2024

Reflection: Cultivating Creativity and Healing Through Art Therapy

Caroline Ciccone
Virginia Commonwealth University

REFLECTION

CAROLINE CICCONE
MFA 2024

CULTIVATING CREATIVITY + HEALING
ART THERAPY FOR ELEMENTARY-AGED CHILDREN
CAROLINE CICCONE
MFA IN INTERIOR ENVIRONMENTS
2024

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PHILOSOPHY

DECLARATION

My design ethos as an interior designer is rooted in inclusivity, empathy, nature, sustainability, and authenticity. Inclusivity drives me to create spaces that prioritize the needs and experiences of the humans who will inhabit them. I believe in using human-centered and universal design principles to ensure that every user feels welcomed and valued.

Empathy is at the core of my design process, as I strive to understand users' perspectives through conceptual storytelling and create meaningful connections within spaces. Nature is also an inspirational driver. I strive to integrate natural elements thoughtfully to harmonize with the environment and enhance user well-being.

Sustainability is also paramount, guiding me to practice reuse, reclamation, and recycling in all aspects of design to minimize negative environmental impacts. I prioritize authenticity, choosing not to imitate others and instead focusing on genuine, honest design choices that reflect the unique character of each space and its inhabitants.

Water Reflection by Pamela Gilliland, 2017

DESIGN ETHOS

Inclusivity
Human-centered design and universal design are two main ideals that are particularly important to me, as it is important to create spacers with the users at the forefront of the thought process. If spaces are not welcoming and open to the users that are occupying them, it is our goal as designers to make them inviting.

Empathy
Designing with empathy involves understanding the world from the user's perspective. As designers we can guide the user on a journey. It is crucial for fostering user engagement and bringing light to important moments to guide the user on a journey throughout the space.

Nature + Design
Designing with a careful regard to ecology and natural character of the landscape is a priority. Incorporating natural elements and designing sustainably is a key way to better serve the people and the earth.

Reuse - Reclaim - Recycle
It is critical to practice sustainable methods when designing. The design industry contributes to large volumes of waste, so when possible, using recycled materials, thrifting FF+E, and adaptive reuse of buildings are great ways to reduce our environmental footprint.

Authenticity
In an industry where so many ideas are considered each day, it can sometimes be hard to remain authentic and not take after others' ideas. Authenticity prioritizes thoughtful and honest design choices that reflect the true character and personality of the space and its inhabitants.

Infinite Mirror, Portland, Andrea B. Stone

WHY ART THERAPY?

This project is centered around the design of an art therapy center for children who may not receive the necessary resources at their schools. Art therapy is a form of psychotherapy involving the encouragement of free self-expression through painting, drawing, or modeling, used as an aid.

Art therapy is an effective method to deal with mental disorders, family/personal conflicts, and enable clients to experience their own difficulties, conflicts, and fears in a less painful way, and it can be especially impactful in urban settings.

Over the summer in 2018, I had the opportunity to go work in Jamaica at an orphanage with children who have a wide range of disabilities. Some of these children were mute or unable to communicate with us, but art was a form of communication that brought us all together. This experience is what first introduced me to the healing powers of art.

Within the Richmond City Public Schools, 31.7% of students are economically challenged and 13.1% of students are disabled. Giving more resources to students who may need them outside of their school environments is the goal for this project. Art can be a form of communication as well as a way to help understand others better.

personal photo from trip to Jamaica

RESEARCH

ABSTRACT

Relevance

I was first introduced to the healing powers of art after working in an orphanage in Jamaica with children who had a wide range of disabilities. Some children were mute or unable to communicate, but art was a form of communication that brought us all together. Within the City of Richmond public school system, 31.7% of students are economically challenged and 13.1% of students are disabled (Education, 2022). Giving more resources in the arts and mental health support to students outside of their school environments is the goal. Art therapy helps reduce the dropout rate and improve mental health (10 arts education fast facts, 2020). Art can be a form of communication and a way to help understand others better, and many countries are now adapting art therapy practices to better serve their communities (International, 2018).

Issue/Problem

When conducting research, there was a lack of information on art therapy centers around the globe that are carefully crafted to best support their practices. How can designers create environments to help support art therapy practices and the mental health and well-being of children?

Context

Art therapy is an effective method to deal with mental disorders, family/personal conflicts, and enables clients to experience their difficulties, conflicts, and fears in a less painful way. It is especially impactful in urban settings (Kay, 2020). The CLEAR model, (Culture, Learning, Equitable, Achievement and Responsive) a trauma informed approach to art therapy, focuses on physical safety, emotional safety, predictability, and consistency which are key elements when designing a space to conduct therapy in (Kay, 2020). Kay furthers her research, touching on the good design strategies which can be included in trauma informed spaces, such as creating a space that is psychologically and emotionally safe and private for clients with proper sound insulation, making children feel empowered and make their own decisions, promote well-being in a physical and mental capacity, include private spaces for both clients and art therapists to get away from tense environments, clear and concise messaging for easy wayfinding, and being considerate of light, color, and sound.

Methods

In order to learn more about the client, program, and industry, interviews with licensed art therapists and visits to current facilities such as Healing Sounds, LLC will occur. This will help with learning more about what is currently working or not working in the facilities. The president of the Virginia Art Therapy Association is also supporting the research with program development and design strategies for this project. Relevant books and articles about current methods and programs, such as, "Development of a Creative Arts Therapies Center for People With Developmental Disabilities" and "The Introductory Guide to Art Therapy", and precedent studies of adjacent facilities such as therapy clinics, art education facilities, music therapy clinics, and sensory spaces will also be observed. These will guide the design and help better understand how certain design principles and sensory elements can either be positive or negative experiences for developing children.

Outcomes

Different environments support positive experiences for children who suffer from trauma or mental health crises. Students who attend underfunded schools are not receiving the same care and resources as those in more economically flourishing areas. Research suggests, by creating an environment where these students can receive therapy resources, their mental and physical health will improve.

Engagement

Creating an art therapy center in a neighborhood that needs mental health services as well as art therapy programs for developmentally challenged children is the goal for this project to help support the betterment of the community. Providing art therapy services outside of the normal class curriculum can help stimulate young minds and help the mental health and well-being of developing children.

RESEARCH WRITING

I. Introduction

According to McDonald, **"Children who engage with art therapy are viewed as happier, more settled, calmer, having fewer behavioral outbursts, more confident, and engaging better with schoolwork"** (McDonald, 2022). Art therapy is a powerful form of psychotherapy that harnesses the expressive potential of artistic mediums to promote mental health and well-being. This form of therapy empowers individuals to communicate and process their emotions and experiences in a safe and creative environment. This approach has proven to be particularly effective in addressing a wide range of mental disorders and provide valuable tools to navigate complex family and personal conflicts, enabling clients to confront and understand their own difficulties, conflicts, and fears in a manner that is less distressing.

Art therapy is a valuable resource, especially in urban settings. In environments such as Richmond, Virginia, diverse challenges can be present and the need for these therapeutic interventions becomes more necessary. The local public school system in Richmond faces socioeconomic disparities, with 31.7% of students facing economic challenges, and 13.1% of students living with disabilities. Recognizing the significance of offering more comprehensive support to these students beyond the limitations of their school environments is an important element in bettering the mental health and wellbeing of the children in our community. The primary objective of this project is to outline the value of art therapy, the requirements that it entails, as well as how this can benefit the interior designers as they design these types of spaces. There is a significant lack of precedent studies that address the impact of designing spaces of this nature. The scarcity of comprehensive research impedes the understanding of how these types of spaces can be influenced, shaped, and ultimately optimized through interior design strategies. This absence of precedents emphasizes the need for further investigation and exploration to reveal the correlations between design strategies and art therapy practices.

II. Students who practice art therapy perform better in school and are less likely to drop out.

Students who engage in the practice of art therapy not only excel academically but also exhibit a reduced likelihood of dropping out of school. Students who are considered "at risk" oftentimes face academic challenges and may not perform as well in school. The term, "at risk" refers to students who do not perform well in typical educational settings, making them more susceptible to failure. These students may also be those who live in poverty, students who are placed in special education, or those who have experienced trauma. In Therapeutic Approaches in Art Education, Kay states, **"The more time I spent in urban schools, the more troubled I became about the impact of trauma on students"** (Kay, 2020). This study focuses on students who are a part of "at risk" populations within Kay's school district. Kay continues on by discussing the well-being of urban students who have experienced trauma. These students may seem disconnected from what is happening around them and what they are feeling. Their psychological and behavioral reactions to trauma are also dependent on their developmental levels and age. These children may present different responses to traumatic situations and each may benefit in a different manner from art therapy practices. Art therapy may also be beneficial for students who feel the pressure to achieve, need to fit in, feel stress of social media, or lack of safety in school (Kay, 2020). Students can find peace and self-expression through art therapy, offering a therapeutic outlet to navigate the complex pressures and stresses they encounter in the everyday educational environment.

The critical theoretical model emphasizes the role of research and defines art as a method for identifying and communicating problems with current social situations, values, and norms (Benic, 2016). In "Findings of Visual Arts Research in Early Childhood and Primary Education," Benic introduces the case studies of Cuthbertson and Rolling schools which exhibited their findings in a quantitative manner. In 2007, a comprehensive case study was conducted at Cuthbertson located in Phoenix, AZ. The results of this study were that teamwork, creativity, and working with new media improved among the students who were involved in the study. In 2008 in Rolling, NYC, another comprehensive study was conducted, the outcomes of which were that visual arts helped students develop their identity and communication skills (Benic, 2016). Both of these studies were able to conclude that the

arts have a strong impact on the student's cognitive development and emotional well-being. Harpazi, et al, state that, there is a strong association between a student's emotional state and academic achievements (Harpazi, Reger, Snir, Raubach-Kapsy, 2020). The school climate and environment are also known factors to impact the emergence of emotional, personal, and behavioral problems. With an improved classroom behavior there is a reduction in resistance and anxiety among children. "Children who engage with art therapy are viewed as happier, more settled, calmer, having fewer behavioral outbursts, more confident, and engaging better with schoolwork" (McDonald, 2022).

III. The therapeutic approach of art therapy promotes self-expression and emotional healing. It can be both a remedial tool and a diagnostic aid.

The therapeutic approach of art therapy promotes self-expression and facilitates emotional healing that serves the dual purpose of both a remedial tool and a diagnostic aid. This multifaceted approach encourages individuals to articulate and explore their inner emotions through creative expression and provides valuable insights to the emotional and mental well-being of the patients. The implementation of this approach can be executed through a variety of create mediums, such as painting, drawing, and sculpting, thereby providing individuals with a wide range of options for self expression. However, these materials are not limited to fine art materials. When speaking with local licensed professionals, they stated that clients enjoy using recycled materials or using whatever they can find within the space to express themselves. Some professionals prefer to perform their therapeutic practice outside using primarily natural materials in a practice called, "eco art therapy." "The means by which an individual is able to use objects and materials symbolically in order to represent, communicate, or express thoughts, feelings, and experiences is a matter of crucial importance in both psychoanalysis and art therapy," Edwards writes, (2004). The main goal of art therapy is to create images and objects with the explicit aim of exploring and sharing the means for them (Edwards, 2004). In Edward's research, the use of metaphor and the process of symbol formation played an important role in their practice. In this example, Edward talked about his experience working with clients. Edward explains that lines may be 'nervous' or 'agitated,' a shape is 'bold,' color can be 'shocking.' The use of metaphors connects individuals to universal themes (Gussak & Rosal, 2016). This can also make the work stand for something beyond itself, and they acquire their meaning based on the context where they are created and promote the exploration of the ambiguity of the meaning behind them.

Art therapy can have a variety of different meanings (Gussak & Rosal, 2016). No two clients are the same, nor can they be treated with the same methodology. Each individual has their own unique circumstances that have led them to the art therapy practice in which they hope to cope and work through. The creative process needs not be judged and art therapists are trained to meet people where they are while creating a personal narrative for each client. The displacement into art allows emotional safety to process difficult content. Problem-solving through art supports mastery and cognitive development while allowing for non-verbal expression when words may otherwise fail.

IV. The interior environment shapes and influences human behavior

The interior environment shapes and influences human behavior, and it can be especially

impactful in therapy settings. The design of the therapy room influences the patient's comfort level and participation (Norouzi & Garza, 2021). In, "Architecture for Children With Autism Spectrum Disorder and Their Therapists," the authors introduce the environmental behavior theory, which is a conceptual model recognizing the impact of the environment on a person's behavior. Ensuring that the environment is attuned to the requirements and preferences of the individuals is of the utmost importance. In particular, the sensory environment is a substantial and influential factor in this regard. It significantly contributes to the overall well-being of the user and their experience within the space. The careful and thought out design of the sensory environment, paying particular attention to lighting, acoustics, textures, and colors, invites the potential to create a more harmonious environment that meets the diverse needs and sensitivities of the clients. This in turn also influences the inclusivity and accessibility of the space for the users.

In Studio art therapy: Cultivating the artist identity in the art therapist, Moon talks about the challenge of creating art therapy environments that are responsive to the needs of the clients that we serve (Moon, 2002). **"A sense of "place" is created not only of the physical space and material resources but also of our ability to make use of chance and circumstances as necessary environmental ingredients"** (Moon, 2002). As designers, it is fundamental to consider the work environment as a work of art. In this instance in particular, the architecture and the art being made within the space go hand-in-hand. Moon also talks about the emphasis on the relationship to the surroundings, most importantly the connection to history, the neighborhood, and surrounding social issues. Within the local context of Richmond, the city has a strong tie to many significant historical and social issues that have unfolded over the course of time. Tying in these notable events into the art therapy practices, may benefit children in the local environment to cope with thoughts and feelings they may not be able to otherwise express through words. Hence why the chosen site for this project holds great potential for a profound impact on the community, being located close to the Virginia Museum of Fine Arts, Monument Avenue, and the unique makeup of the historic Carytown neighborhood. Moon also stresses the importance to consider and articulate the intention of the space. As designers, in order to evoke a sense of welcome and make individuals experience a space as "for" them, we can create accessible and inviting spaces for all. These spaces may be seen as "safe spaces" for clients, or use intentional materials in order to create a calming environment. "Safe spaces" may include spaces that feel more welcoming, have a lower lighting level, or have substantial acoustic qualities that reduce the noise levels within them. A successful art therapy space is one that invites art making and is physically and emotionally safe. In order to do so, Moon suggests creating easy, unobstructed pathways, using non-toxic materials, and considering the placement and

accessibility of art materials. Making a space emotionally safe can be evoked by the quality and character of the space. By providing users safe spaces where they can step away from the tense environment, or connect them with the natural environment, clients are more likely to feel safe within the space. These spaces are also most successful when they demonstrate adaptability and flexibility tailored to the unique needs and preferences of each client. Using folding screens, modular furniture, cabinets and storage on wheels, floor pillows, or draped fabric are all good design features to consider.

The primary objectives for the space revolve around the prioritization and optimization of safety and security. This can be achieved by implementing doors which require access codes and sound machines when necessary. This maximizes awareness and orientation, supports functional abilities and foster creativity, supports the provision of privacy and opportunities for personal control, and regulates stimulation. It is also important to consider the sensory environment including colors, textures, patterns, lights, shapes, spatial qualities. Sensory awareness is information communicated through the central nervous system (Kay, 2020). This is especially important when designing this space for children. Color and cognitive development go hand-in-hand (Sullivan, 2011). According to Sullivan's research, blue promotes relaxation, children ages 1-2 benefit from the color orange (psychometer stimulator), children ages 2-3 benefit from green (evoke nature). However, this does not always hold true among different cultures and countries, it is essential to look at the research based on the geographic location in which the art therapy space is situated. Although, the use of color is always impactful no matter where the building is located. The research discussed in, "Design strategies for enhancing cooperative behavior in children in

Daycare Facilities" stated that using soothing, faded hues in companion with bright hues is the best choice for encouraging cooperative behavior, as well as the use of vivid values with light values (Abbasi, Pearson, Gaines, 2020). Norouzi, & Garza also cover the usage of color in an architectural viewpoint. When considering the best type of room for different therapeutic practices, there are three methods they touch on: min stimuli, mod stimuli, and max stimuli. Min stimuli suggests the usage of 2 or less colors on the walls, 2-3 pieces of furniture, no windows, and no competing sounds. Mod stimuli suggests 3-4 colors on the walls, 4-6 pieces of furniture, one window, and external sounds allowed within conversation level. Lastly, max stimuli suggests 5 or more colors, 7 or more pieces of furniture, 2 windows, and external sounds allowed above conversation level or conducting therapeutic practices with the door open. Based on other research methods and interactions with licensed professionals, the appropriate room layout suggestion would be min stimuli, with the exception of adding additional access to more natural lighting methods.

