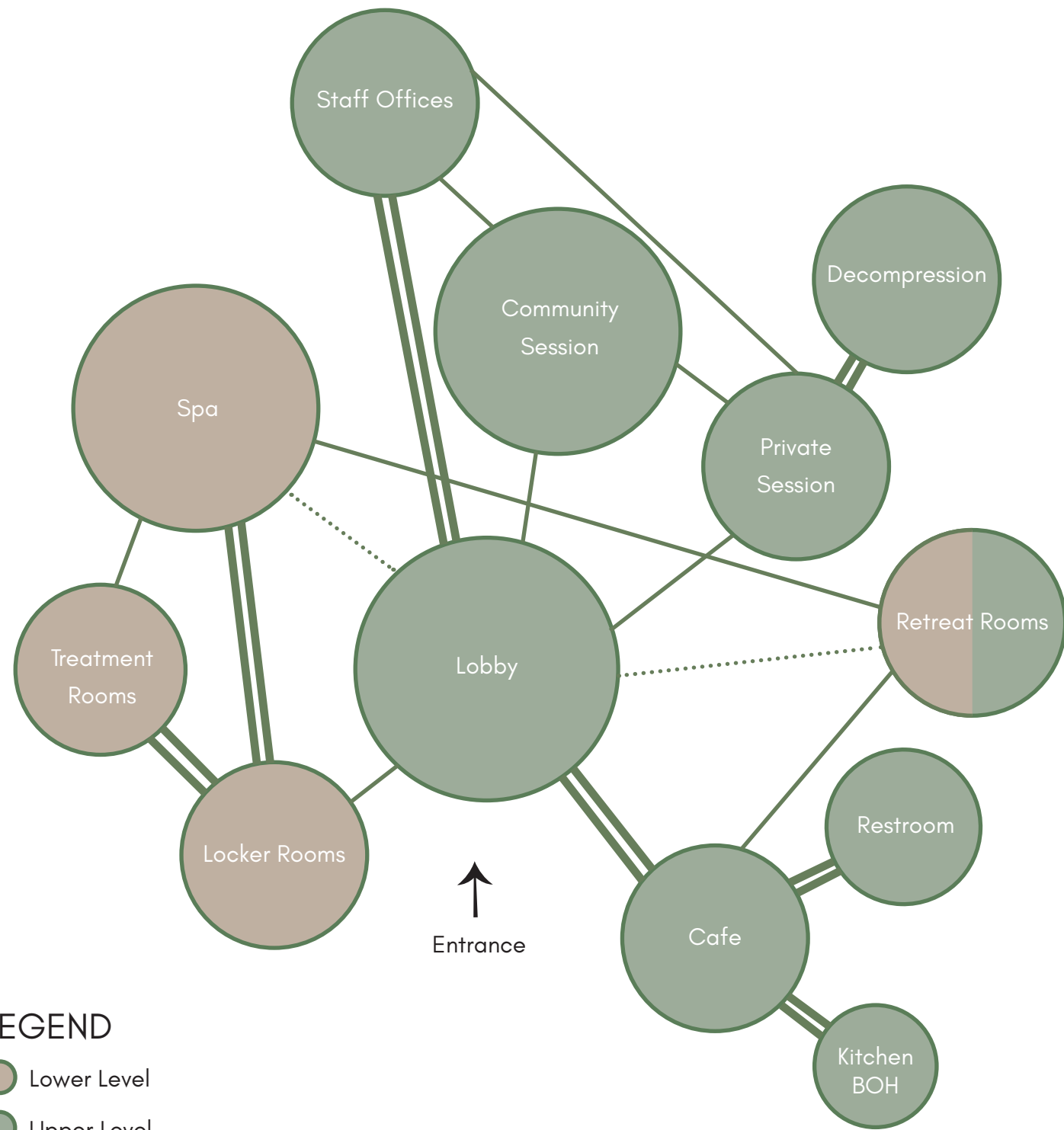
Water Fountains: 1

Service Sinks: 1



Mushroom Macro Photographs:
Max Mudie

BUBBLE DIAGRAM



LEGEND

- Lower Level
- Upper Level
- Strong Adjacency
- Medium Adjacency
- Weak Adjacency

ADJACENCY MATRIX

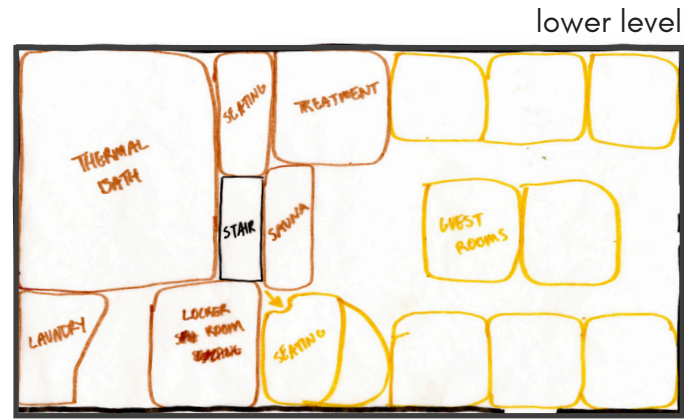
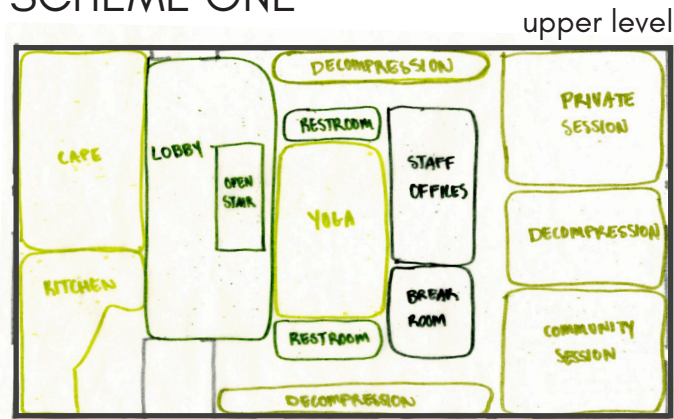
ADJACENCY MATRIX		area (sq)	acoustic priv	visual privac	accessibility	plumbing	daylighting	FF+E, notes
lobby	400	LOW	MEDIUM	Y	N	Y		variety of seating
reception	100	LOW	MEDIUM	Y	N	Y		desk, chair
staff offices	1000	HIGH	HIGH	Y	N	Y		desk, chair, storage.
break room	200	MEDIUM	HIGH	Y	Y	Y		kitchenette, seating, table
cafe + kitchen	1500	LOW	MEDIUM	Y	Y	Y		seating, tables, kitchen equipment
restrooms	152	HIGH	HIGH	Y	Y	N		toilets, sinks, mirrors, dispensers
yoga	500	MEDIUM	MEDIUM	Y	N	Y		storage for blocks, mats, straps etc
retreat bed rooms	2800	HIGH	HIGH	Y	Y	Y		beds, night stands, toilets, showers, sinks, mini fridge
community sessions	400	HIGH	HIGH	Y	Y	Y		lounge beds/chairs, tables, storage
private sessions	1000	HIGH	HIGH	Y	Y	Y		lounge bed/chairs, tables
decompression	300	HIGH	HIGH	Y	Y	Y		comfortable seats, side table
thermal baths	2000	HIGH	HIGH	Y	Y	M		towel racks, chairs, pool lift
sauna	150	MEDIUM	MEDIUM	Y	Y	N		HUUM drop electric sauna heater
locker rooms/restrooms	420	HIGH	HIGH	Y	Y	N		toilets, sinks, mirrors, lockers
treatment rooms	450	HIGH	HIGH	Y	Y	N		massage bed, chair, storage
storage	300	MEDIUM	HIGH	Y	Y	N		equipment racks, service sink
laundry	200	HIGH	MEDIUM	Y	Y	N		service sink, washer, dryer, ironing board, storage racks
janitorial	50	HIGH	MEDIUM	Y	Y	N		service sink, washer, dryer, ironing board, storage racks

LEGEND

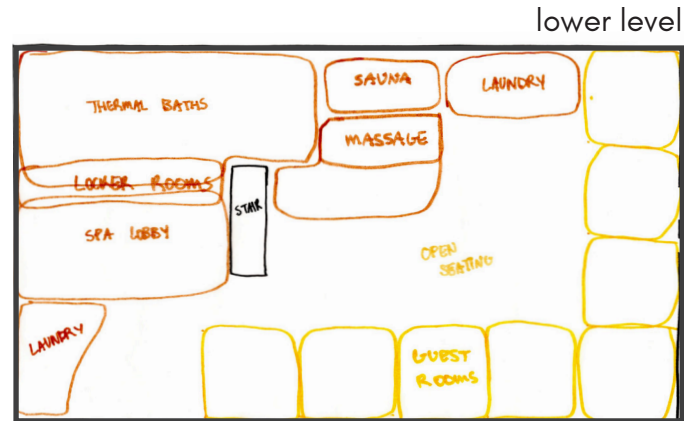
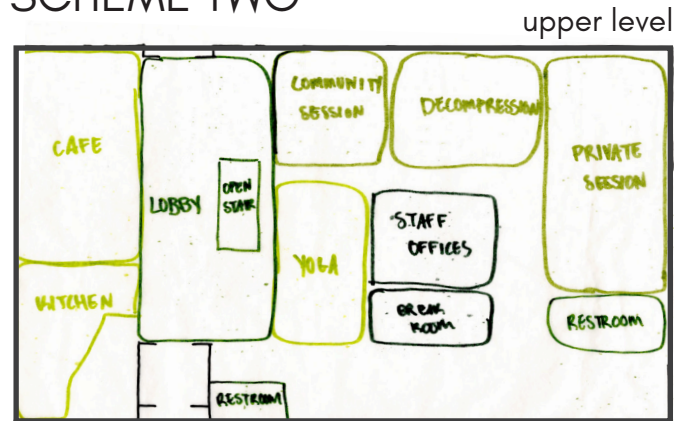
- HIGH
- MEDIUM
- LOW
- Y YES
- N NO