Key design elements may include, but are not limited to, access to views and nature, barrier-free environments, and easily modifiable room layouts. Light and sound are also two key factors when designing a successful art therapy space. Abbasi, Pearson, and Gaines suggest using lighting to create interpersonal relationships and aesthetics. Reduction in brightness creates a calmer environment and promotes children to be more involved in activities. Alana Chandler, MS, LPC, ATR, at Glacier Health and Development Center advised that they rarely ever use overhead lighting within their facility. She stated that they mainly use warmer toned lighting in the form of table lamps in order to make their clients feel calmer and safer within the space. Learning can be difficult in full spectrum fluorescent lighting, and classes with no windows created disturbances in cortisol levels, circadian rhythms, and concentration (Abbasi, Pearson, Gaines, 2020). Balancing the natural light with task lighting is important when it comes to designing art spaces. On the other hand, noise control is another large factor in the design of art therapy spaces. Soundproofing is one of the most pivotal elements with the space to instill confidentiality as well as manage the noise between a different age range of clients (Hayes, 2023). When interviewing Alyssa Hayes, MS, LPC, ATR-BC, Clinical Director of Healing

Sounds, LLC and President of the VA Art Therapy Association, she stated, "adult clients who are receiving therapy treatment don't want to hear the screaming child next door." This is also an important consideration to get the most out of each therapy session and maximize the confidentiality of the spaces. At Glacier Health and Development Center, they implemented the use of noise machines positioned outside each therapy room to effectively manage ambient noise levels and optimize the privacy within these high-intensity environments. The importance of the interior environment on the client's comfort level, participation, and overall experience is one of the key factors when designing the space.

V. Conclusion

It is evident that art therapy is a highly effective therapeutic practice for enhancing the mental health and overall well-being of individuals. The use of artistic mediums allows clients to navigate and confront their personal difficulties, conflicts, and fears in a manner that is notably less painful, making it a particularly valuable approach in urban settings. The primary aim of designing and implementing an art therapy center in the urban setting of Richmond, Virginia is to propose the suggested actions to design a nurturing and conducive space for young children, that empowers self-expression and emotional healing. The benefits may be but are not limited to lowering the dropout rates among young children, which in turn improves their overall educational experience. Simultaneously, the presence of an art therapy center outside the school environment is known to play a pivotal role in addressing the mental health needs of children, thus enhancing their overall quality of life.

PRECEDENT 01
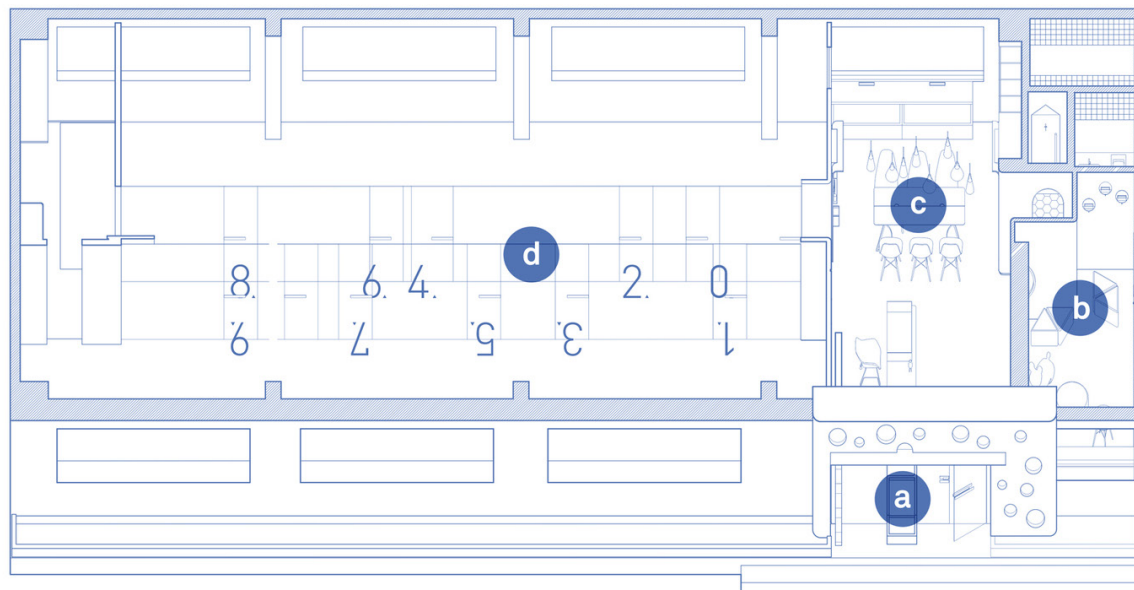
A Warm Clinic

Designer: RIGI Design
Location: Tianjin, China
Year Built: 2016

The clinic's interior design incorporates natural materials, warm colors, and ample natural light to create a soothing environment for patients. The design firm's approach to the clinic's layout focuses on maximizing functionality and efficiency while maintaining a sense of comfort for the children they are designing for. The reception area is highlighted as a key space, featuring a combination of wood and soft lighting to promote a calming ambiance. The article underscores the importance of thoughtful design in healthcare spaces, especially those intended for children, while emphasizing creating environments that contribute positively to patients' well-being.

In addition to the physical design elements, the article exhibits the use of artwork, color, and greenery within the clinic, contributing to a holistic healing environment. The integration of these elements aims to reduce the clinical feel often associated with medical facilities, fostering a sense of tranquility for both young patients and the staff. Overall, the reason I chose to highlight this article is due to the successful execution of a warm and inviting clinic, showcasing how thoughtful design choices can positively impact the medical care experience of children.

a ENTRANCE   c WAITING AREA   1-9 OFFICES
b KIDS AREA   d CLINIC

Furniture Plan

Kid-focused lobby design

Main hallway to offices


Creative storage methods

PRECEDENT 02

Pinheiros Club School

Designer: Firma Arquitetura / Oficina Aberta
Location: São Paulo, Brazil
Year Built: 2017

The annex, is an extension of an existing kindergarten for extracurricular activities in São Paulo, Brazil, which presents a unique design approach that integrates interior and exterior spaces. The project centers around three "activity gardens," which aim to enhance free spaces while reorganizing access points. The annex creates subtle boundaries between the gardens, fostering a connection between the indoors and outdoors through large sliding doors. The use of steel frames allows for fast, cost-effective, and environmentally conscious construction, respecting the local landscape and minimizing waste. The emphasis on modular dimensions and industrialized materials contributes to easy transport, manual assembly, and recyclability.

Relationship between annexes and main building

View inside annexes

View inside annexes
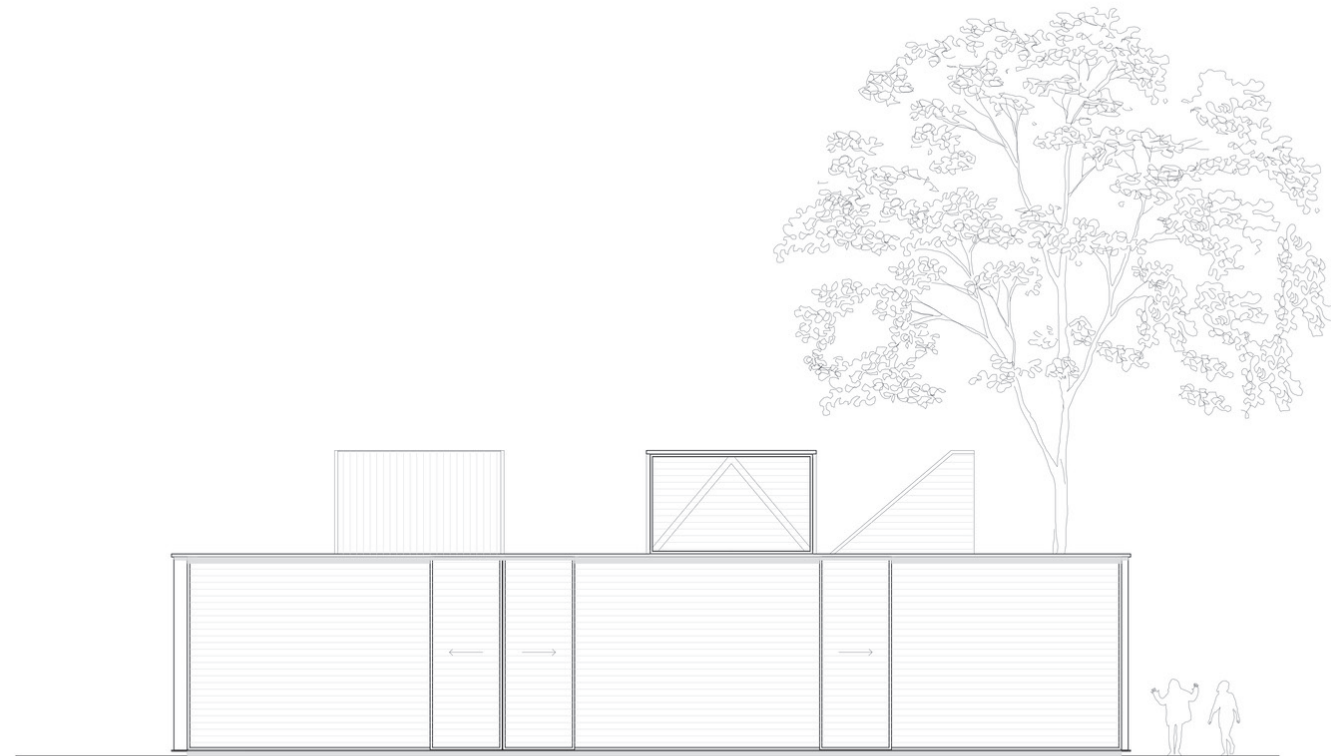
Exterior elevation of annex

PRECEDENT 03
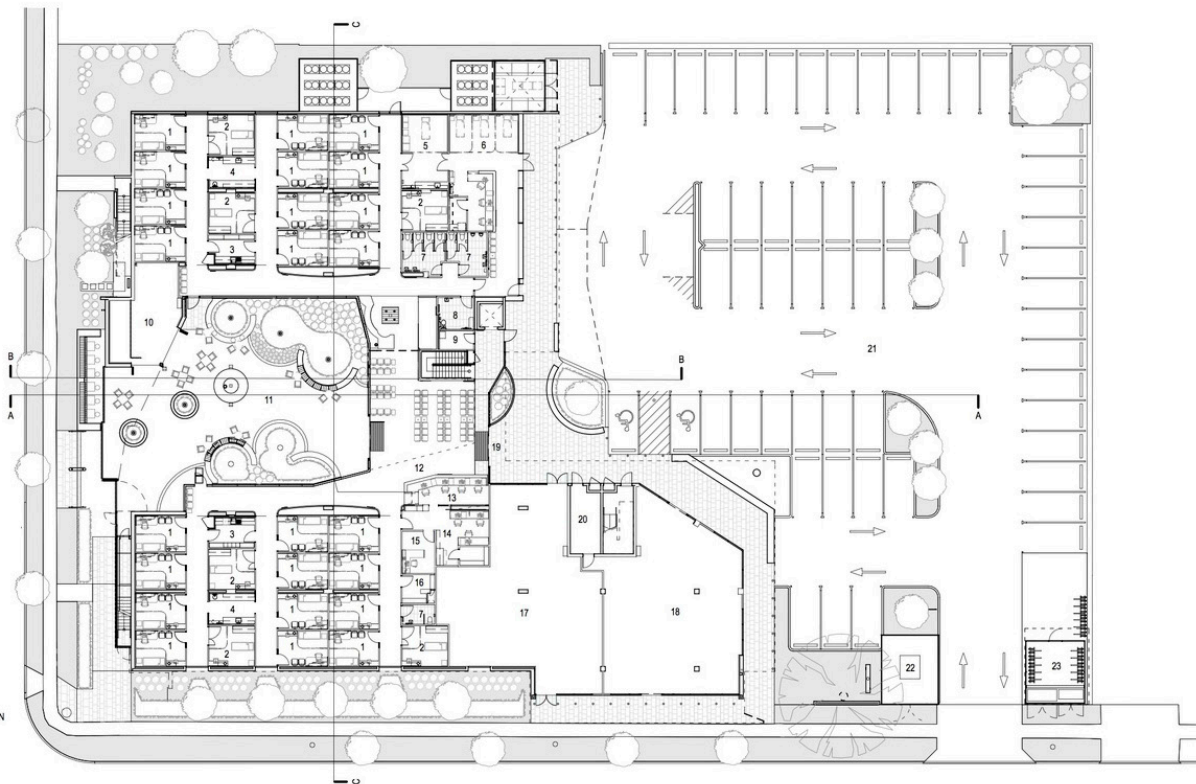
Caboolture GP Super Clinic

Designer: Wilson Architects
Location: Caboolture, Australia
Year Built: 2015

This new Super Clinic in Australia defies conventional clinic aesthetics. The design focuses on fostering a healing environment through innovative features such as vertical gardens, fish ponds, and an atrium. These elements contribute to a sense of respite and tranquility, deviating from the typical institutional atmosphere associated with healthcare spaces.

The connection to the community and nature is a crucial aspect of the design, with the clinic being perceived as a community-oriented space, fostering a sense of ownership and integration among the locals. The Caboolture GP Super Clinic, operating under the Super Clinics Health Care (SCHC) as part of the Federal Government's GP Superclinic Program, exemplifies a holistic and patient-centric approach to healthcare architecture.

Main area kids cubbies

Main area kids cubbies

Cafeteria with live plants

1   CONSULT ROOM
2   TREATMENT ROOM
3   TEAPOINT / STORE
4   CLEAN / DIRTY UTILITY
5   RESUS
6   ACUTE CARE
7   WC
8   PWD WC
9   CLEANERS STORE
10 CAFE TENANCY
11 COURTYARD
12 PUBLIC LOBBY
13 RECEPTION
14 RECEPTION ADMINISTRATION
15 PRACTICE MANAGER
16 UTILITY / STORE
17 RADIOLOGY TENANCY
18 PHARMACY TENANCY
19 ENTRY
20 SWITCH ROOM
21 CARPARK
22 TRANSFORMER
23 SECURE BIKE STORE
24 MECHANICAL PLANT
25 SECURE REFUSE AREA

Ground Level Plan   0 1 2 3 4 5   10m

NEIGHBORHOOD + BUILDING HISTORIES

Neighborhood

Carytown was first established in 1938 with the construction of Cary Court shopping center, Richmond's first strip mall. It began as 9 blocks on W. Cary Street but has multiplied greatly since then. Some major characteristics of Carytown include events and festivals that are held throughout the year such as the Watermelon Festival, an annual end-of-summer event that has been held for over 30 years, the French Film Festival at the Byrd Theatre, and the Carytown Farmers Market, every Sunday. Carytown also has an eclectic character to it with 230+ shops, restaurants, and boutiques with colorful building facades and murals.

Landmarks include the Byrd Theatre, built in 1928 as one of the Nation's Grand Movie Palaces. Named after William Byrd II, one of the founders of Richmond, this Italian Renaissance Revival style was added to the National Register of Historic Places in the 1970s. Another landmark in the neighborhood is Richmond's first strip mall, Cary Court Shopping. Built in 1938, this strip mall helped found the area of Carytown.

Edges of Carytown include W Cary Street and Main Street, Arthur Ashe Boulevard, Byrd Park, and Interstate 195. The major pathway in and out of the neighborhood is W Cary Street, which only runs in one direction. Nodes of Carytown are Byrd Park, including Fountain Lake, Boat Lake, Tennis Courts, as well as the intersection where Carytown ends and 195 cuts through that portion of the city.


Carytown Court – 1955

Historic Byrd Theater

Present day Carytown

Building

2810 W Cary Street was originally constructed for the Richmond Window Corporation. Their company occupied the building and ran their business at this location until 2016, when Area 10 Church purchased it. Under new ownership, the building was under renovation and major changes were made including a second-story mezzanine addition. The original character of the building remained intact, and today the large wood trusses are exposed and serve as the main focal point. The primary materials of the building include painted brick, wood trusses, and glass.

The small annex building on the left side of the site used to be a gas station, and many large vehicles would occupy the lot. There are garage doors on the back side of the building, which is where the trucks would load and unload their materials. This is also why there is a change in elevation among the longitudinal section of the building. Some important architectural features include a pediment on the facade, large glass windows, wooden trusses, gable roof, and brick details.
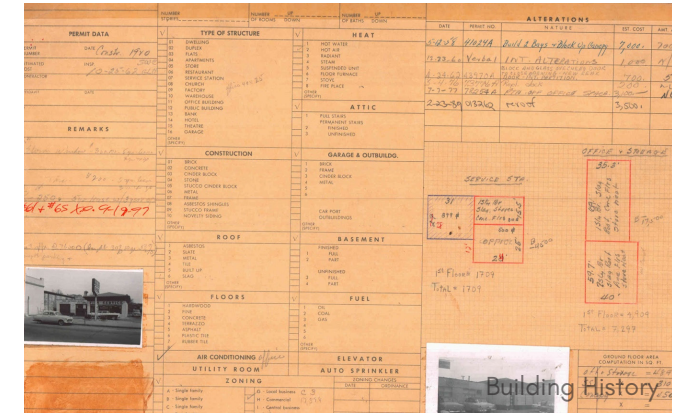
Building History

During renovation

Original Building Facade for Richmond Window Corp.

SUN + SITE STUDIES

Key

- **Direction of traffic**
- **Major surrounding roadways**
- **Adjacent buildings**
- **Site**
- **Sun path**
- **Surrounding green space**

Site Observations:

- The sun rises directly down W Cary St in the mornings, causing direct sun glare from the east
- W Cary Street is a one way street heading west to east, and W Main St runs parallel from east to west in the opposite direction
- W Cary Street is full of retail, restaurants, and entertainment whereas neighboring streets are primarily residential
- Museums and historic landmarks, such as the Virginia Museum of Fine Arts (VMFA), Virginia Museum of History and Culture (VMHC), and the Byrd Theater surround the neighborhood

VMFA + VMHC

SUNSET

SUNRISE

BYRD THEATER

SITE – 2810 W CARY ST

PHOTOGRAPHIC SITE STUDIES
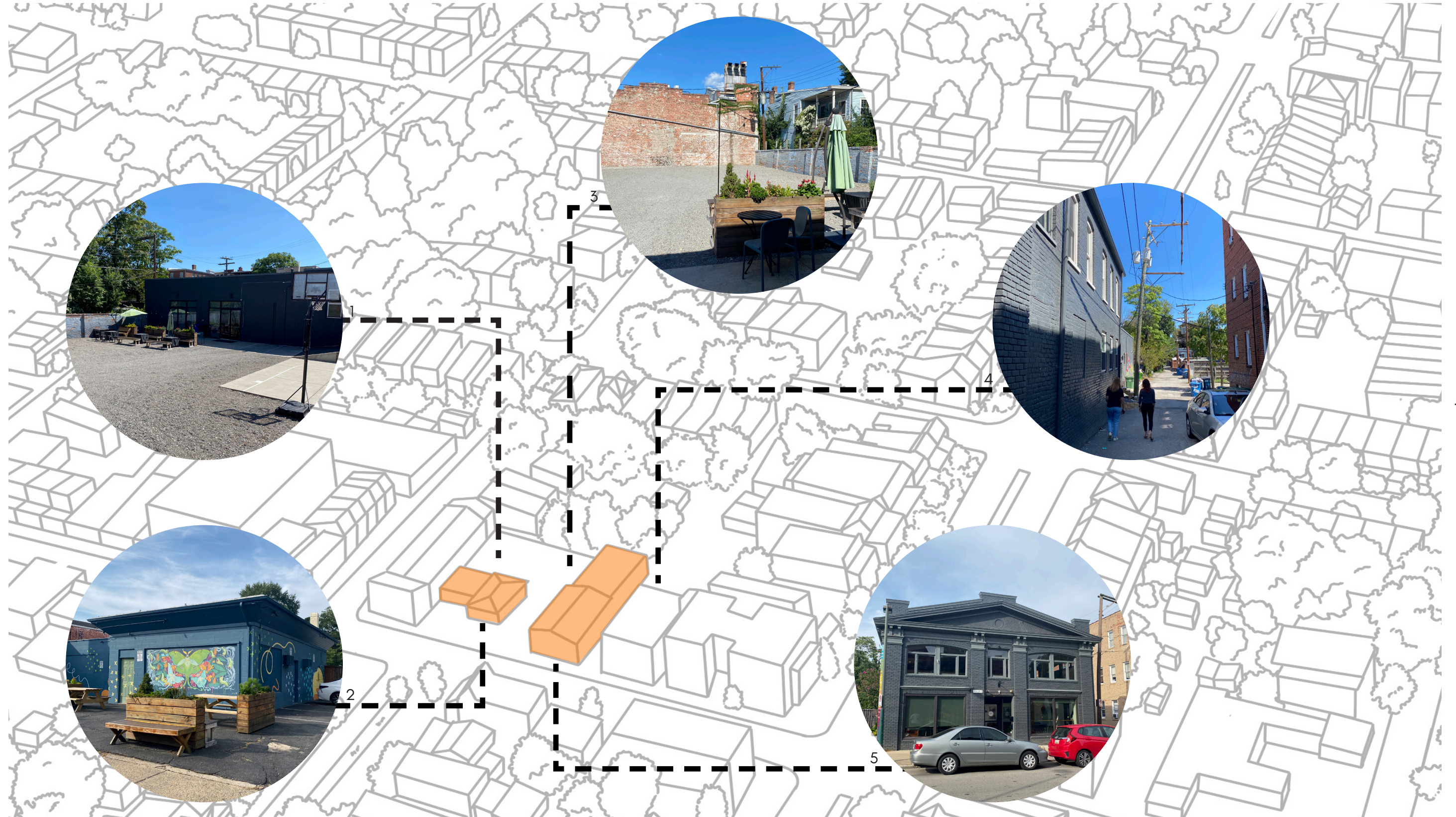
CONCEPT

CONCEPT STATEMENT

Reflection, a pivotal aspect of the therapeutic journey. Patients explore their experiences and emotions to gain insight and healing. The building's history as a window factory serves as a metaphorical backdrop, symbolizing the opportunity for patients to look inward and contemplate their personal narratives. This concept seeks to honor the journey of self discovery and healing, empowering children to navigate their emotions through art.

Reflection

I look up and I see
Reflections of my life and how they have impacted me
Paths I've traveled, rough and smooth,
The lessons that I have learned and what I have to lose.

Therapy's gentle guiding hand,
Helps me understand,
How each reflection of me is bright
Guiding me through the dark night.

Through introspection's tender art,
Helping me find the strength to mend my mind and heart,
To face the future, bold and strong,
With this newfound wisdom I have to right the wrong.

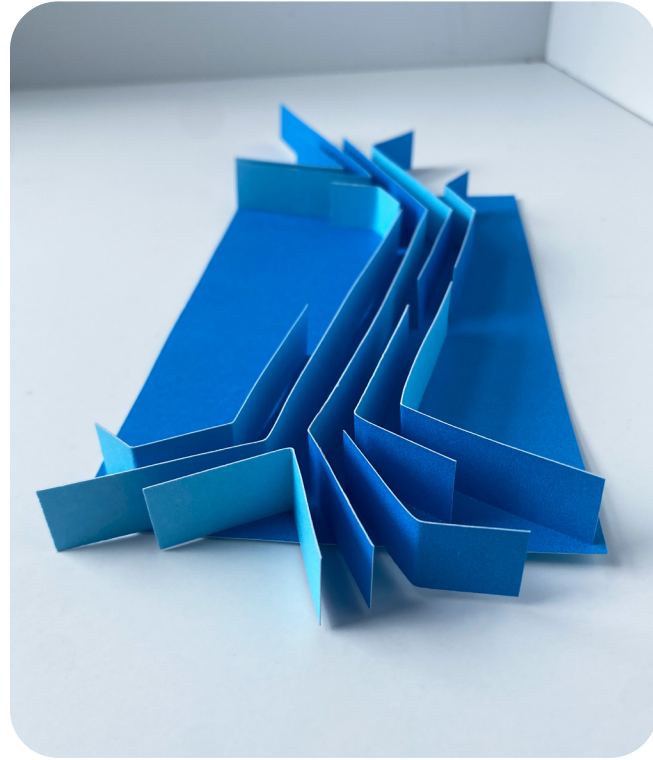*– Ciccone, 2024*
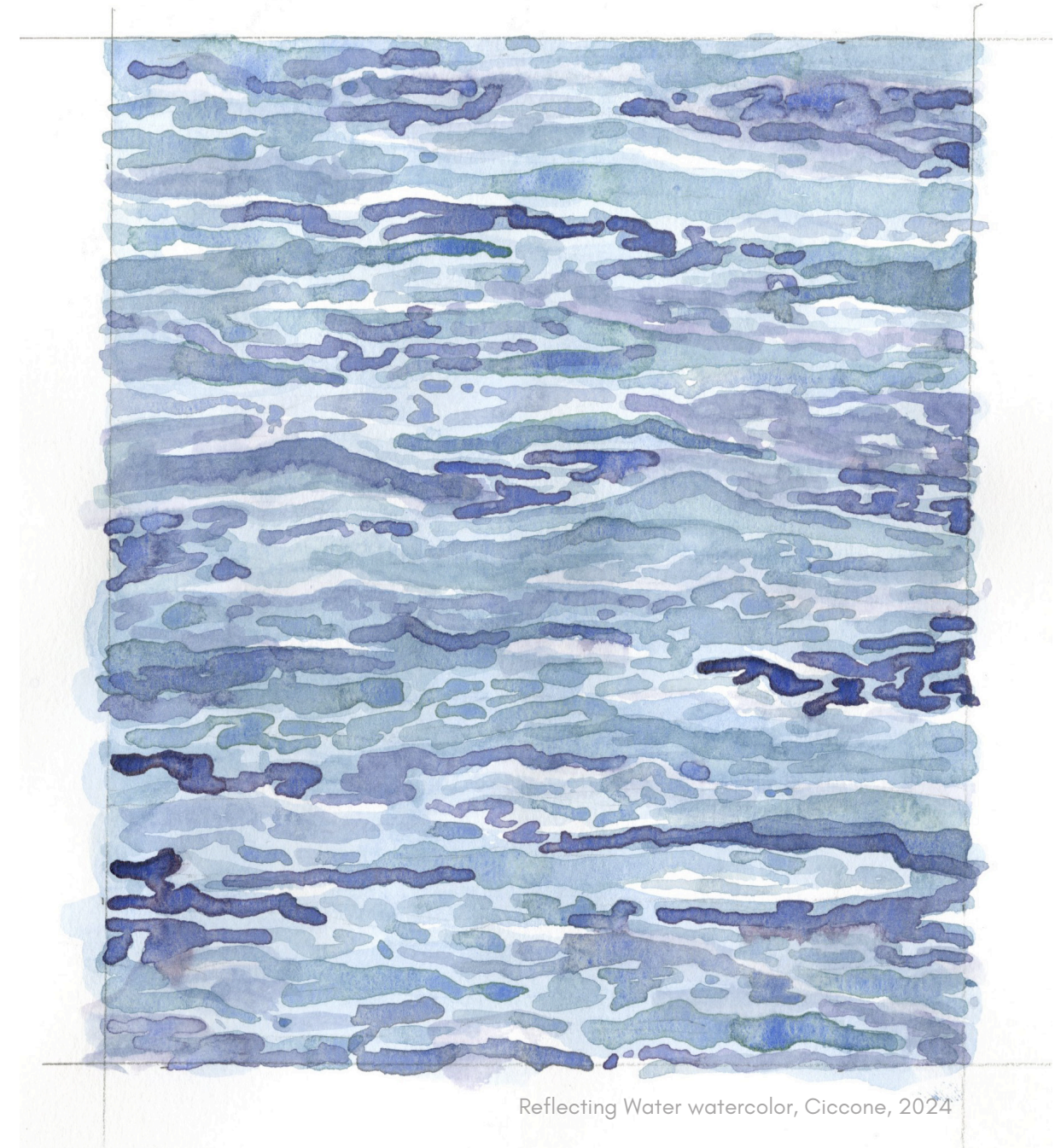
Reflecting Water watercolor, Ciccone, 2024

CONCEPT DEVELOPMENT
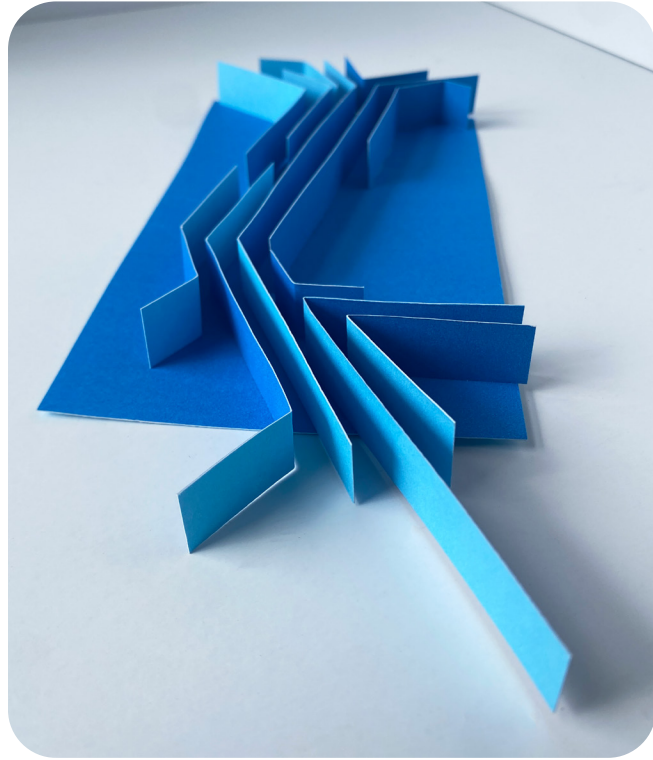
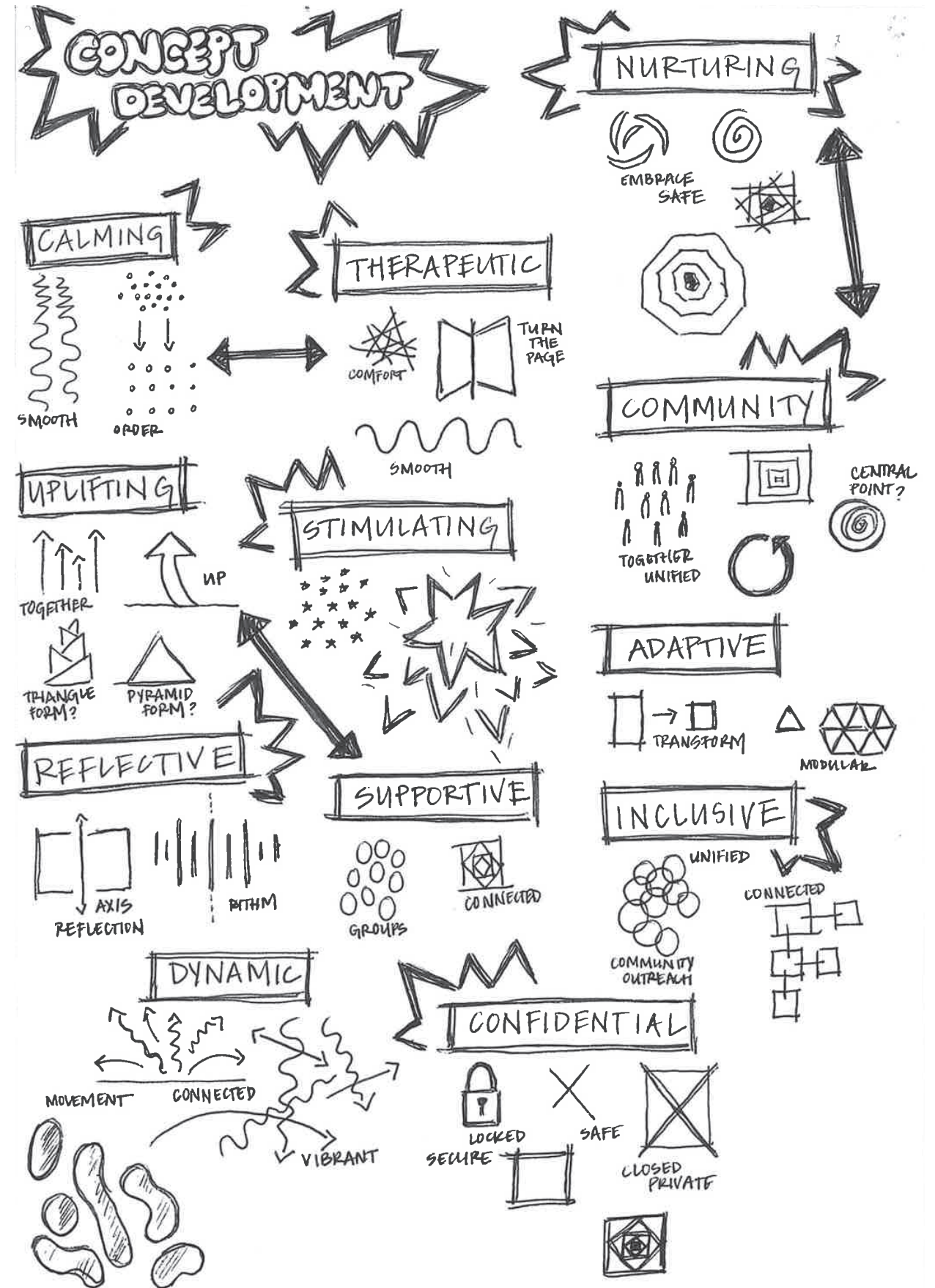reflection concept model

reflection concept model

as-built model

reflectie material exploration

CONCEPT DEVELOPMENT

- REFLECT UPON YOUR PAST & GROW INTO THE FUTURE THROUGH ART THERAPY PRACTICE.
- WHAT MATERIALS REFLECT?
- BUILDING USED TO BE A WINDOW MANUFACTURING BUSINESS.
  - LARGE REFLECTING WINDOWS ON THE FACADE