BLOCK PLANS

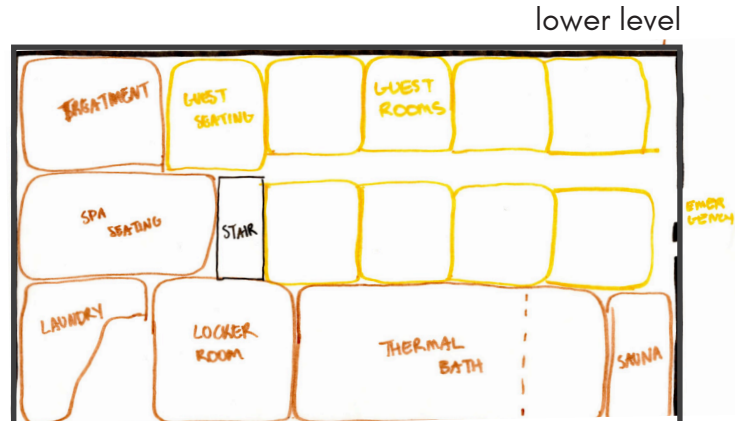
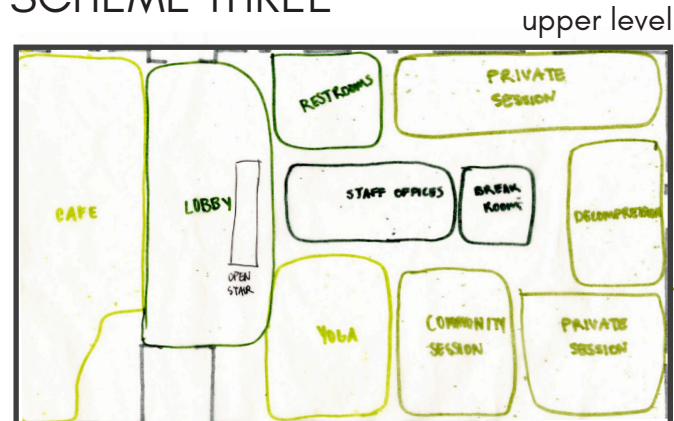
SCHEME ONE



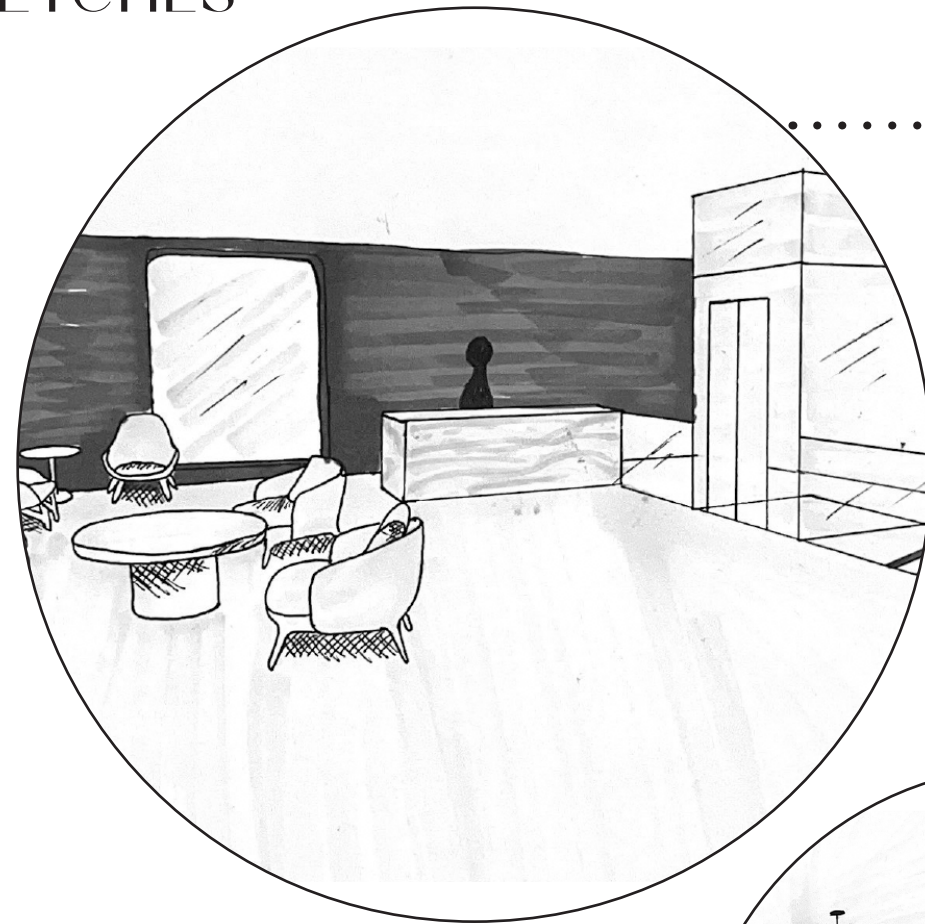
SCHEME TWO



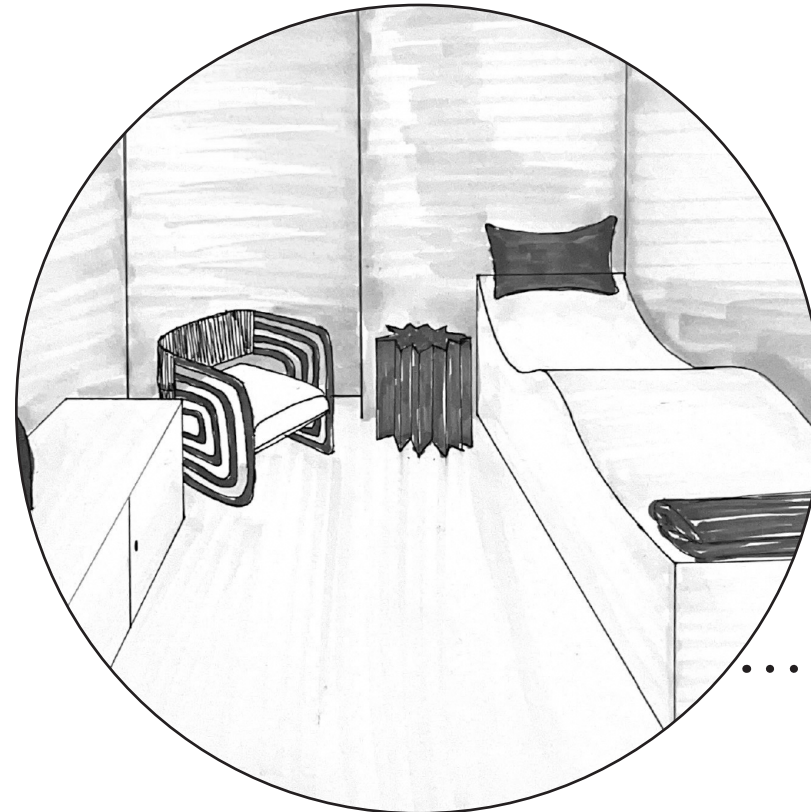
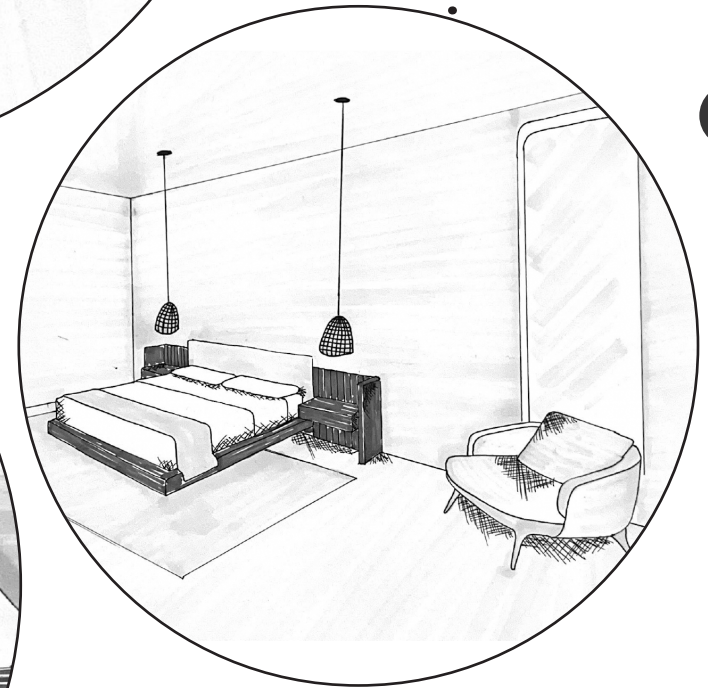
SCHEME THREE



SKETCHES



Guest Suite





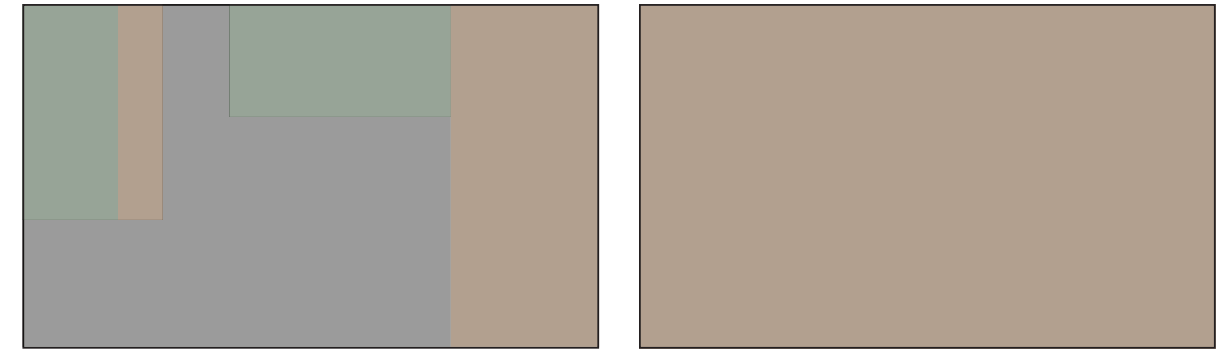
SECTION 06

DESIGN SOLUTION

FURNITURE PLANS

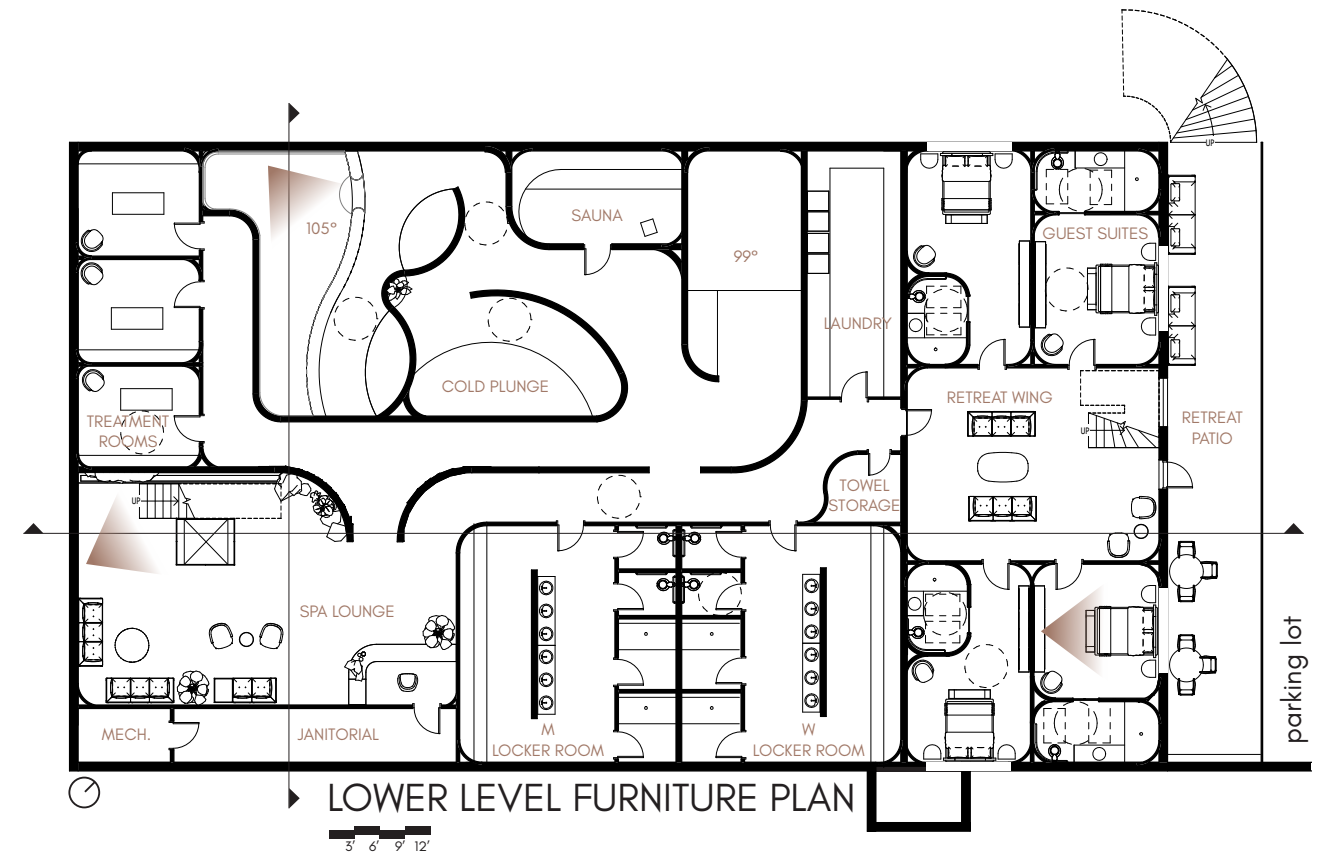


PARTI DIAGRAM

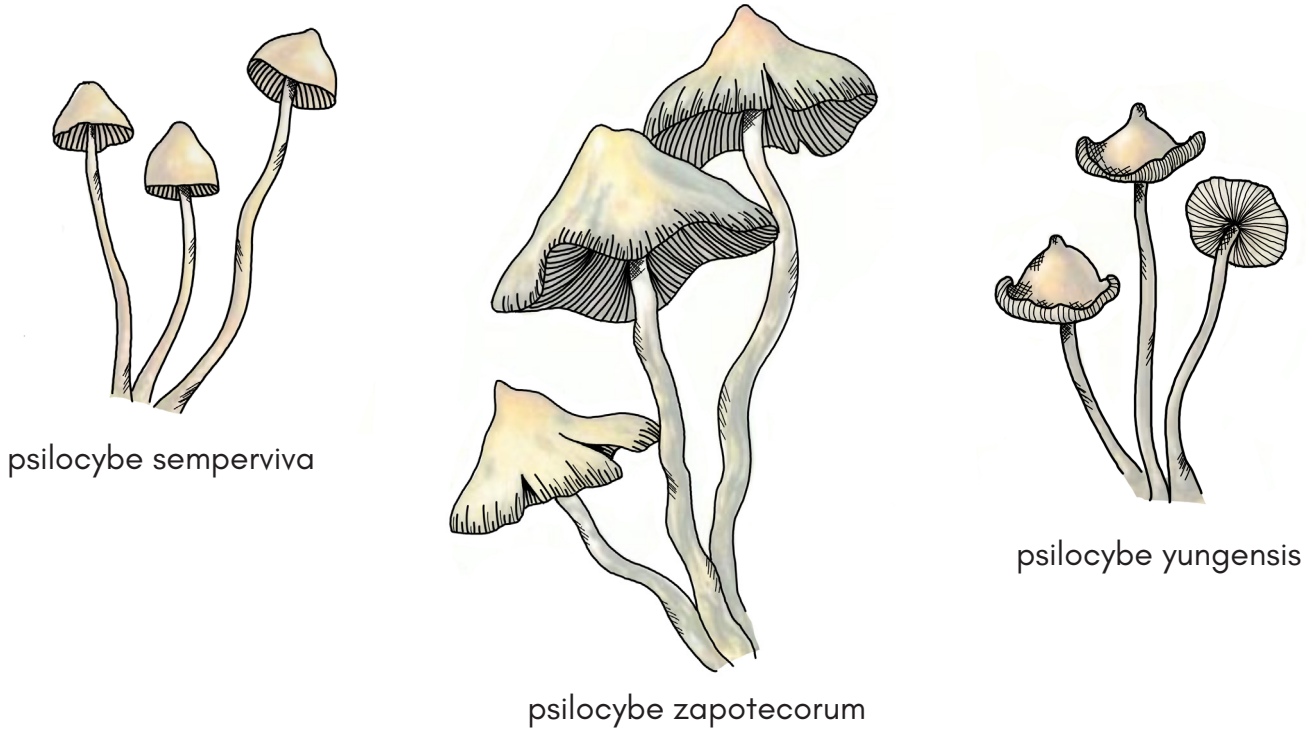
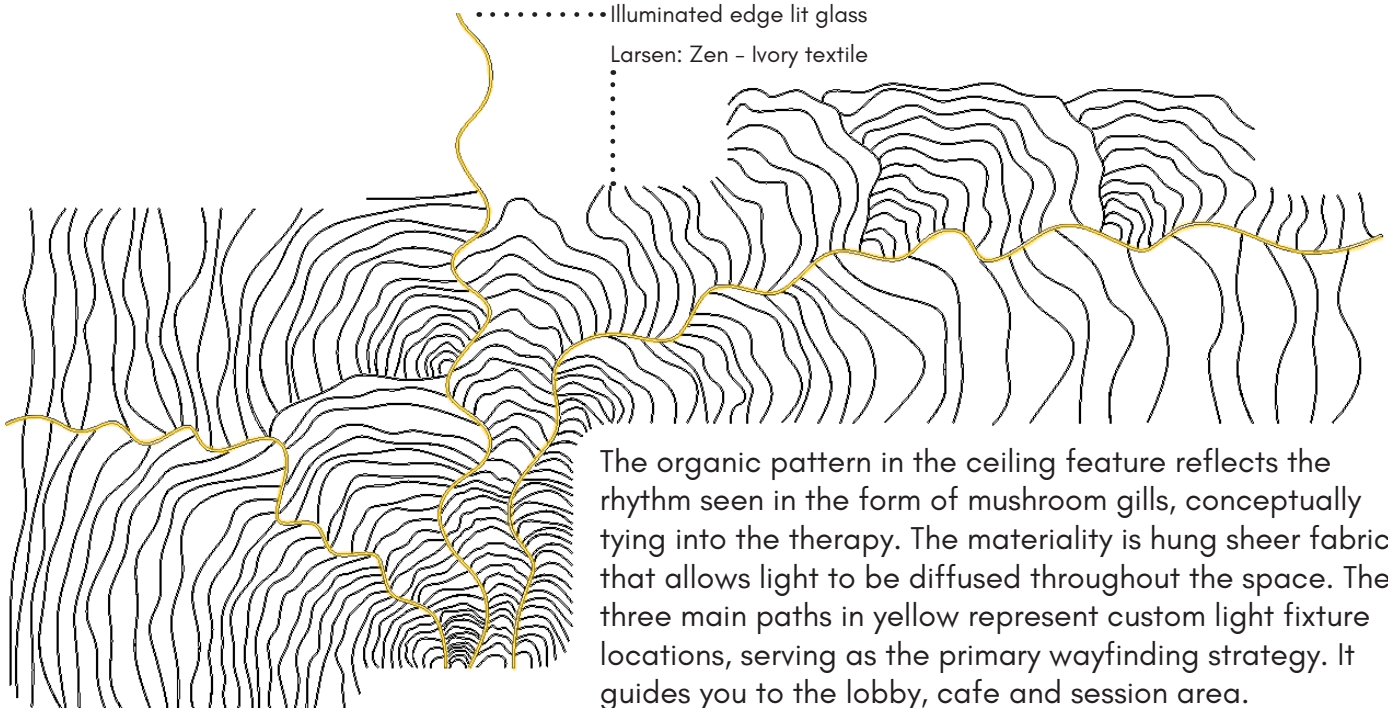