WHAT ARE THE SIMILARITIES & DIFFERENCES BETWEEN THE REFLECTIONS OFF THE WINDOWS VS. OFF THE WATER?
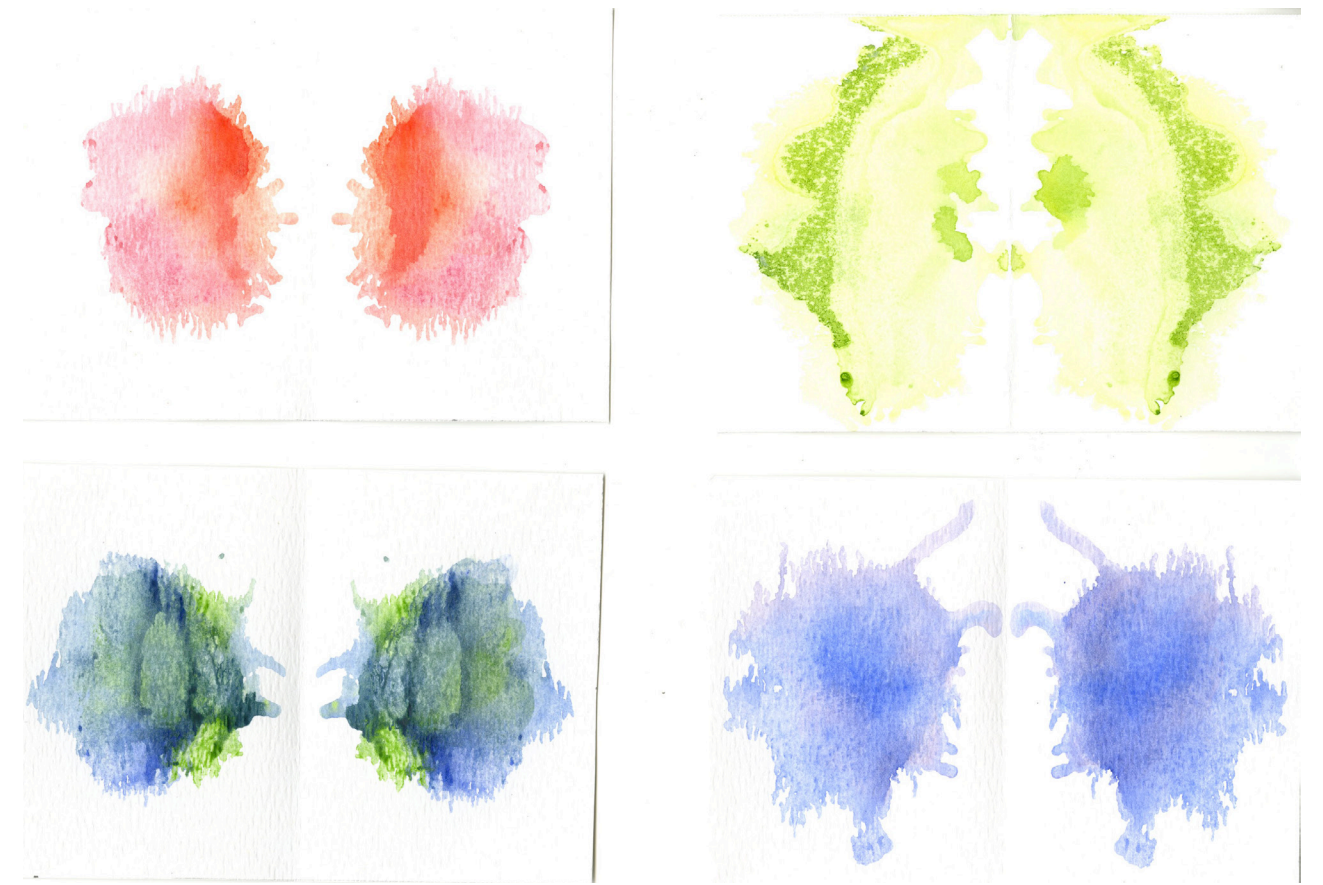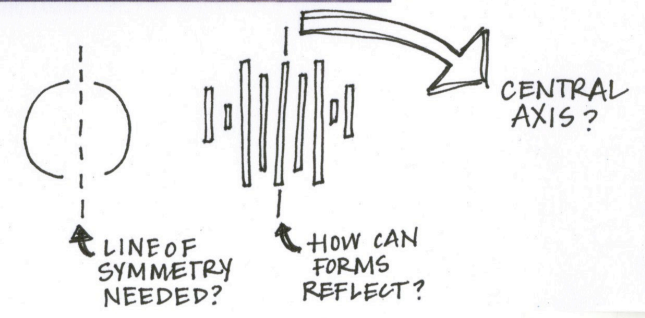
HOW DO OBJECTS CHANGE IN THE REFLECTIONS?

WHAT ARE THE NEEDS/ IMPACTS OF THE RIPPLES?

WHAT ARE THE "RIPPLES" IN LIFE?

WHAT OBJECTS ARE REFLECTED IN THE IMAGE:
- TREES
- SKY
- BUILDING MATERIALS
- SCULPTURES
- PLANTS/ NATURAL MATERIALS

SYNONYMS:
- MIRROR
- ECHO
- MIMIC
- PORTRAY
- CONSIDERATION
- THOUGHT
- EXPRESS

LINE OF SYMMETRY NEEDED?

HOW CAN FORMS REFLECT?

CENTRAL AXIS?

watercolor studies

To get to the concept of reflection, I worked through a series of diagrams and concept models. These diagrams were explorations of the different forms of reflections, whether they occur in water, on glass, or are a more perfect reflection, in a mirror. Different mediums, such as watercolor and photography were also used to help work through the exploration process.

SCHEMATIC DESIGN

PROGRAM + BUILDING CODE

PLAYFUL LOBBY

200 SF
Assembly Group: A-3

The playful lobby invites children to enjoy playing with the toys and sensory elements available for them.

QUIET LOBBY

200 SF
Assembly Group: A-3

Reflection and mediating are welcome in this space. Sound machines, safe space niches in the walls, and comfortable seating were designed to make the client feel comfortable before entering their therapy session.

ADMINISTRATIVE SUITE

250 SF
Assembly Group: Business Group B

Supports the everyday functions of the staff and their needs to help the center run. This includes the copy room, desks for the administrative staff, and a paper shredder to keep confidential files secure.

EMPLOYEE BREAK ROOM

120 SF
Assembly Group: Business Group B

Staff lounge and relaxation space away from their offices. Includes a kitchenette, refrigerator, and microwave.

MEETING ROOM

250 SF
Assembly Group: Business Group B

Staff space for meetings, gatherings, or meals together, including a large conference table for learning events.

ART THERAPY OFFICES

250 – 350 SF
Assembly Group: A-3

The functional support space for all therapeutic practices including talk and art therapy. These colorful and vibrant spaces support both the art therapist in their daily tasks as well as clients on their therapeutic journey.

FILING ROOM

65 SF
Assembly Group: Business Group B

Facility space for the paperwork and records for each client. All paperwork must be held on record for five years after the client has been seen.

SAFE SPACES

12 SF each
Assembly Group: A-3

Niches cut out of the walls either in the hallway on level two, or inside of the therapy offices on level one. These spaces invite clients to reflect if they need a moment to step away from the therapeutic practices.

ECO-ART THERAPY SPACE

5230 SF
Assembly Group: A-3

A place for reflection, therapeutic practices, and connection to nature. This space features design elements to help facilitate art therapy outdoors. Features include a reflection fountain, a garden, and a playground.

GROUP THERAPY

780 SF
Assembly Group: A-3

Larger therapeutic practices take place in this space. The vivid colors and tactile design features invite children to feel welcome into the space.

GROUP THERAPY LOBBY

580 sf
Assembly Group: A-3

Waiting area before or after group therapy sessions. This space also features an outdoor area that includes tables, chalkboards, and a playground to entertain clients before they begin their sessions.

CODE INFORMATION:

Total Gross Area: 9,360 SF
Total Program Net Area: 7,900 SF
Primary Occupancy: A
Total Number of Occupants: 65
Number of Water Closets: 5
Number of Lavatories: 5
Number of Water Fountains: 1
Number of Service Sinks: 1

PROGRAM + SPACE REQUIREMENTS

THERAPEUTIC SPACES

THERAPEUTIC SUPPORT SPACES

FACILITIES

GROUP THERAPY LOBBY
580 SF

ADMINISTRATIVE
250 SF

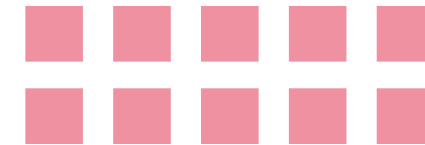**MEETING ROOM**
250 SF

PLAYFUL LOBBY
200 SF

SAFE SPACES
12 SF EACH

QUIET LOBBY
200 SF

EMPLOYEE BREAK ROOM
122 SF

ECO-ART THERAPY SPACE
5320 SF

INDIVIDUAL ART THERAPY OFFICES
200 – 300 SF EACH
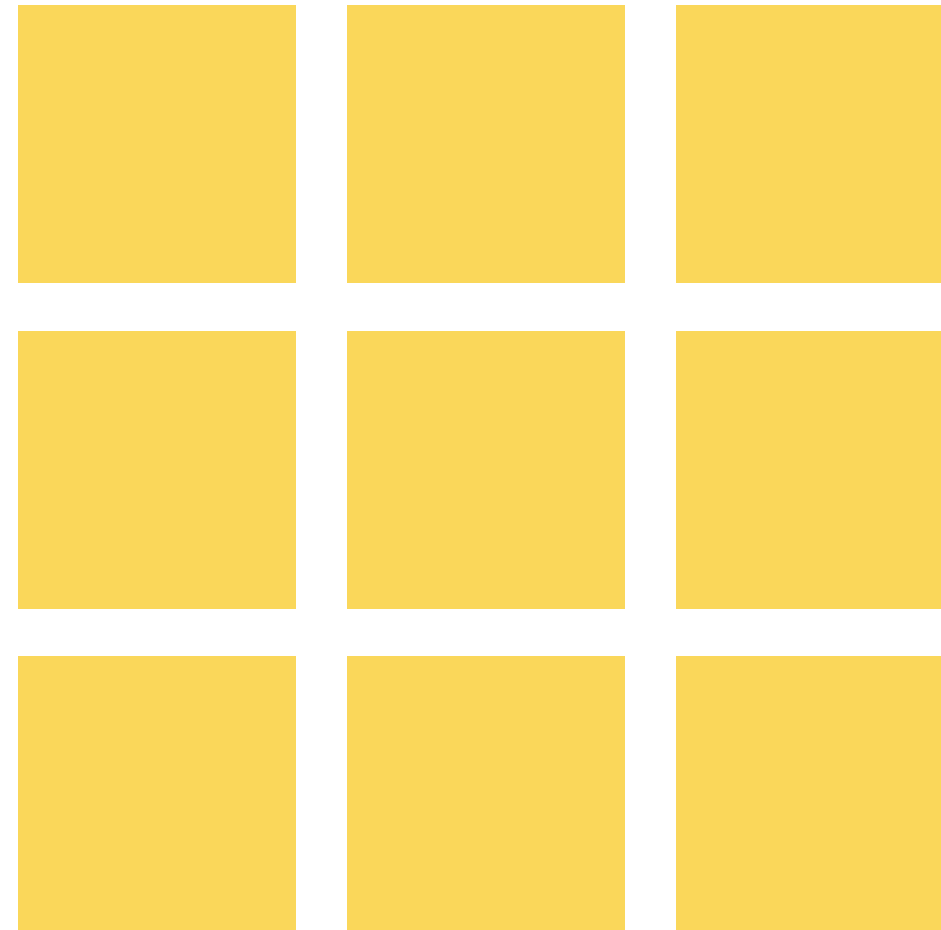
STORAGE
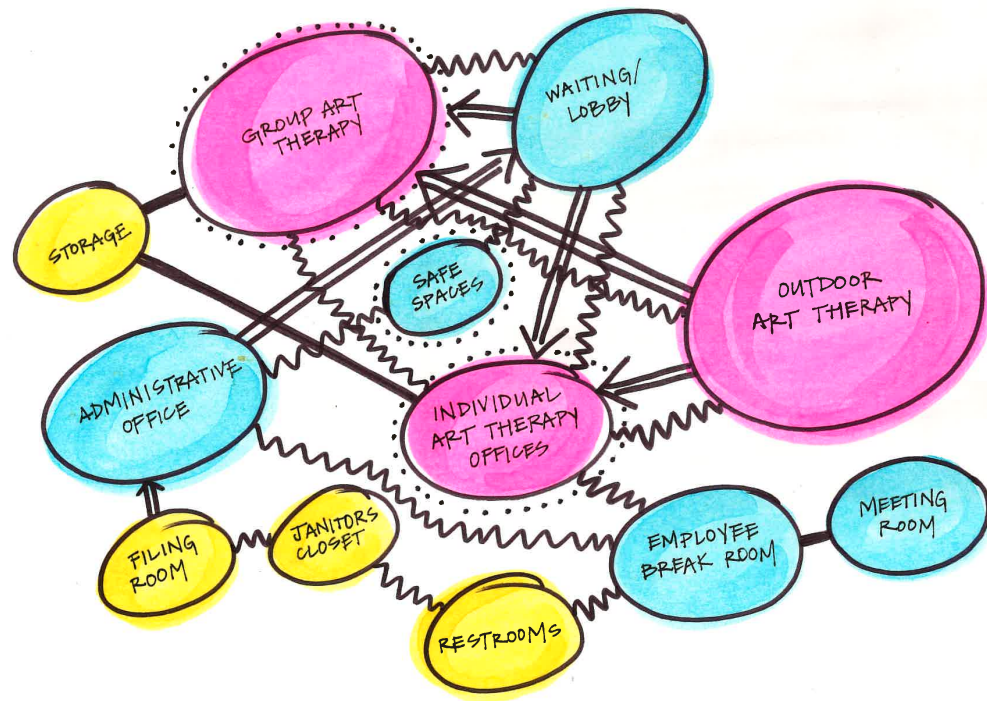50–100 SF EACH