The parti describes the different zones described in the concept related to the three phases, catalyst, the release and clarity.

- Catalyst
- The Release
- Clarity



REFLECTED CEILING DETAIL



SECTION PERSPECTIVES

TRANSVERSE SECTION



LONGITUDINAL SECTION

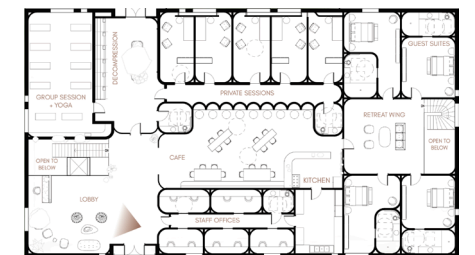


LOBBY

The lobby greets guests preparing to embark on their plant therapy journey. The soft sound of water trickling down the slate wall fills the room while they wait for their practitioner to guide them back. The overhead ceiling feature resembles a brewing storm and the snaking lighting feature guides you to the reception desk.



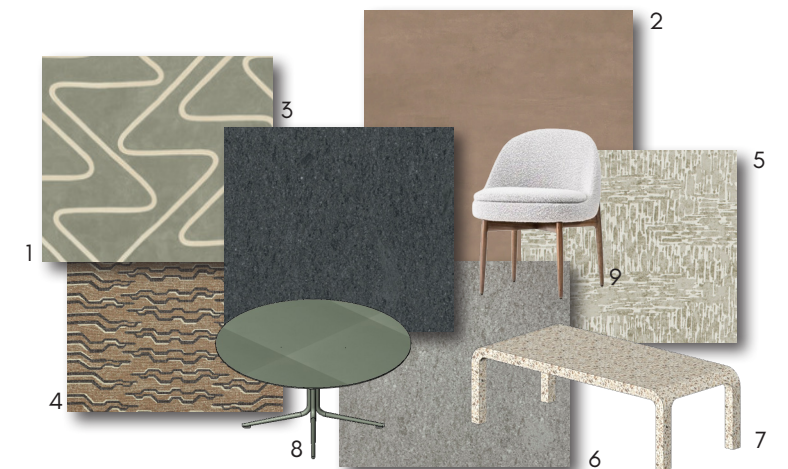
- 1. Crossville - Legacy tile
- 2. American Clay - Porcelina in Allegheny
- 3. Larsen - Zen - Ivory
- 4. CB2 - Laszlo Boucle Chair
- 5. Lignet Roset - Plum Sofa
- 6. Hook & Loom - Coopworth Wool Rug
- 7. Lignet Roset - Interstice Table
- 8. Four Hands - Tobin Chair
- 9. Lignet Roset - Mc2 Table
- 10. Alabaster - Reception Desk
- 11. Visual Comfort - Esculpa Sconce
- 12. Nawake Trading - Maguey Mexican Rug



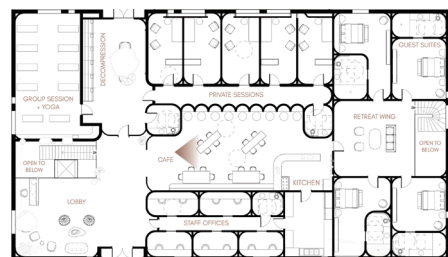


CAFE

The cafe is adjacent to the lobby and a central axis for community. There are nooks nestled in the wall for those that want to dine alone as well as large community tables for retreat guests and employees. The kitchen is exposed to allow the guests to interact with the chefs. On the back kitchen wall lies three hanging garden shelves to allow for fresh herbs and vegetables year round.



1. GP&J Baker - Stelvio - Eucalyptus
2. American Clay - Porcelina in Allegheny
3. Crossville - Legacy tile
4. Larsen - Tigris - Bark
5. Lee Jofa - Stigma - Carbon
6. Crossville - Populace
7. Foresso - Pewter Oak
8. Davis - Riza Table in Verde Comodoro
9. Minotti - Sendai Chair



PRIVATE SESSION

The private session rooms are for guests that are arriving for single day sessions. They are accompanied by two practitioners to ensure proper care. There is a custom designed ergonomic bed for their comfort. The wall design allows natural light to permeate the room through a warm glow with no glaring sunlight. The light wraps around the curved wall and accentuates the texture of the rustic rock wall.



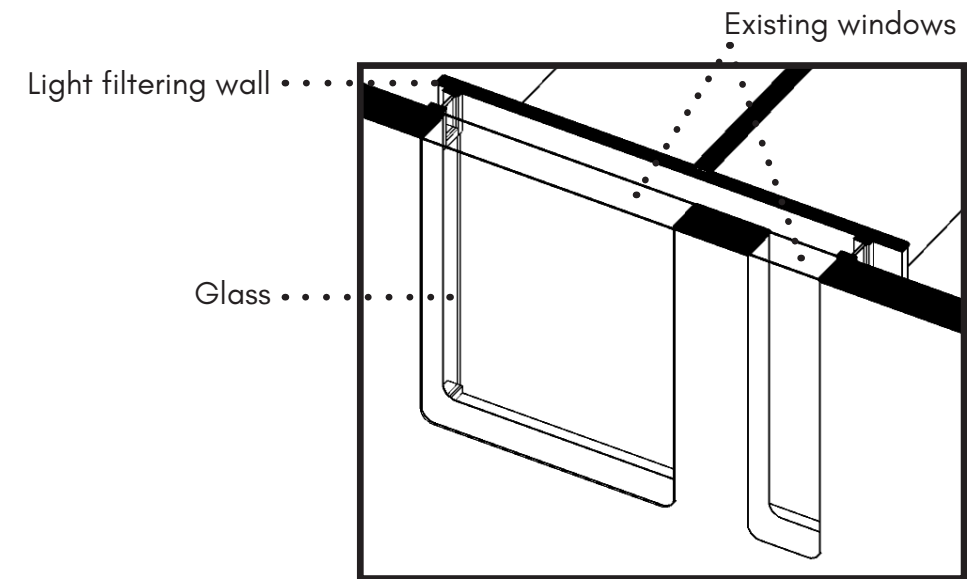
59

- 1. Cultured Stone - Del Mare Palermo
- 2. American Clay - Porcelina in Socorro
- 3. Arteriors - Dexter Table
- 4. Arteriors - Hamza Chair
- 5. Nakawe Trading - Zapotec Pillow
- 6. Nakawe Trading - Tierra Mexican rug
- 7. Larsen - Napa White - Custom Casework
- 8. Custom Tall Cabinet - Hammered Steel
- 9. CB2 - Stature Black Boucle Bench
- 10. Leigh Suggs - Local Art



LIGHT FILTERING WALL DETAIL

The design of the light filtering wall was meant to disperse sun light across all the session rooms, which was originally difficult due to the placement of the windows. Additionally, it creates a soft glow of natural light that creeps beyond the gap in the wall adjacent to the window opening, wrapping along the curved wall and accentuating the texture of the rock surface. This design creates a dim lighting environment for a soothing session, without harsh sunlight streaming in.



Wall Section



Model Study



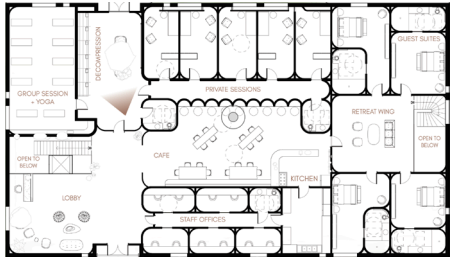
Section of neighboring rooms

DECOMPRESSION

The decompression space offers guests a relaxing environment to reflect after their session. The curtains allow autonomy in connecting with those next to them or enjoying a more solitary experience. The seating opposes a modern built-in gas fire-place so the guests can feel cozy on the coldest or hottest of days



- 1. American Clay - Porcelina in Allegheny
- 2. Crossville - Legacy Tile
- 3. Crossville Populace Tile
- 4. Antique Bronze
- 5. S. Harris - Jules Boucle



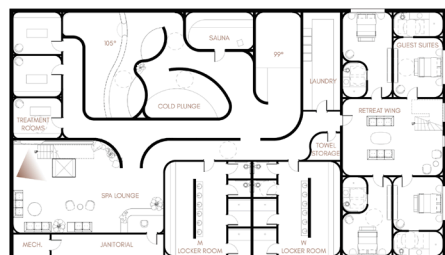


STAIR

The main stairway leads you down from the center of the building to the spa. The textured slate wall provides a soothing sound as water trickles over it. Plant life flourishes on the surface, filtering the surrounding air.



- 1. Buckingham Slate - Slate Tile
- 2. Mogu - Blue River Floor Tile
- 3. Plyboo - Amber Bamboo Floor Plank
- 4. Crossville - Populace Tile
- 5. American Clay - Porcelina in Oyster Bay

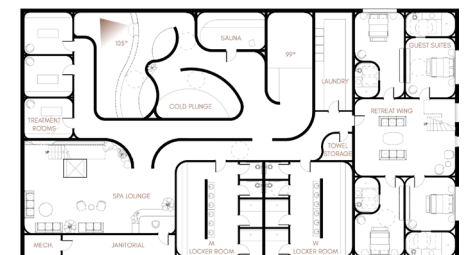


SPA

The thermal baths create a healing environment to let the therapy soak in. With a cold plunge, two hot baths and a sauna to explore, guests can spend as much time as they like here. Plant life follows the curve of the wall as light reaches out from behind giving the illusion of daylight creeping through the clouds.



- 1. American Clay - Porcelina in Oyster Bay
- 2. Maharam - Gather
- 3. Mogu - Blue River Floor Tile
- 4. Larsen - Gila - Clay
- 5. Colfax and Fowler - Jocasta - Old Blue
- 6. Cultured Stone
Del Mare LedgeStone - Palermo



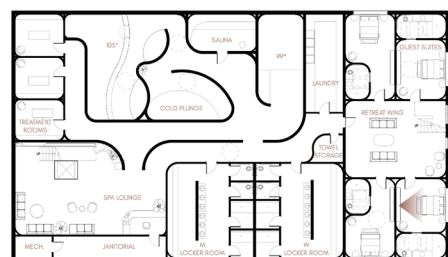


GUEST SUITE

The retreat guest rooms are meant to soothe and relax after the community sessions and festivities. Cove lighting at the floor base creates soft ambient lighting for the room. Overhead, plant life grows in a recessed fixture. Beyond the plants are strip grow lights diffused with translucent acrylic to provide an even glow and the illusion of sun streaming through.



- 1. Plyboo - Bamboo Flooring
- 2. American Clay - Porcelina in Oyster Bay
- 3. Custom Bookcase - Oak + Hammered Steel
- 4. CB2 - Cameo Acacia Nightstand
- 5. Surya - Cherokee Hand Woven Rug
- 6. Four Hands - Mitchell Bench
- 7. Castlery - Rochelle Bed
- 8. Hand woven Rattan Pendant - Local craftsmen
- 9. Leigh Suggs - Local Art

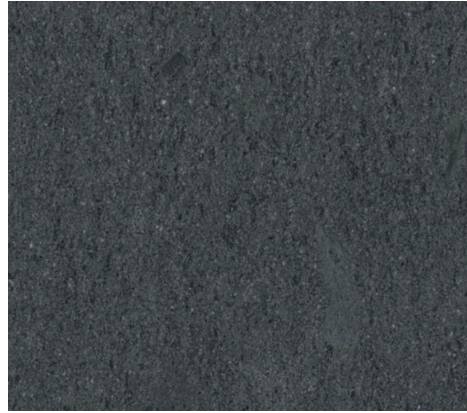




SECTION 07

SPECIFICATIONS

LOBBY



PRODUCT	Civilization - Legality Tile
MANUFACTURER	Crossville
REASONING	Dark color tied into concept and the material is durable and made within 500 miles of the site and sustainable
DIMENSIONS	12" x 24" tile
FINISH	Unpolished with Cross-Sheen - Porcelain
SUSTAINABILITY	Green Squared certified



PRODUCT	Porcelina in Allegheny
MANUFACTURER	American Clay
REASONING	Natural clay cleanses the air and regulates temperature and humidity.
DIMENSIONS	-
FINISH	Clay
SUSTAINABILITY	Lowest carbon footprint of any interior wall finish, regulates temp and humidity, resists mold, zero voc



PRODUCT	Ploum Sofa
MANUFACTURER	Lignet Roset
REASONING	Cloud like shape connects to the concept and fabric provides rich texture
DIMENSIONS	31" H x 80" L x 43" P
FINISH	Foam wrapped in Poly/Wool Upholstery
SUSTAINABILITY	Recycled goods, FSC wood, water based clean glues

LOBBY



PRODUCT	Tobin Chair
MANUFACTURER	Four Hands
REASONING	Comfortable and provides texture
DIMENSIONS	26" W x 31" D x 48" H
FINISH	Mongolian sheepskin and feather - foam cushions
SUSTAINABILITY	Ethically sourced

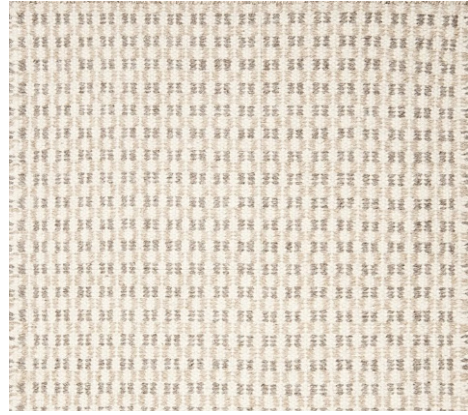


PRODUCT	Zen in Ivory
MANUFACTURER	Larsen
REASONING	Cloud like motifs connect to the concept and allow light to filter through
DIMENSIONS	Repeat V: 14.5" x H: 28.75"
FINISH	60% Linen 40% Cotton
SUSTAINABILITY	Natural materials



PRODUCT	Laszlo Boucle Swivel Chair
MANUFACTURER	CB2
REASONING	Large encapsulating shape connects to the concept. Company has a sustainable footprint
DIMENSIONS	35.5" W x 37" D x 25.5" H
FINISH	Wool Blend Boucle, natural oak veneer base
SUSTAINABILITY	FSC wood, BIFMA compliant

LOBBY



PRODUCT Coopworth Natural Wool Rug

MANUFACTURER Hook & Loom

REASONING Company uses 100% wool with only plant based glues and no artificial dyes

DIMENSIONS 10' x 14'

FINISH 100% Wool

SUSTAINABILITY Made of natural materials, no toxic adhesives

PRODUCT Interstice Coffee Table

MANUFACTURER Lignet Roset

REASONING Shape ties into that of lenticular clouds. Company has sustainable footprint

DIMENSIONS 11" H x 33" W x 59" L

FINISH Walnut

SUSTAINABILITY Recycled goods, FSC wood, water based clean glues

PRODUCT Alabaster

MANUFACTURER Opustone

REASONING Stone allows light to filter through

DIMENSIONS 3' H x 10' W x 2'D

FINISH Wood framing cladded in Alabaster

SUSTAINABILITY Longevity of material

LOBBY



PRODUCT Esculpa Sconce

MANUFACTURER Visual Comfort

REASONING Stone connects into the reception desk and creates beautiful glow

DIMENSIONS 12" W x 4" D x 14" H

FINISH Alabaster and Bronze

SUSTAINABILITY Natural stone, LED

PRODUCT Maguey Mexican Rug

MANUFACTURER Nawake Trading

REASONING Company provides fair trading for indigenous peoples crafts in Oaxaca

DIMENSIONS 4' x 6.5'

FINISH 100% wool

SUSTAINABILITY Hand woven of natural materials, supports sustainability of craft and indigenous peoples

PRODUCT MC2 Occasional Table

MANUFACTURER Lignet Roset

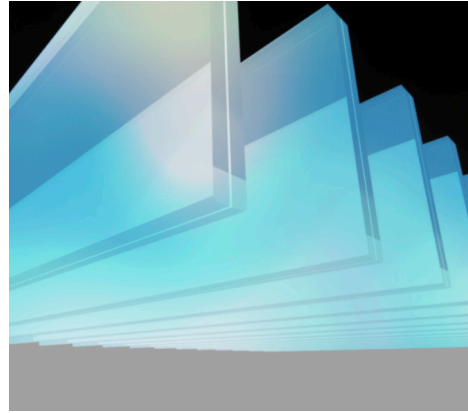
REASONING Peculiar shape adds to the dimension of the space

DIMENSIONS 13" W x 11" D x 17" H

FINISH Bronze

SUSTAINABILITY Recycled goods, water based clean glues

LOBBY



- PRODUCT Spectraglass
- MANUFACTURER The Light Lab
- REASONING Design provides an even glow across the surface cutting a clear path of light through the space
- FINISH Glass
- SUSTAINABILITY Dimmable LED



- PRODUCT Commercial Glass Elevator
- MANUFACTURER Nationwide Lifts
- REASONING Glass provides visibility through floors and to water feature
- DIMENSIONS 7'4 x 5'10"
- FINISH Glass and Steel