JANITORIAL
90 SF

RESTROOMS
64 SF EACH

GROUP ART THERAPY
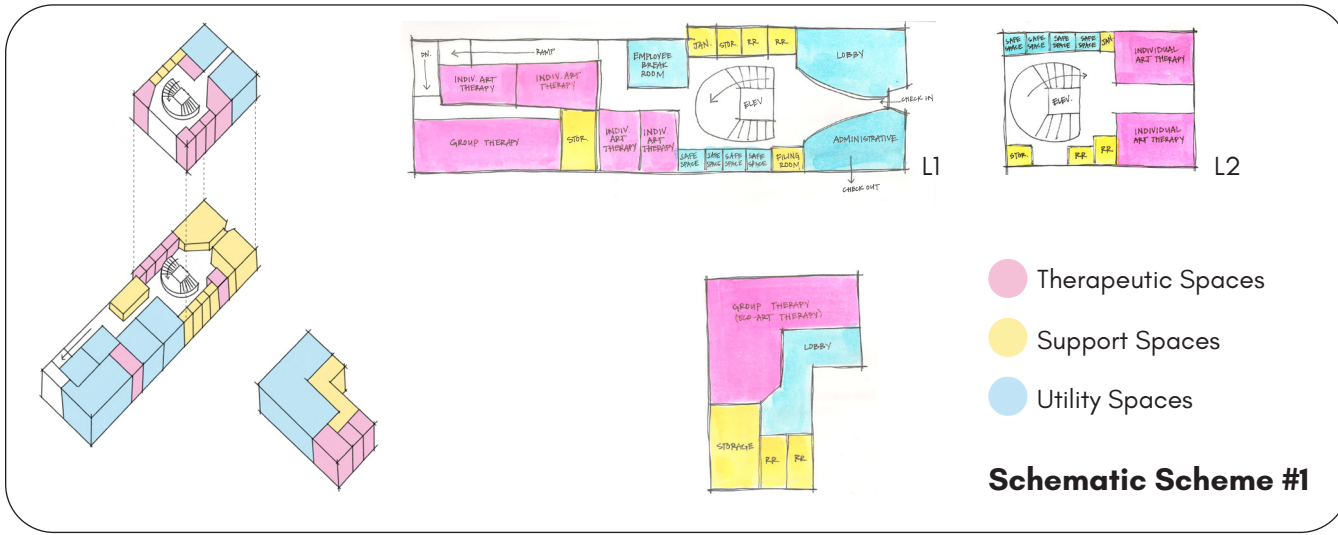784 SF

BUBBLE DIAGRAM

LEGEND

🔴 THERAPEUTIC SPACES
🔵 SUPPORT SPACES
🟡 UTILITY

——— DIRECTLY ADJACENT
〰〰 SECONDARY ADJACENT
····· ACOUSTICALLY SOUND
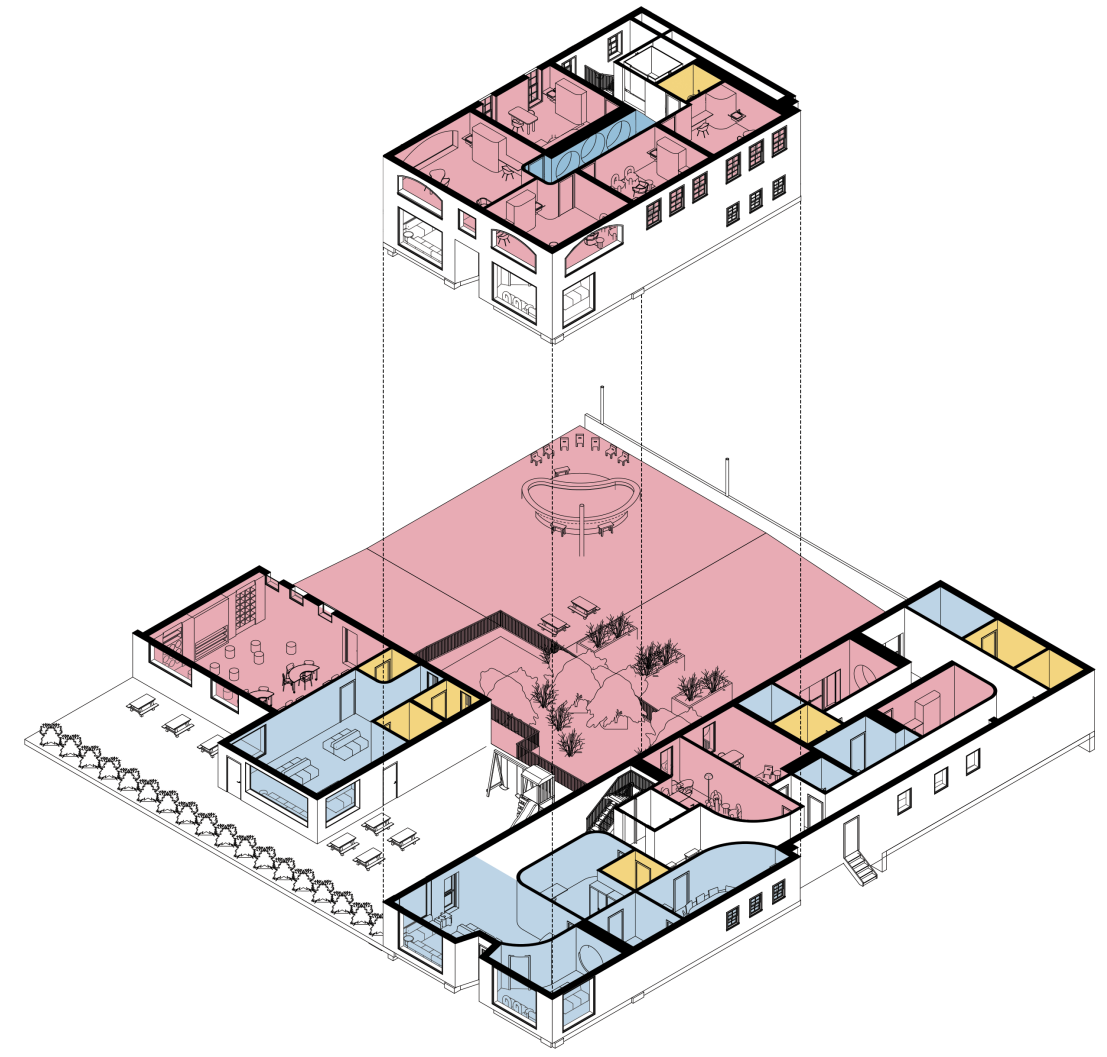⟵ SUPPORT SPACE TO:

ADJACENCY MATRIX

ADJACENCY MATRIX	AREA (SF)	ACOUSTIC PRIVACY	VISUAL PRIVACY	ACCESSIBILITY	DAYLIGHTING	FF + E NOTES
WAITING ROOM / LOBBY	1180	🔵	🟡	Y	Y	soft seating, lounge chairs, dim lighting
GROUP THERAPY ROOM	580	🔴	🔴	Y	Y	modular seating, soft seating, tables
INDIVIDUAL THERAPY / OFFICES	2280	🔴	🔴	Y	Y	desks, modular storage, easels, soft seating
SAFE SPACES	96	🔴	🔵	Y	N	soft/enclosed seating, acoustic materials
OUTDOOR THERAPY SPACE	5320	🟡	🟡	Y	Y	modular furniture that can be stored inside
RESTROOMS	300	🔵	🔴	Y	N	toilets, sinks, stalls, trashcans
EMPLOYEE BREAK ROOM	120	🔵	🔴	Y	Y	kitchenette, tables, chairs, soft seating
STORAGE	400	🟡	🟡	Y	N	storage racks, cabinets, hooks
JANITORS CLOSET	90	🟡	🔴	Y	N	mop sink, storage racks, cleaning supplies
ADMINISTRATIVE OFFICE	260	🔵	🔵	Y	Y	desks, filing cabinets, storage units, printer

LEGEND

🔴 HIGH
🔵 MEDIUM
🟡 LOW
Ⓨ YES
Ⓝ NO

SPACE PLANNING

Schematic Scheme #1

- Therapeutic Spaces
- Support Spaces
- Utility Spaces

Schematic Scheme #2

- Therapeutic Spaces
- Support Spaces
- Utility Spaces

Schematic Scheme #3

- Therapeutic Spaces
- Support Spaces
- Utility Spaces

PARTI DIAGRAM

Legend

Therapeutic Spaces
Art Therapy Offices, Group Therapy, Eco-Art Therapy

Therapeutic Support Spaces
Waiting Areas, Administrative Office, Staff Spaces, Storage Rooms

Utility Spaces
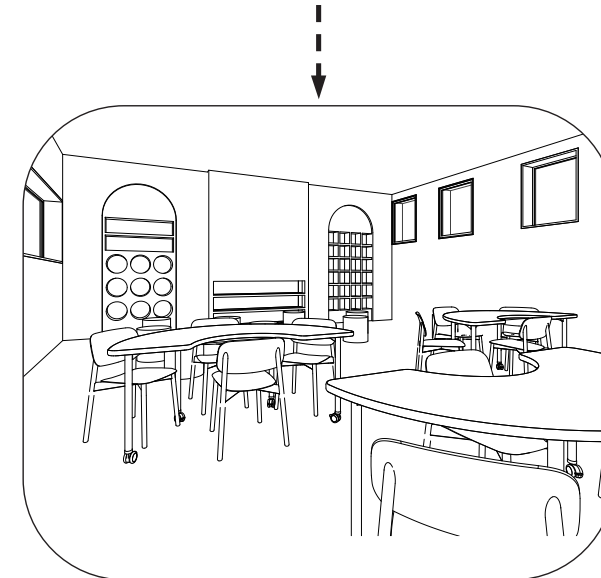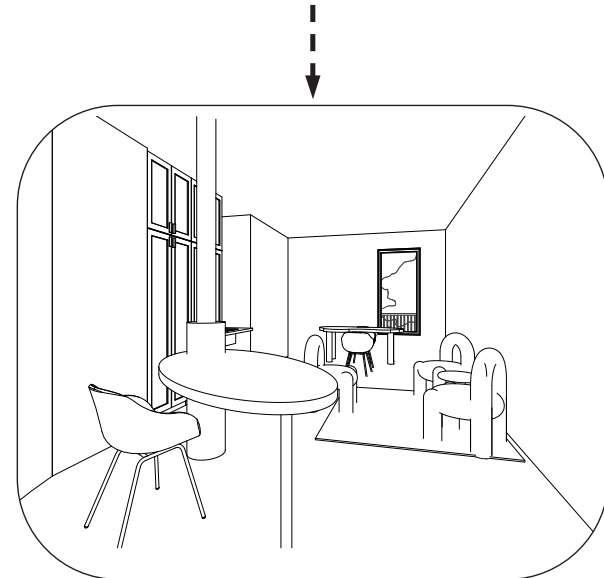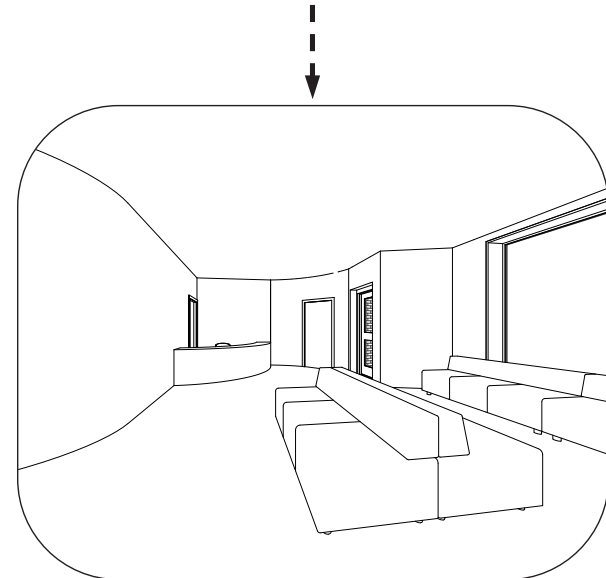Restrooms, Filing Room, Janitors   Closet

DESIGN PROCESS

Front Entry / Playful Lobby

Art Therapy Office

Group Therapy
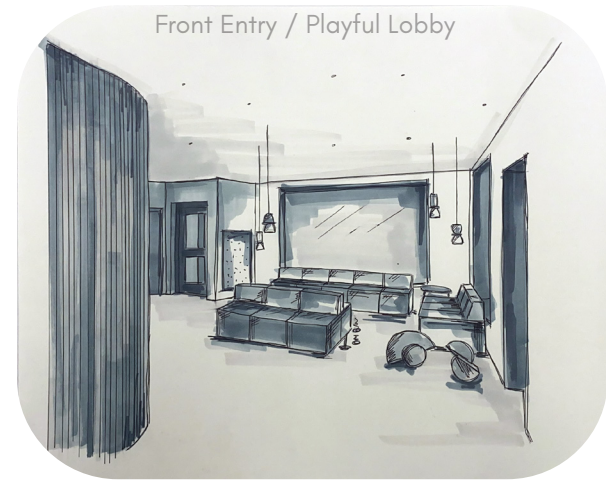
Phase 1

During this phase of design development I worked through a series of hand sketched perspective renders to envision what each space could become.
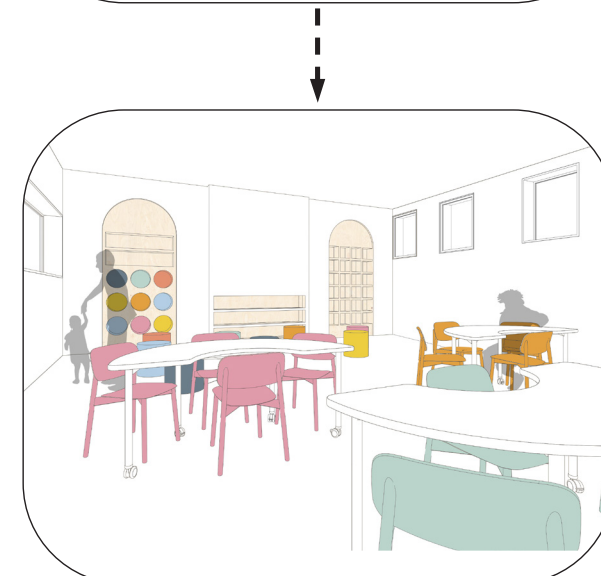
Medium: micron pen, markers

Phase 2

Phase 2 consisted of building the project in Revit and starting to lay out the design with the actual FF+E pieces that would be used for better space planning.

Medium: Revit (wire frame)
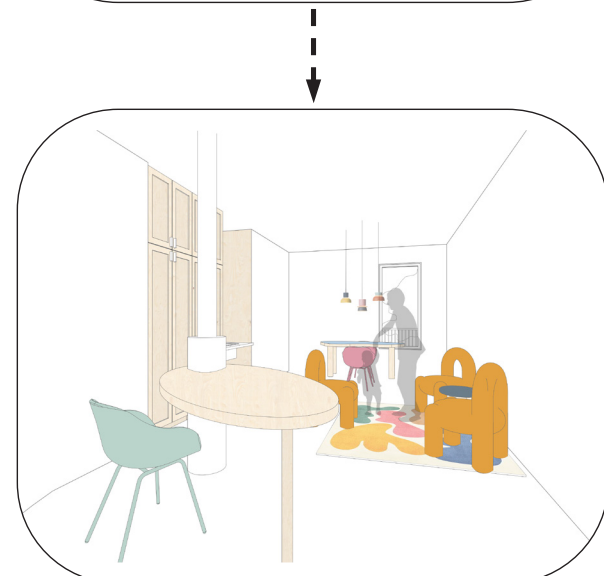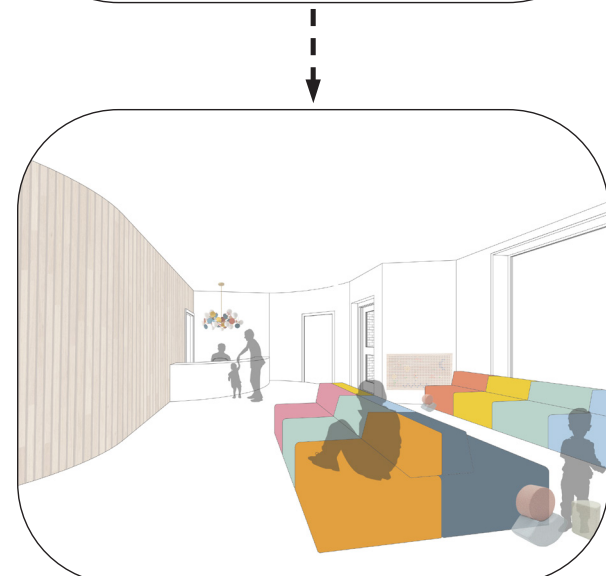
Phase 3

This phase built upon the Revit model I constructed in phase 2, and added color and scale figures to better understand the space. The areas of focus are highlighted in a diagrammatic way.