CAFE



- PRODUCT Porcelina in Allegheny
- MANUFACTURER American Clay
- REASONING Natural clay cleanses the air and regulates temperature and humidity
- DIMENSIONS -
- FINISH Clay
- SUSTAINABILITY Lowest carbon footprint of any interior wall finish, regulates temp and humidity, resists mold, zero voc



- PRODUCT Custom Dining Table
- MANUFACTURER Cladding - Foresso
- REASONING Company utilizes industry waste to make product and they only use plant based adhesives
- DIMENSIONS 8' L x 3' W x 4' H
- FINISH Bianco London Plan - Foresso Terrazzo
- SUSTAINABILITY Offcut timber, Non-toxic binder, materials sourced within 43 miles, 100% energy needs through solar



- PRODUCT Sendai dining
- MANUFACTURER Minotti
- REASONING Simplistic chair that brightens the cafe space
- DIMENSIONS 23" W x 23.5" D x 18 7/8" H
- FINISH Wood, Polyurethane foam and cotton upholstery
- SUSTAINABILITY Durability and longevity

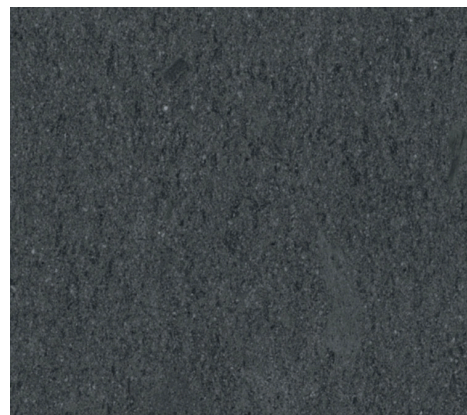
CAFE



PRODUCT	Stelvio Wallpaper in Eucalyptus
MANUFACTURER	Threads
REASONING	Color ties into the project throughout
DIMENSIONS	Entire wall
FINISH	100% non woven
SUSTAINABILITY	Durability



PRODUCT	Civilization - Populace Tile
MANUFACTURER	Crossville
REASONING	Material is durable and made within 500 miles of the site and sustainable
DIMENSIONS	3' D x 3' H
FINISH	Unpolished
SUSTAINABILITY	Sourced within 500 miles



PRODUCT	Civilization - Legality Tile
MANUFACTURER	Crossville
REASONING	Dark color tied into concept and the material is durable and made within 500 miles of the site and sustainable
DIMENSIONS	12" x 24" tile
FINISH	Unpolished with Cross-Sheen - Porcelain
SUSTAINABILITY	Green Squared certified

CAFE



PRODUCT	Tigris - Bark
MANUFACTURER	Colefax and Fowler
REASONING	Pattern and color tie into the space
DIMENSIONS	Repeat V 56" x H 47.5"
FINISH	46% Viscose 42% Cotton 11% Linen 1% Polyester
SUSTAINABILITY	Durability



PRODUCT	Stigma - Carbon
MANUFACTURER	Kelly Wearstler - Lee Jofa
REASONING	Pattern and color tie into the space. Is 100% natural material
DIMENSIONS	Repeat V 94" x H 68"
FINISH	100% flax
SUSTAINABILITY	Natural material



PRODUCT	Riza Cafe Table
MANUFACTURER	Davis
REASONING	Company is sustainable and table fits nicely.
DIMENSIONS	30" round 36" H
FINISH	Verde comodoro
SUSTAINABILITY	BIFMA , SCS

GUEST SUITE



PRODUCT	Porcelina in Oyster Bay
MANUFACTURER	American Clay
REASONING	Natural clay cleanses the air and regulates temperature and humidity
DIMENSIONS	-
FINISH	Clay
SUSTAINABILITY	Lowest carbon footprint of any interior wall finish, regulates temp and humidity, resists mold, zero voc

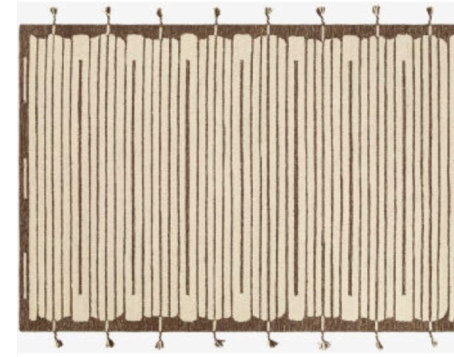


PRODUCT	Rochelle Bed
MANUFACTURER	Castlery
REASONING	Color and texture tie in well to the project. Durable and comfortable
DIMENSIONS	66.9" W x 90.9" D x 41.3" D
FINISH	Oak and Upholstery
SUSTAINABILITY	Upholstered in a polyester textile - cleanability and longevity



PRODUCT	Mitchell Bench
MANUFACTURER	Four Hands
REASONING	Very well made and the curved shape relates to the building design
DIMENSIONS	27" H X 63" W X 20.5" D
FINISH	Camel
SUSTAINABILITY	Performance fabric

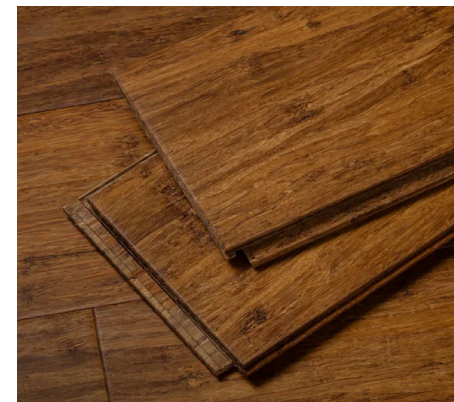
GUEST SUITE



PRODUCT	Cherokee Hand Woven Rug
MANUFACTURER	Surya
REASONING	Product is made of 100% wool. Color and pattern relate to the design
DIMENSIONS	8' x 10'
FINISH	100% wool
SUSTAINABILITY	Natural Materials



PRODUCT	Hand Woven Rattan Pendant
MANUFACTURER	Local Craftsmen
REASONING	Working with local craftsmen and local material for this design
DIMENSIONS	18" Diameter
FINISH	Rattan
SUSTAINABILITY	Natural Materials



PRODUCT	Stiletto in Amber
MANUFACTURER	Plyboo
REASONING	Sustainable product and rapidly renewable supply
DIMENSIONS	21" H 17" D
FINISH	Amber Stain
SUSTAINABILITY	Rapidly renewable material, FSC wood, USGBC

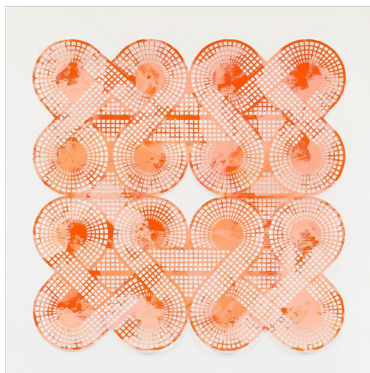
GUEST SUITE



- PRODUCT Custom Millwork
- MANUFACTURER Custom design provides drawer space for guest as well as shelving for decor and open framing for art. Ample supply of White Oak in Virginia
- REASONING
- DIMENSIONS 21" H 17" D
- FINISH White Oak and Hammered Steel Drawers
- SUSTAINABILITY High supply of White Oak in Virginia



- PRODUCT Cameo Acacia Nightstand
- MANUFACTURER CB2
- REASONING Rhythm of wood slats ties into project
- DIMENSIONS 20" W 17" D 24" H
- FINISH Solid Acacia with Brass Hardware
- SUSTAINABILITY FSC wood, BIFMA compliant



- PRODUCT Pacing the Races
- MANUFACTURER Leigh Suggs
- REASONING Working with a local artist so keep things local and bringing a pattern and color into the space
- DIMENSIONS 40" x 40"
- FINISH Hand cut paper design
- SUSTAINABILITY Local artist

GUEST SUITE



- PRODUCT Linear 120V LED Cove Light Bar
- MANUFACTURER Alcon Lighting
- REASONING Creates soft cove lighting along floor plane
- DIMENSIONS Room perimeter
- FINISH White
- SUSTAINABILITY Energy Star Rating



- PRODUCT Boho Woven Wall Hanging
- MANUFACTURER Nawake Trading
- REASONING Ties back to indigenous crafts and adds texture
- DIMENSIONS 180 cm x 40 cm
- FINISH Cotton
- SUSTAINABILITY Hand woven of natural materials, supports sustainability of craft and indigenous peoples

PRIVATE SESSION



PRODUCT Lomalina in Mojave
 MANUFACTURER American Clay
 REASONING Natural clay cleanses the air and regulates temperature and humidity
 DIMENSIONS -
 FINISH Clay
 SUSTAINABILITY Lowest carbon footprint of any interior wall finish, regulates temp and humidity, resists mold, zero voc



PRODUCT Hamza Chair with Mink Leather Seat
 MANUFACTURER Arteriors
 REASONING Shape and design relate to the psychedelic medicine and traditional making
 DIMENSIONS 27" H x 28.5" W x 26.5" D
 FINISH Wood and Rattan
 SUSTAINABILITY Durable



PRODUCT Dexter Accent Table
 MANUFACTURER Arteriors
 REASONING Shape and material have a traditional feeling
 DIMENSIONS 21" H 17" D
 FINISH Black Volcanic Ash Composite on cast resin
 SUSTAINABILITY Durable

PRIVATE SESSION



PRODUCT Tierra Mexican Rug
 MANUFACTURER Fair Trade- Zapotec weaving communities
 REASONING Company provides fair trading for indigenous peoples crafts In Oaxaca
 DIMENSIONS 30" x 59"
 FINISH 100% wool
 SUSTAINABILITY Hand woven of natural materials, supports sustainability of craft and indigenous peoples



PRODUCT Zapotec Diamond Mexican Pillow
 MANUFACTURER Fair Trade
 REASONING Company provides fair trading for indigenous peoples crafts In Oaxaca
 DIMENSIONS 70 cm x 50 cm
 FINISH 100% wool
 SUSTAINABILITY Hand woven of natural materials, supports sustainability of craft and indigenous peoples



PRODUCT Manarola Armchair
 MANUFACTURER Lignet Roset
 REASONING Custom cabinet provides storage space for additional blankets, pillows etc
 DIMENSIONS Height 32" Width 36" Depth 40"
 FINISH Hammered Steel and Grasscloth cabinet doors
 SUSTAINABILITY Durable and longevity

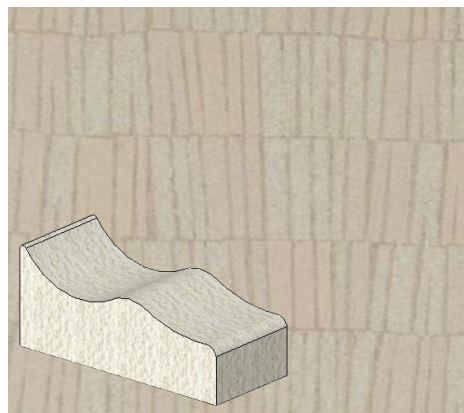
PRIVATE SESSION



PRODUCT	Flooring
MANUFACTURER	Mogu
REASONING	Very sustainable product that uses industry waste to create it's flooring
DIMENSIONS	20" 20"
FINISH	F029 - Source - Blu River
SUSTAINABILITY	87% bio based resin processing industrial waste



PRODUCT	Irregular Echo Ridge Fieldstone
MANUFACTURER	Cultured Stone
REASONING	Stone veneer makes the curved install easy and seamless
DIMENSIONS	Entire wall
FINISH	Echo Ridge
SUSTAINABILITY	Closed loop recycling, sourced within 500 miles



PRODUCT	Napa - White
MANUFACTURER	Larsen
REASONING	Custom design ergonomically hugs the body for optimal comfort. Textile is soft to the touch
DIMENSIONS	Repeat V18"x H13.75"
FINISH	35% Cotton 18% Viscose 11% Linen 11% Polyester 10% Acrylic 9% Modal 6% Wool
SUSTAINABILITY	Durable

PRIVATE SESSION



PRODUCT	Unnamed
MANUFACTURER	Leigh Suggs
REASONING	Working with a local artist so keep things local and bringing a pattern and color into the space
DIMENSIONS	40" x 40"
FINISH	Hand cut paper design
SUSTAINABILITY	Local artist



PRODUCT	Stature Black Boucle Bench
MANUFACTURER	CB2
REASONING	Color gives contrast in the room and geometry relates to the chairs
DIMENSIONS	66.5" W x 20.75" D x 26.75" H
FINISH	Wool Blend Boucle, engineered wood frame
SUSTAINABILITY	FSC wood, BIFMA compliant

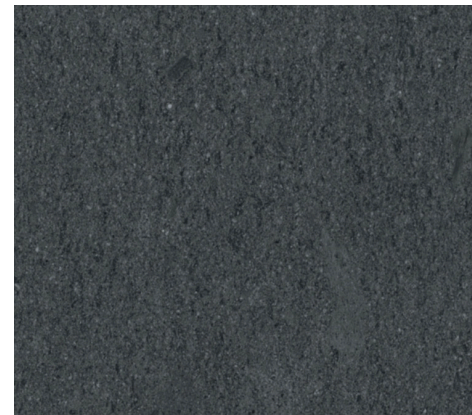


PRODUCT	Star Ceiling
MANUFACTURER	Fibre Optics
REASONING	The starry night ceiling lighting provides more ambient lighting and the feeling of being out in nature
DIMENSIONS	entire ceiling
FINISH	Hammered Steel and Grasscloth cabinet doors
SUSTAINABILITY	Durable and longevity

DECOMPRESSION



PRODUCT	Porcelina in Allegheny
MANUFACTURER	American Clay
REASONING	Natural clay cleanses the air and regulates temperature and humidity
DIMENSIONS	-
FINISH	Clay
SUSTAINABILITY	Lowest carbon footprint of any interior wall finish, regulates temp and humidity, resists mold, zero voc



PRODUCT	Civilization - Legality Tile
MANUFACTURER	Crossville
REASONING	Dark color tied into concept and the material is durable and made within 500 miles of the site and sustainable
DIMENSIONS	12" x 24" tile
FINISH	Unpolished with Cross-Sheen - Porcelain
SUSTAINABILITY	Green Squared certified



PRODUCT	Jules Boucle
MANUFACTURER	S. Harris
REASONING	Custom lounge seats 6 guests with optimal comfort due to the ergonomic design
DIMENSIONS	-
FINISH	47% wool 43% linen
SUSTAINABILITY	Natural material

DECOMPRESSION



PRODUCT	Casework - Antique Bronze
MANUFACTURER	Local
REASONING	Aged material feels like it's lived in the space and is recycled
DIMENSIONS	-
FINISH	Brushed
SUSTAINABILITY	Recycled materials



PRODUCT	Cast Concrete
MANUFACTURER	Local
REASONING	Durable for plant life
DIMENSIONS	-
FINISH	Unpolished
SUSTAINABILITY	Durable



PRODUCT	Linear 120V LED Cove Light Bar
MANUFACTURER	Alcon Lighting
REASONING	Creates soft cove lighting along floor plane
DIMENSIONS	Room perimeter
FINISH	White
SUSTAINABILITY	Energy Star Rating

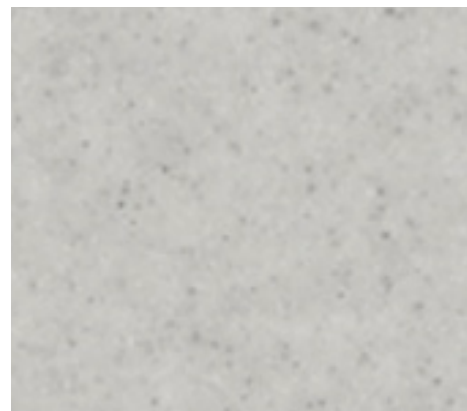
SPA



PRODUCT	Lomalina in Oyster Bay
MANUFACTURER	American Clay
REASONING	Natural clay cleanses the air and regulates temperature and humidity
DIMENSIONS	-
FINISH	Clay
SUSTAINABILITY	Lowest carbon footprint of any interior wall finish, regulates temp and humidity, resists mold, zero voc



PRODUCT	Del mare ledgestone
MANUFACTURER	Cultured Stone
REASONING	Stone veneer makes the curved install easy and seamless
DIMENSIONS	Entire wall
FINISH	Palermo
SUSTAINABILITY	Closed loop recycling, within 500 miles



PRODUCT	Flooring
MANUFACTURER	Mogu
REASONING	Very sustainable product that uses industry waste to create it's flooring
DIMENSIONS	20" 20"
FINISH	F029 - Source - Blu River
SUSTAINABILITY	87% bio based resin processing industrial waste

SPA



PRODUCT	Gila - Clay
MANUFACTURER	Larsen
REASONING	Adds texture to the space and a comfortable place to lie on
DIMENSIONS	54" width
FINISH	32% virgin wool, 31% polyacrylic, 28% cotton, 9% polyester
SUSTAINABILITY	small quantity



PRODUCT	Jocasta - Old Blue
MANUFACTURER	Colfax and Fowler
REASONING	Adds color and texture to the space
DIMENSIONS	Repeat V 24.75" H26"
FINISH	49% Viscose 26% Linen 17% Cotton 8% Polyester
SUSTAINABILITY	small quantity



PRODUCT	Gather 464850
MANUFACTURER	Maharam
LOCATION	Adds color and texture to the space and a comfortable place to lie on
DIMENSIONS	53" width
FINISH	91% wool 9% nylon
SUSTAINABILITY	Mostly natural material

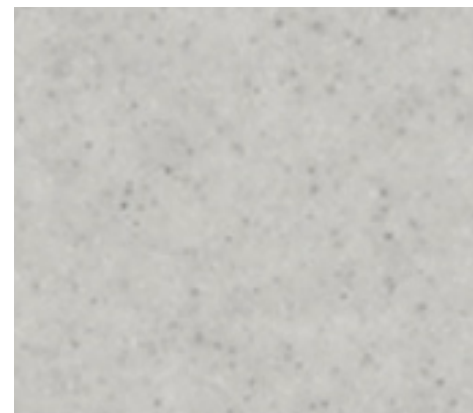
STAIR



PRODUCT	Slate
MANUFACTURER	Buckingham Slate
REASONING	Utilizing local material. Creates a textured surface for water to flow over.
DIMENSIONS	-
FINISH	
SUSTAINABILITY	Local material



PRODUCT	Stiletto in Amber
MANUFACTURER	Plyboo
REASONING	Sustainable product and rapidly renewable supply.
DIMENSIONS	21" H 17" D
FINISH	Amber Stain
SUSTAINABILITY	Rapidly renewable material, FSC wood, USGBC