Medium: Revit, Photoshop

DESIGN SOLUTION

FURNITURE PLANS

W Cary Street

Second Floor Level

Legend

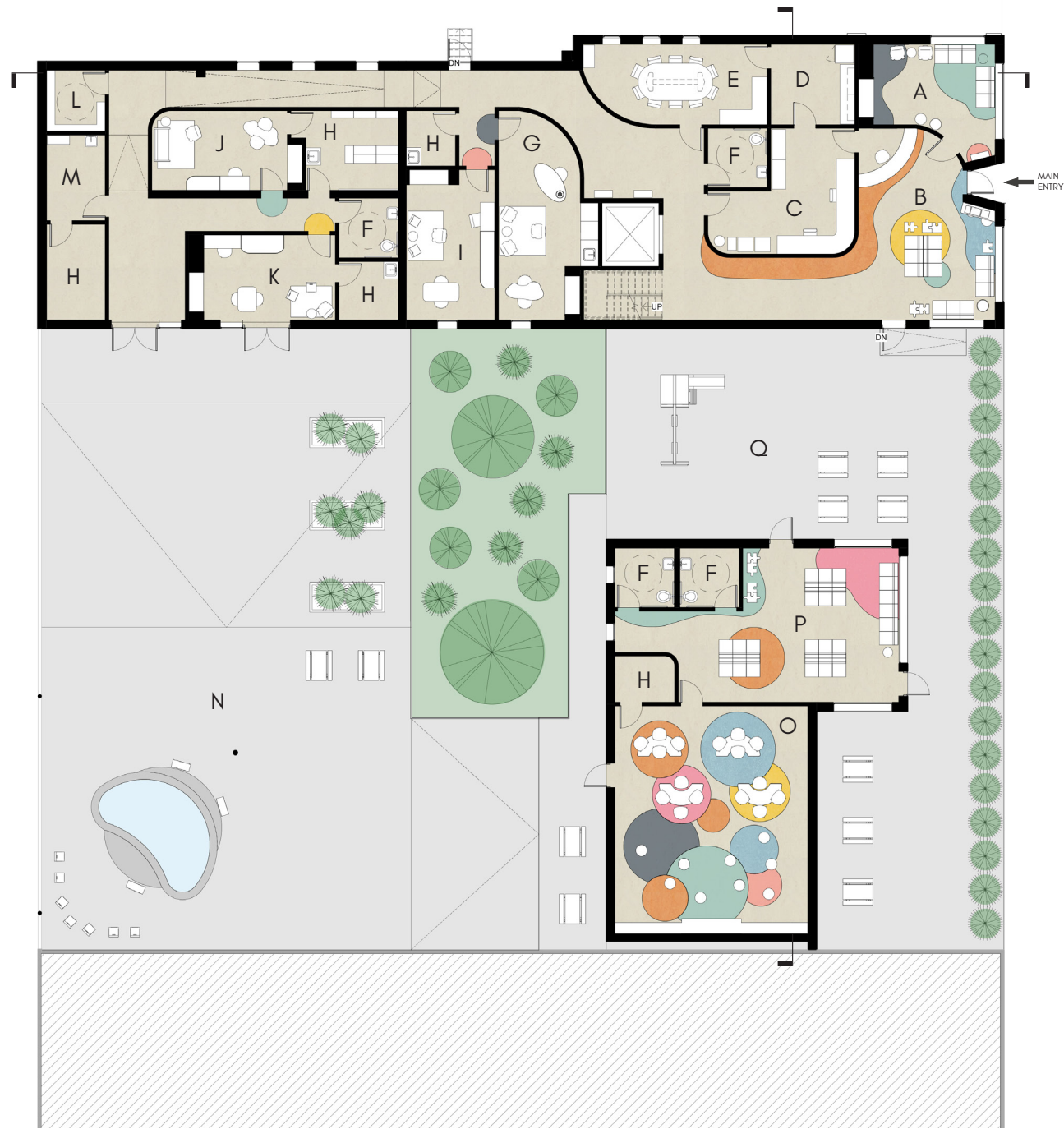|	
A	Quiet Lobby
B	Front Entry / Playful Lobby
C	Administrative Office
D	Employee Break Room
E	Meeting Room
F	Restrooms
G	Midnight Masterpieces – Art Therapy Office
H	Storage
I	Coral Cove – Art Therapy Office
J	Botanical Bliss – Art Therapy Office
K	Sunset Studio – Art Therapy Office
L	Filing Room
M	Janitorial Closet
N	Eco-Art Therapy Space
O	Group Therapy
P	Group Therapy Lobby
Q	Outdoor Waiting Area
R	Navy Nights – Art Therapy Office
S	Baby Blue Haven – Art Therapy Office
T	Pink Poppy – Art Therapy Office
U	Clementine – Art Therapy Office
V	Sunshine Room – Art Therapy Office

BUILDING SECTIONS

Transverse section perspective through annex and lobbies | NTS

Longitudinal section perspective through the ramp to the lower level | NTS

FRONT ENTRY / PLAYFUL LOBBY

The first stop in the client's therapeutic journey. The administrative staff help support the needs of the clients and encourage them to wait for their appointment in the playful lobby, or guide them beyond the door for a more reflective practice to the quiet lobby. The playful lobby invites children to enjoy playing with the toys and sensory elements available for them.
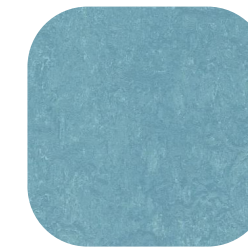
1. Natural Oak Acoustic Slat Wood Wall Panels, The Wood Veneer Hub – walls
2. Forbo, Marmoleum, Laguna – accent flooring
3. Forbo, Marmoleum, Mandarin – accent flooring
4. Forbo, Marmoleum, Lemon Zest – accent flooring
5. Cubit, Modular Sofa – lobby seating
6. Sixinch, Puzzle Pieces – lobby accent seating
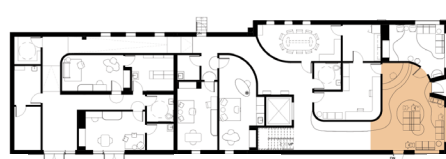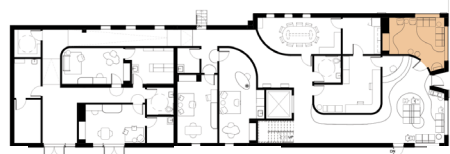
QUIET LOBBY

Reflection and meditation are welcome in this space. Sound machines, safe space niches in the walls, and comfortable seating were designed to make the client feel comfortable before entering their therapy session.

1

2

3
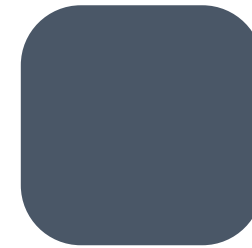
4

5

6

1. Natural Oak Acoustic Slat Wood Wall Panels, The Wood Veneer Hub – walls
2. Forbo, Marmoleum, color varies – flooring
3. Cubit, Modular Sofa – lobby seating
4. Benjamin Moore, Newburyport Blue – nice and accent wall paint
5. Benjamin Moore, Tuscon Coral – accent wall paint
6. 4. Dooq Details, Marlon Chair – lounge chairs

ART THERAPY OFFICES

The functional support space for all therapeutic practices including talk and art therapy. These colorful and vibrant spaces support both the art therapist in their daily tasks as well as clients on their therapeutic journey.

1
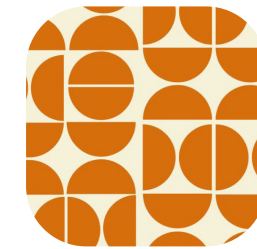
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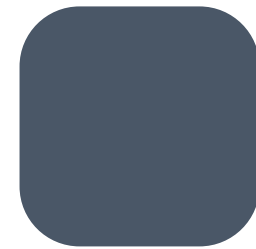
3

4

5

6

1. Forbo, Marmoleum, Stone – flooring throughout
2. Wallism, 70s Ornament – accent wallpaper
3. Benjamin Moore, Newburyport Blue – wall paint
4. Dooq Details, Marlon Chair – lounge chairs
5. Wiggleroom, Wiggleroom Table – art therapy work desk
6. LavLamp, Carpet – area rug
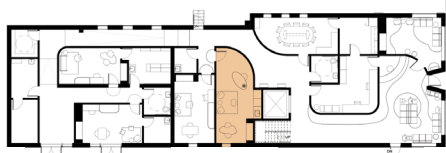
SAFE SPACES

Niches are cut out of the walls either in the hallway on level two, or inside of the therapy offices on level one. These spaces invite clients to reflect if they need a moment to step away from the therapeutic practices.
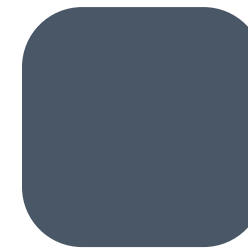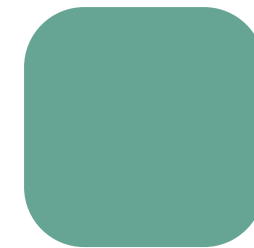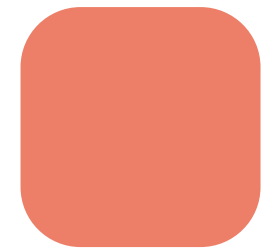
1. Forbo, Marmoleum, Stone – flooring throughout
2. Natural Oak Acoustic Slat Wood Wall Panels, The Wood Veneer Hub – walls
3. Benjamin Moore, Calm – wall paint
4. Benjamin Moore, Newburyport Blue – niche paint
5. Benjamin Moore, Summer Basket Green – niche paint
6. Benjamin Moore, Tuscon Coral – nice paint

SAFE SPACES DETAIL

These niche cutouts in the wall are designed for children when they need to step away from tense therapeutic practices. When conducting my research, I learned it was valuable to have a separate space when things can get overwhelming for the client. Their design was centered around creating a comfortable space where children can feel safe.

On the first floor level, each art therapy office has a safe space niche inside, whereas on the second floor level, the safe spaces are located just outside of the offices in the shared corridor. This provides easy sightlines for the art therapists to be able to observe their clients, while they also can feel a sense of solidarity in their own environment.

Trusses concealed by drywall

Ceiling height grows in offices and follows the roof line of the trusses

Children can sit inside of the niches and reflect

5' – 6" diameter

7' – 6"

Niche painted Newburyport Blue by Benjamin Moore

Niche painted Summer Basket Green by Benjamin Moore

Niche painted Tuscon Coral by Benjamin Moore

17' - 6 1/2"

7' - 6"

ø 5' - 6"

19' - 6 1/2"
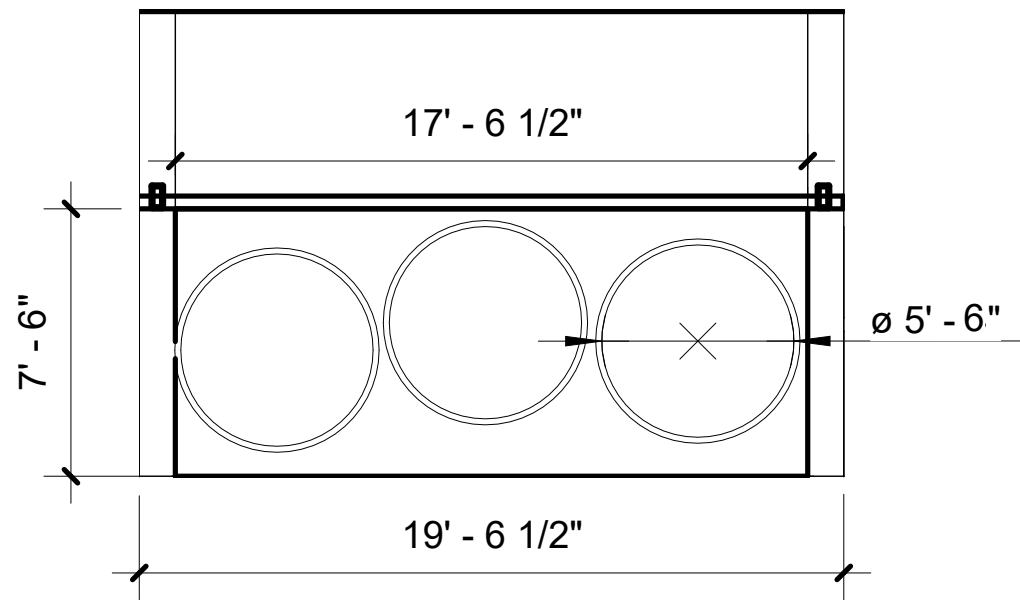
3/16" = 1' – 0"
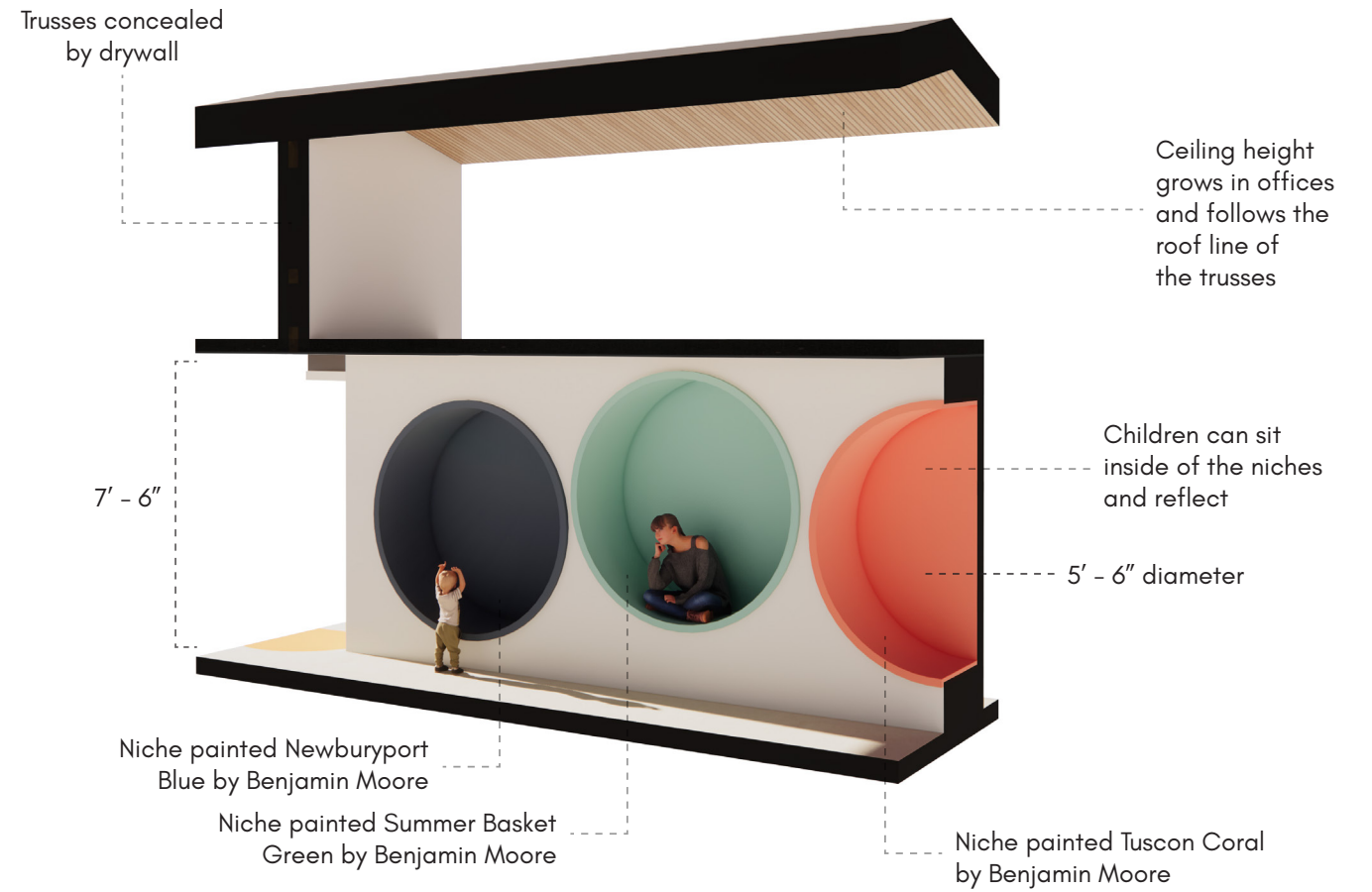
GROUP THERAPY

Larger therapeutic practices take place in this space. The vivid colors and tactile design features invite children to feel welcome and comfortable.
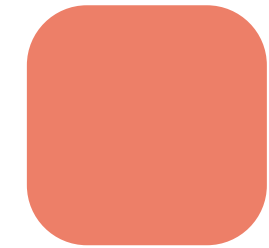

1

2

3

4

5

6

1. Natural Oak Acoustic Slat Wood Wall Panels, The Wood Veneer Hub – accent wall
2. Forbo, Marmoleum, color varies – flooring
3. Kirei, 12mm PET Felt, color varies – acoustic ceiling clouds
4. Steelcase, Half Moon Table – furniture
5. KlipKlap, KK Half Circle – ottoman
6. Sweedish Ninja, Candy Circle – wall sconce
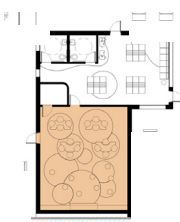
GROUP THERAPY MILLWORK DETAIL

This feature wall supports the main functions for group therapy and the majority of the storage for the space. On the left hand side of the millwork there are 9 cut-outs in the wall that were designed to perfectly fit the ottomans. When the group therapy session is more art focused that day and the tables are being used, children can easily store the ottomans in the wall. Each cubby is also color coordinated to the ottomans, so it is a sensory interaction for the children.