PRODUCT	Flooring
MANUFACTURER	Mogu
REASONING	Very sustainable product that uses industry waste to create it's flooring.
DIMENSIONS	20" 20"
FINISH	F029 - Source - Blu River
SUSTAINABILITY	87% bio based resin processing industrial waste

STAIR



PRODUCT	Lomalina in Oyster Bay
MANUFACTURER	American Clay
REASONING	Natural clay cleanses the air and regulates temperature and humidity.
DIMENSIONS	-
FINISH	Clay
SUSTAINABILITY	Lowest carbon footprint of any interior wall finish, regulates temp and humidity, resists mold, zero voc



PRODUCT	Civilization - Populace Tile
MANUFACTURER	Crossville
REASONING	Material is durable and made within 500 miles of the site and sustainable.
DIMENSIONS	3' D x 3' H
FINISH	Unpolished
SUSTAINABILITY	Sourced within 500 miles



PRODUCT	Linear 120V LED Cove Light Bar
MANUFACTURER	Alcon Lighting
REASONING	Creates soft cove lighting along floor plane.
DIMENSIONS	Room perimeter
FINISH	White
SUSTAINABILITY	Energy Star Rating



SECTION 08

RESOURCES

RESEARCH:

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- (J, Brackett ketamine therapy patient, phone call, 9/7)
- (J, Phelan lead designer of Dimensions Algonquin Highlands, communication via zoom, 8/29)
- Harvey AG, Callaway CA, Zieve GG, Gumport NB, Armstrong CC. Applying the Science of Habit Formation to Evidence-Based Psychological Treatments for Mental Illness. *Perspectives on psychological science*. 2022;17(2):572-589. doi:10.1177/1745691621995752

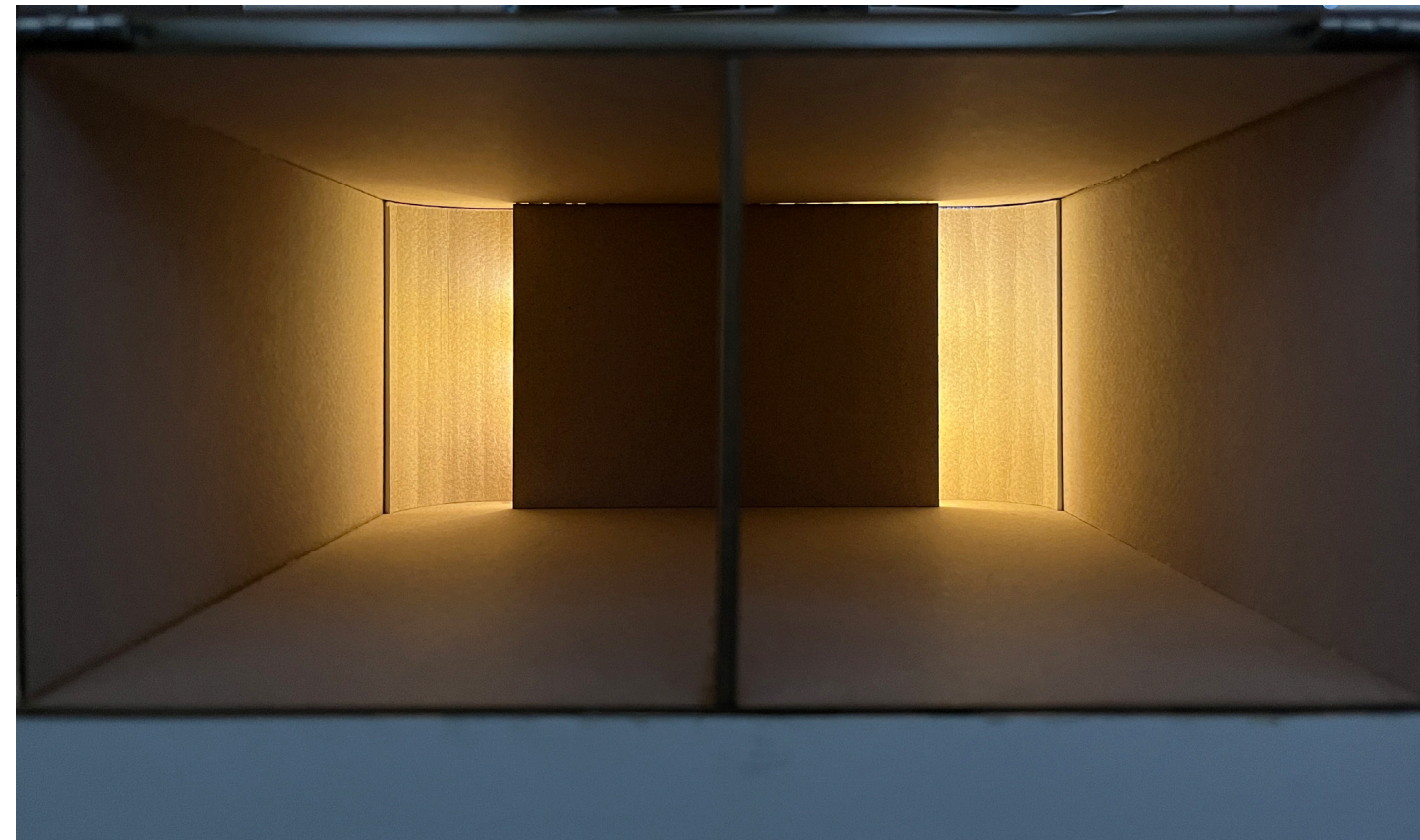
PHOTO RESOURCES:

- Image 1. AI image produced through Vizcom.com Prompts included: an image of a concept watercoloring I made, the words clouds and ephemeral.
- Image 2. Mycelium forms suede-like furniture by Sebastian Cox and Ninela Ivanova. (2022, January 18). Retrieved from <https://www.dezeen.com/2017/09/20/mushroom-mycelium-timber-suede-like-furniture-sebastian-cox-ninela-ivanova-london-design-festival>
- Image 3. Hamish Pearch. (2024, February 21). Retrieved from <https://hamishpearch.com>
- Image 4. Cotsifas, A. (2018). Smallhold Mushrooms by Anthony Cotsifas. THE LAST MAGAZINE. Retrieved from <https://thelast-magazine.com/mushrooms-photography-anthony-cotsifas>
- Image 5. Mothes, K. (2023). The Astonishing Biodiversity of Fungi Blooms in Max Mudie’s Macro Photographs – Colossal. Colossal. Retrieved from <https://www.thisiscolossal.com/2023/02/max-mudie-macro-mushrooms>
- Image 6-12. Bells + Whistles-Designed “Social Wellness Club” Remedy Place Debuts in L.A. – Interior Design. (2022, November 23). Retrieved from <https://interiordesign.net/projects/bells-whistles-designed-social-wellness-club-remedy-place-debuts-in-l-a>
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- Image 21. ChildSavers Building | Architecture Richmond. (2024, April 18). Retrieved from <https://architecturerichmond.com/inventory/210>
- Image 22. Mothes, K. (2023). The Astonishing Biodiversity of Fungi Blooms in Max Mudie’s Macro Photographs – Colossal. Colossal. Retrieved from <https://www.thisiscolossal.com/2023/02/max-mudie-macro-mushrooms>

THESIS REFLECTION



FINAL BOARD



FINAL LIGHT STUDY MODEL

FINAL THOUGHTS

This project began as a deeper dive into psilocybin therapy, fueled by my interest in plant medicine and it's capacity to heal. The outcome came to reflect my curiosities of the psyche and how we develop and morph through the most difficult chapters in our lives. I hoped to design an environment that would reflect this metamorphosis back to us, showing the natural capacity for change. I found great purpose in researching the traditional history of this medicine and found a deeper importance to my work through the connection to Indigenous practices.

Particl Plant Medicine offers guests a synergistic environment for emotional healing and self-discovery. It encourages letting go and diving deep through the immersive light experience. The critics believed I was successful in creating a healing environment that felt deeply soothing to the guests and felt intimately tied to the therapy experience. One critic suggested further exploration in the tie to the exterior green space, accentuating the clarifying experience that comes after the therapy. This led to a discussion in bringing more sunlight into the space through skylights, providing a softer, transient lighting environment. If I were to make changes to this project I would like to explore the integration of exterior spaces into the therapy, connecting the guests more to nature.

Another comment was made on my overarching interest in material and texture and it's connection to the local landscape. It was evident that this was an important sensory experience of the project and that it has been a clear thread through my work. This has become an integral aspect of my design work and the comment inspired me to continue questioning and exploring.

The critics provided wonderful feedback and positive comments. This thesis year has developed me significantly as a designer and person, asking me to look deeper and feel more. I am thankful for my professors who made this experience so valuable through their guidance.

ACKNOWLEDGMENTS

To the incredible faculty at VCU who breathed the life of design into us and showed us our depth of responsibility as designers. Roberto Ventura, Kristin Carleton, Tim Hamnett, Emily Smith and Laura Battaglia you have shaped me and given me the space to develop as a designer.

To my cohort which has grown each step of the way, Caroline Ciccone, Camille Rovani, Sydney Rakes, Che Shannon, Chelcey Dunham, Caitlin McLean, Aseel Alhaidari, Sara Alrumayh, Se Young Lee and Zixuan Gou. You've made a significant impact on my life through your support, inspiration and friendship. We arrived with different skill sets and have learned from each other and grown immensely as people and designers. You all defined this journey as a critical chapter in my life.

To my parents for having the bright idea to apply for grad school, you were right. Thank you for your unconditional love and support through every chapter of my life and giving me the space to make mistakes and figure it out.