On the right hand side of the millwork there are 1' x 1' cubes for game and toy storage. There is also additional storage in the middle underneath the large TV screen. The millwork finish is an oak acoustic slat wall, which helps control the acoustics in the larger gathering space.

25' - 10 3/16"

8' - 0"

7' - 4"

1' - 0"

1' - 0"

11' - 8"

1' - 0"

1' - 1"

1' - 3"

4' - 7"

3/16" = 1' - 0"

Natural oak acoustic slat wall panels from Wood Veneer Hub

Cut-outs to fit ottomans when they are not in use

Base of shelving made from plywood

Short enough for children to reach

Shelving cut-outs for games, supplies, and toys

Extra stroage for supplies
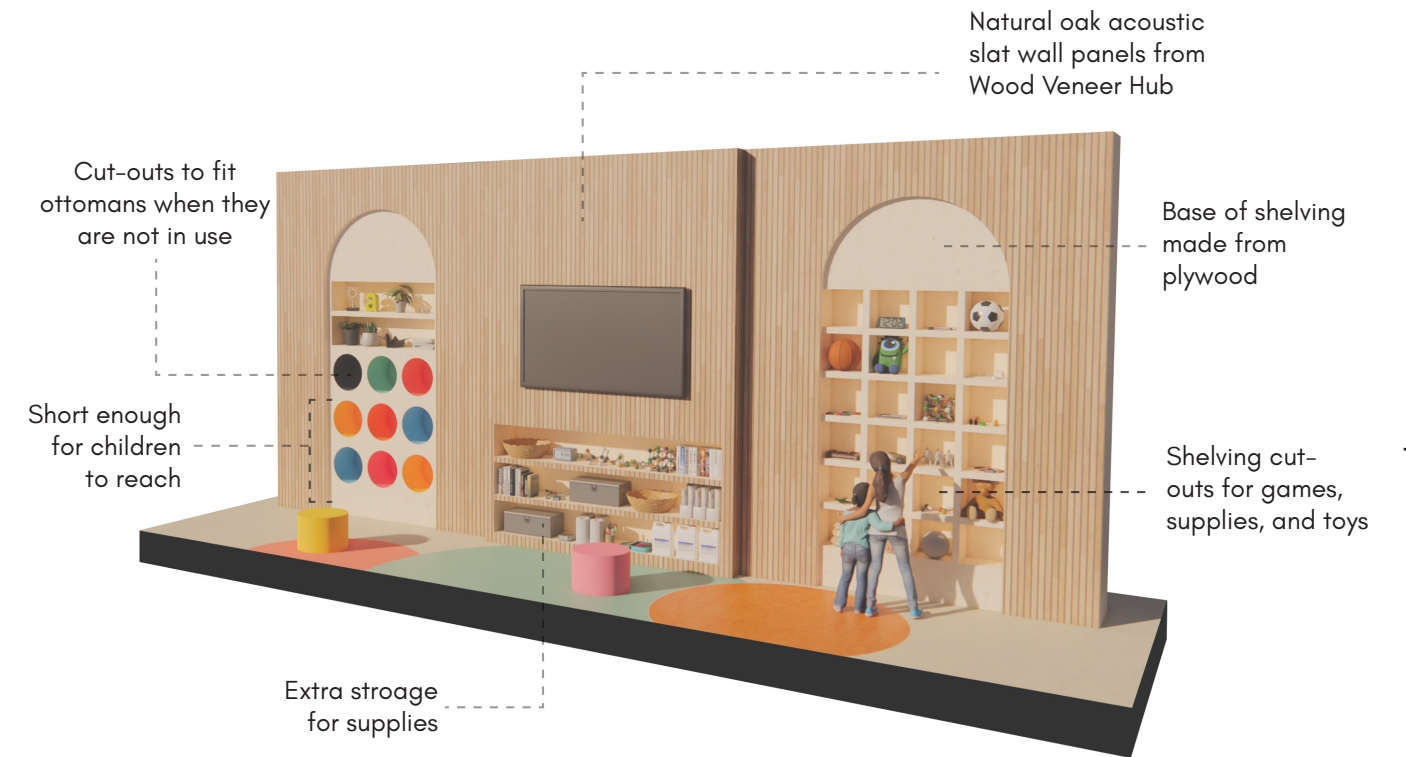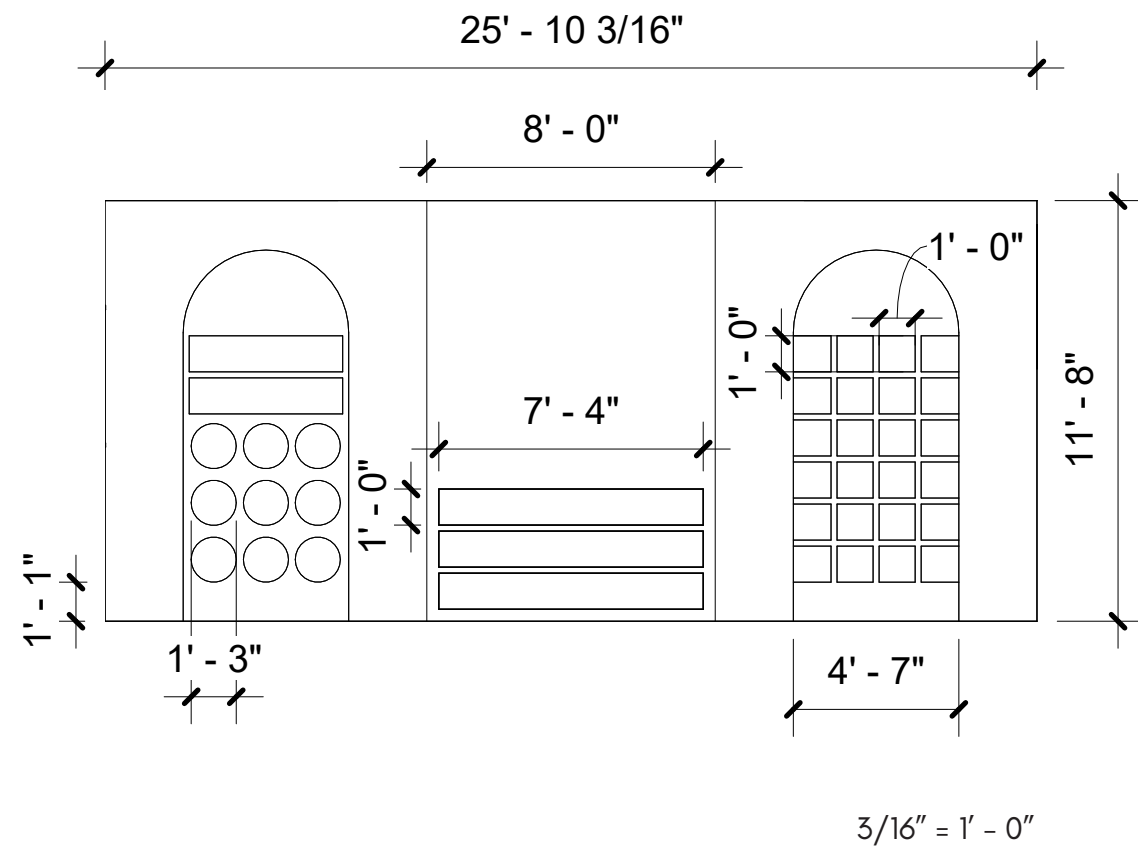
ECO-ART THERAPY

A place for reflection, therapeutic practices, and connection to nature. This space features design elements to help facilitate art therapy outdoors. Features include a reflection fountain, a garden, and a playground.

1

2

3
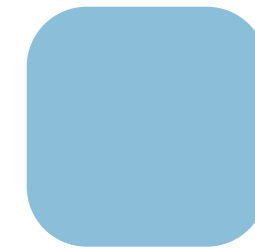
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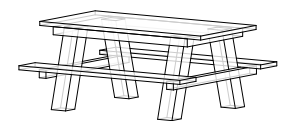
6

1. Buckingham Slate, Slate Tiles – exterior flooring
2. ecobirdy, Charlie Chair – outdoor furniture
3. ecoBirdy, Louisa Table – outdoor furniture
4. Custom awning in light blue
5. Custom awning in orange
6. Custom picnic table scaled to children
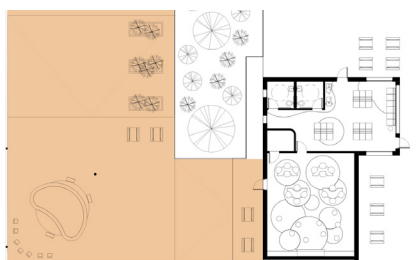
OUTDOOR WAITING AREA

A place for clients to wait and play before their group therapy session begins. This space features a playground and games to play with.
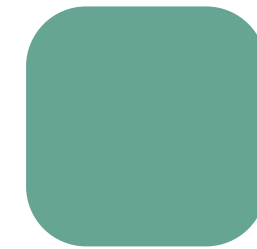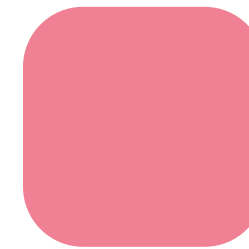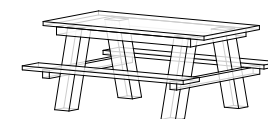
1. Existing brick to be repainted with a fresh coat of paint
2. Awning fabric to match Summer Basket Green paint
3. Awning fabric to match Lemon Sparkling Sunshine paint
4. Awning fabric to match Pink Popsicle paint
5. Existing concrete slab
6. Custom picnic table scaled to children
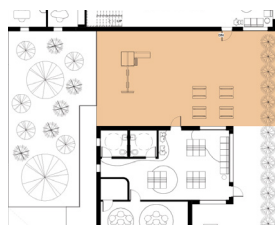
SPECIFICATIONS

FURNITURE

PRODUCT	Marlon Chair
MANUFACTURER	Dooq Details
LOCATION	Playful Lobby, Quiet Lobby, Group Therapy Lobby, Art Therapy Offices
DIMENSIONS	29.13"W x 27.56"D x 31.5"H
FINISH	Upholstery
SUSTAINABILITY	Sourced from Charish, a vintage/second-hand site that has ready to ship pieces
RATIONALE	Low to the ground, comfortable seat height for children

PRODUCT	Charlie Chair
MANUFACTURER	ecoBirdy
LOCATION	Outdoors
DIMENSIONS	15"L x 14"W x 19.7"H
FINISH	Ecothyline (100% recyclable material made from recycled pieces of plastic children's toys)
SUSTAINABILITY	Made from recycled materials and is 100% recyclable after use
RATIONALE	Form is sculptural and made to scale for children, along with being 100% sustainable

PRODUCT	Modular Sofa
MANUFACTURER	Cubit
LOCATION	All Lobbies
DIMENSIONS	Varies
FINISH	Upholstery
SUSTAINABILITY	Made from durable/long lasting materials
RATIONALE	Low to the ground for a comfortable seat height for children, modular pieces for multiple configurations

PRODUCT	Luisa Table
MANUFACTURER	ecoBirdy
LOCATION	Outdoors
DIMENSIONS	29.5"L x 21.6"W x 19.7"H
FINISH	Ecothyline (100% recyclable material made from recycled pieces of plastic children's toys)
SUSTAINABILITY	Made from recycled materials and is 100% recyclable after use
RATIONALE	Form is sculptural and made to scale for children, along with being 100% sustainable

PRODUCT	Modern Ottoman
MANUFACTURER	Apollo Furniture
LOCATION	Group Therapy
DIMENSIONS	18.4" diameter x15.1"H
FINISH	Upholstery
SUSTAINABILITY	Fabric is durable and withstands wear and tear
RATIONALE	Low to the ground/modular ottoman that fits into custom millwork to turn into an art piece

PRODUCT	Wiggleroom Coffee Table
MANUFACTURER	Wiggleroom Furniture
LOCATION	Therapy Offices
DIMENSIONS	45"L x 22"W x 14"H
FINISH	Plywood, Spill-proof laminate
SUSTAINABILITY	Made from durable/long lasting materials with a protective coating
RATIONALE	Organic, art-like form which promotes creativity

FURNITURE

PRODUCT Half Moon Table

MANUFACTURER Steelcase

LOCATION Group Therapy

DIMENSIONS 21 1/2" H - 31 1/2" H (adjustable w/ casters)
Overall Width: 65" W

FINISH Laminate

SUSTAINABILITY Made from durable materials

RATIONALE Shape invites collaboration and allows therapists to sit on one side, and clients on the other. On casters for modularity, durable

PRODUCT About A Collection (AAC) 226

MANUFACTURER HAY

LOCATION Art Therapy Offices, Group Therapy

DIMENSIONS 82.0cm H x 59cm W x 54.0cm D

FINISH Colored recycled plastic

SUSTAINABILITY Uses 100% post-consumer recycled plastic

RATIONALE Comes in a variety of colors, good for different purposes (desk, task work, collaboration)

PRODUCT Waldorf Toddler Table

MANUFACTURER Tatoy

LOCATION Art Therapy Offices

DIMENSIONS Table top: 24L" x 20W" x 43"H
Chair: (12" seat height)

FINISH Natural varnish

SUSTAINABILITY Made of hard wood for durability

RATIONALE Low to the ground and made to the scale of children

PRODUCT Area Rug

MANUFACTURER Lavlamp

LOCATION Art Therapy Office

DIMENSIONS 8'x10'

FINISH Nylon

SUSTAINABILITY Recyclable

RATIONALE Colorful and fun forms, looks like an art piece

PRODUCT Washed Corduroy Floor Pillow

MANUFACTURER Urban Outfitters

LOCATION Art Therapy Offices

DIMENSIONS 18"L x 18"W x 4.5"H

FINISH Upholstery

SUSTAINABILITY Fabric is durable and stain resistant

RATIONALE Easy to move/put away when needed during therapy sessions

PRODUCT Loop

MANUFACTURER Sancal

LOCATION Therapy Offices

DIMENSIONS 230cm L x 122cm D x 78cm H

FINISH Upholstery

SUSTAINABILITY Made from durable/long lasting materials with a protective coating

RATIONALE Sculptural form that comes in a variety of colors

FIXTURES

PRODUCT Macri Pendant

MANUFACTURER Mintbliss

LOCATION Art Therapy Offices

DIMENSIONS 18-29cm diameter

FINISH Metal

SUSTAINABILITY Uses LED light bulbs

RATIONALE Colorful shell that blends with color palette, comes in different colorways and sizes
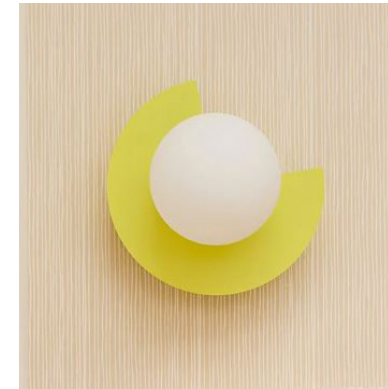
PRODUCT Candy, Little Circle + Big Circle Lamp

MANUFACTURER Sweedish Ninja

LOCATION Group Therapy

DIMENSIONS Little: 28cm L x 20cm D x 28 cm H, Glass globe: 16 cm; Big: 28cm L x 20 cm D x 28cm H , Glass globe: 22 cm

FINISH Powder coated steel with opaline glass globe

SUSTAINABILITY Uses LED light bulbs

RATIONALE Colorful shell that blends with color palette, comes in different colorways and sizes

PRODUCT Pop-Art Modular Chandelier

MANUFACTURER Inspira Lifestyles

LOCATION Check-in Desk

DIMENSIONS 15 head cluster

FINISH Glass, Painted Metal

SUSTAINABILITY Uses LED light bulbs

RATIONALE Colorful shell that blends with color palette in a fun form that promotes creativity when you first walk in

PRODUCT Bow Pendant

MANUFACTURER Arancia Lighting

LOCATION Check-in Desk

DIMENSIONS 48" diameter curve

FINISH Aluminum, white powder coat

SUSTAINABILITY Dimmable

RATIONALE Curve of light follows the curve of the front desk for a seamless light path

PRODUCT Ondaria Surface Mount

MANUFACTURER Zumtobel

LOCATION Storage Closets, Hallway, Admin Spaces

DIMENSIONS 24" diameter

FINISH White enamel aluminum

SUSTAINABILITY LRO technology, dimmable

RATIONALE Has sound absorbing acoustic version and emits necessary light for maximum task visibility

PRODUCT Aura Light

MANUFACTURER Matter

LOCATION Art Therapy Offices

DIMENSIONS 43"L x 3"D x 3.5"H

FINISH Bio-polyester, powder-coated steel fixing, steel suspension cable

SUSTAINABILITY Uses LED light tube

RATIONALE Colorful shell that blends with color palette

EQUIPMENT

PRODUCT	Soho Wall Mount Sink
MANUFACTURER	Kohler
LOCATION	Art Therapy Offices, Storage
DIMENSIONS	20" x 18"
FINISH	White vitreous china
SUSTAINABILITY	UL Certified Environmental Product, made from very durable material that will last a long time
RATIONALE	Sinks to be provided in every art therapy office

PRODUCT	Purist Sink Faucet
MANUFACTURER	Kohler
LOCATION	Restrooms
DIMENSIONS	10"W x 9" D x 12.5" H
FINISH	Metal
SUSTAINABILITY	Premium metal construction for durability and reliability, finish resists corrosion and tarnishing
RATIONALE	Sleek faucet for restrooms

PRODUCT	Loure Touchless Faucet
MANUFACTURER	Kohler
LOCATION	Art Therapy Offices
DIMENSIONS	8.5" L x 1.5" H
FINISH	Brass
SUSTAINABILITY	Uses a sensor to automatically shut off and conserve water when not in use
RATIONALE	Sinks to be provided in every art therapy office

PRODUCT	LG LED UQ75 43 inch 4K Smart TV 2022
MANUFACTURER	LG
LOCATION	Group Therapy
DIMENSIONS	43"
FINISH	Electronic
SUSTAINABILITY	73.2g of post consumer recycled material is applied in the components
RATIONALE	Screen for large displays during group therapy

PRODUCT	Kingston Toilet
MANUFACTURER	Kohler
LOCATION	Restrooms
DIMENSIONS	16.5" seat height, 32" H x 29" D x 18.5"W
FINISH	Porcelain
SUSTAINABILITY	1.28 gpf
RATIONALE	Toilets to be provided in every restroom

PRODUCT	Peerless-AV SF640 Universal Flat Wall Mount for 32 to 50" Displays
MANUFACTURER	Peerless
LOCATION	Group Therapy
DIMENSIONS	Designed to mount flat-panel displays 32 - 50"
FINISH	Metal
SUSTAINABILITY	-
RATIONALE	Used to wall mount TV above

FINISHES

PRODUCT	Marmoleum - Stone
MANUFACTURER	Forbo Flooring Systems
LOCATION	Flooring throughout
DIMENSIONS	Varies
FINISH	Topshield2
SUSTAINABILITY	Made from natural ingredients (flax seed oil, rosin binders, wood flour, limestone) and contributes to LEED credits
RATIONALE	Durable flooring that is also sustainable and comes in a variety of colors

PRODUCT	Marmoleum - Mandarin
MANUFACTURER	Forbo Flooring Systems
LOCATION	In front of art therapy offices
DIMENSIONS	Varies
FINISH	Topshield2
SUSTAINABILITY	Made from natural ingredients (flax seed oil, rosin binders, wood flour, limestone) and contributes to LEED credits
RATIONALE	Durable flooring that is also sustainable and comes in a variety of colors

PRODUCT	Marmoleum - Lemon Zest
MANUFACTURER	Forbo Flooring Systems
LOCATION	In front of art therapy offices
DIMENSIONS	Varies
FINISH	Topshield2
SUSTAINABILITY	Made from natural ingredients (flax seed oil, rosin binders, wood flour, limestone) and contributes to LEED credits
RATIONALE	Durable flooring that is also sustainable and comes in a variety of colors

PRODUCT	Marmoleum - Custom Color - Pink Poppy
MANUFACTURER	Forbo Flooring Systems
LOCATION	In front of art therapy offices
DIMENSIONS	Varies
FINISH	Topshield2
SUSTAINABILITY	Made from natural ingredients (flax seed oil, rosin binders, wood flour, limestone) and contributes to LEED credits
RATIONALE	Durable flooring that is also sustainable and comes in a variety of colors

PRODUCT	Marmoleum - Laguna
MANUFACTURER	Forbo Flooring Systems
LOCATION	In front of art therapy offices
DIMENSIONS	Varies
FINISH	Topshield2
SUSTAINABILITY	Made from natural ingredients (flax seed oil, rosin binders, wood flour, limestone) and contributes to LEED credits
RATIONALE	Durable flooring that is also sustainable and comes in a variety of colors

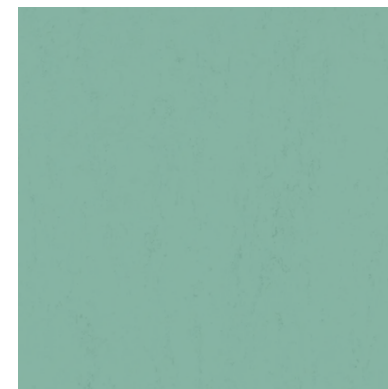|	
PRODUCT	Marmoleum - Custom Color - Green
MANUFACTURER	Forbo Flooring Systems
LOCATION	In front of art therapy offices
DIMENSIONS	Varies
FINISH	Topshield2
SUSTAINABILITY	Made from natural ingredients (flax seed oil, rosin binders, wood flour, limestone) and contributes to LEED credits
RATIONALE	Durable flooring that is also sustainable and comes in a variety of colors

FINISHES

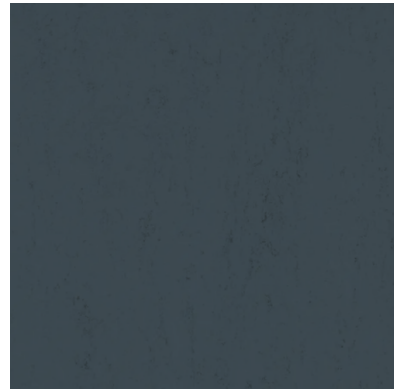|	
PRODUCT	Marmoleum - Custom Color - Navy
MANUFACTURER	Forbo Flooring Systems
LOCATION	In front of art therapy offices
DIMENSIONS	Varies
FINISH	Topshield2
SUSTAINABILITY	Made from natural ingredients (flax seed oil, rosin binders, wood flour, limestone) and contributes to LEED credits
RATIONALE	Durable flooring that is also sustainable and comes in a variety of colors

PRODUCT	Calm Eco-Spec Paint
MANUFACTURER	Benjamin Moore
LOCATION	Ceilings, Walls
DIMENSIONS	n/a
FINISH	Flat
SUSTAINABILITY	Eco-spec paint is an eco-responsible interior paint
RATIONALE	General white paint for ceilings and walls

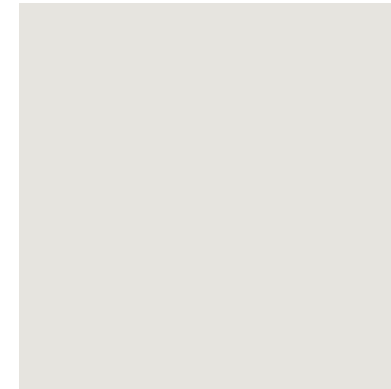|	
PRODUCT	Marmoleum - Custom Color - Coral
MANUFACTURER	Forbo Flooring Systems
LOCATION	In front of art therapy offices
DIMENSIONS	Varies
FINISH	Topshield2
SUSTAINABILITY	Made from natural ingredients (flax seed oil, rosin binders, wood flour, limestone) and contributes to LEED credits
RATIONALE	Durable flooring that is also sustainable and comes in a variety of colors

PRODUCT	Aquarium Blue Eco-Spec Paint
MANUFACTURER	Benjamin Moore
LOCATION	Walls, Ceilings, Furniture, Millwork
DIMENSIONS	n/a
FINISH	Flat
SUSTAINABILITY	Eco-spec paint is an eco-responsible interior paint
RATIONALE	Fun use of color for children's spaces

PRODUCT	Natural Oak Acoustic Slat Wood Wall Panels
MANUFACTURER	The Wood Veneer Hub
LOCATION	Playful Lobby/Hallway
DIMENSIONS	Varies
FINISH	Wood paneling
SUSTAINABILITY	Made from recycled content, FSC Certified
RATIONALE	Beautifully designed wood-strip decorative wall panel that has high-quality acoustic properties

PRODUCT	Citrus Orange Eco-Spec Paint
MANUFACTURER	Benjamin Moore
LOCATION	Walls, Ceilings, Furniture, Millwork
DIMENSIONS	n/a
FINISH	Flat
SUSTAINABILITY	Eco-spec paint is an eco-responsible interior paint
RATIONALE	Fun use of color for children's spaces

FINISHES

PRODUCT	Tuscan Coral Eco-Spec Paint
MANUFACTURER	Benjamin Moore
LOCATION	Walls, Ceilings, Furniture, Millwork
DIMENSIONS	n/a
FINISH	Flat
SUSTAINABILITY	Eco-spec paint is an eco-responsible interior paint
RATIONALE	Fun use of color for children's spaces

PRODUCT	Sparkling Sun Eco-Spec Paint
MANUFACTURER	Benjamin Moore
LOCATION	Walls, Ceilings, Furniture, Millwork
DIMENSIONS	n/a
FINISH	Flat
SUSTAINABILITY	Eco-spec paint is an eco-responsible interior paint
RATIONALE	Fun use of color for children's spaces
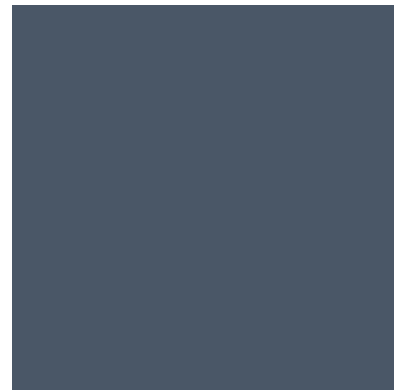
PRODUCT	Newburyport Blue Eco-Spec Paint
MANUFACTURER	Benjamin Moore
LOCATION	Walls, Ceilings, Furniture, Millwork
DIMENSIONS	n/a
FINISH	Flat
SUSTAINABILITY	Eco-spec paint is an eco-responsible interior paint
RATIONALE	Fun use of color for children's spaces

PRODUCT	Summer Basket Green Eco-Spec Paint
MANUFACTURER	Benjamin Moore
LOCATION	Walls, Ceilings, Furniture, Millwork
DIMENSIONS	n/a
FINISH	Flat
SUSTAINABILITY	Eco-spec paint is an eco-responsible interior paint
RATIONALE	Fun use of color for children's spaces

PRODUCT	Pink Popsicle Eco-Spec Paint
MANUFACTURER	Benjamin Moore
LOCATION	Walls, Ceilings, Furniture, Millwork
DIMENSIONS	n/a
FINISH	Flat
SUSTAINABILITY	Eco-spec paint is an eco-responsible interior paint
RATIONALE	Fun use of color for children's spaces
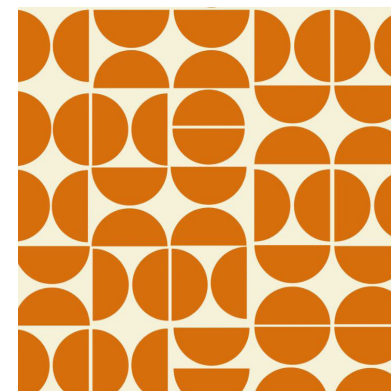
|	
PRODUCT	70s Ornament
MANUFACTURER	Wallism
LOCATION	Art Therapy Office
DIMENSIONS	Varies
FINISH	Wallpaper
SUSTAINABILITY	100% PVC-free & FSC-certified
RATIONALE	Geometric shapes that reflect one another, wanted to include murals/colorful wallpaper in every office

FINISHES

PRODUCT	Plywood
MANUFACTURER	Recycled
LOCATION	Millwork
DIMENSIONS	varies
FINISH	Flat
SUSTAINABILITY	Repurposed wood given a new life
RATIONALE	Durable and great for millwork

PRODUCT	12mm PET felt - 295 Mandarin
MANUFACTURER	Kirei
LOCATION	Group Therapy ceiling clouds
DIMENSIONS	varies
FINISH	Felt
SUSTAINABILITY	Low VOC, contributes to LEED credits
RATIONALE	Acoustic and colorful material
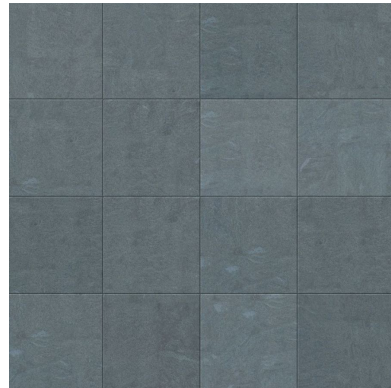
PRODUCT	Slate tiles
MANUFACTURER	Buckingham Slate
LOCATION	Exterior flooring, ramp
DIMENSIONS	2'x2'
FINISH	Polished
SUSTAINABILITY	Comes from local manufacturer to reduce carbon footprint of product travel
RATIONALE	Local material that is durable
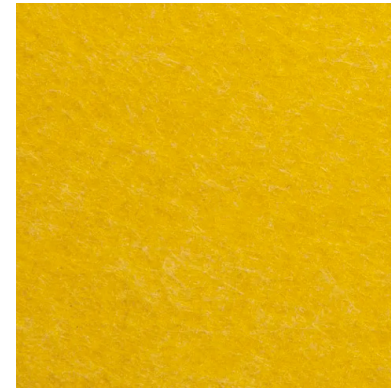
PRODUCT	12mm PET felt - 108 Sunshine
MANUFACTURER	Kirei
LOCATION	Group Therapy ceiling clouds
DIMENSIONS	varies
FINISH	Felt
SUSTAINABILITY	Low VOC, contributes to LEED credits
RATIONALE	Acoustic and colorful material
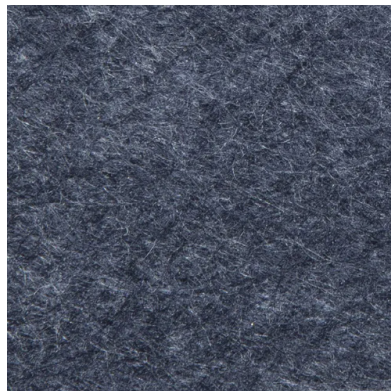
PRODUCT	12mm PET felt - 365 Navy
MANUFACTURER	Kirei
LOCATION	Group Therapy ceiling clouds
DIMENSIONS	varies
FINISH	Felt
SUSTAINABILITY	Low VOC, contributes to LEED credits
RATIONALE	Acoustic and colorful material

PRODUCT	12mm PET felt - 551 Duck Egg
MANUFACTURER	Kirei
LOCATION	Group Therapy ceiling clouds
DIMENSIONS	varies
FINISH	Felt
SUSTAINABILITY	Low VOC, contributes to LEED credits
RATIONALE	Acoustic and colorful material

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FINAL DELIVERABLES

Final Model

For my final detail model I constructed a section model of the safe space niches. I focused on how they work with the floor, ceiling, and wall planes. This model exemplifies how the ceiling plane in the hallways is much lower than those in the adjacent art therapy offices, where the ceiling plane grows and follows the lines of the roof. I also painted the niches in the model with the correlating colors that are intended to be used in each, which also highlights my color palette. Each niche is the appropriate scale for children, as well as the appropriate height off of the group for easy access.

Final Thoughts

During my final thesis presentation I received positive feedback and encouragement from the IDES faculty. I appreciate the different aspects of interior design knowledge that each professor brought to the discussion. Each professor has encouraged and inspired me in a different way in the classes that I have taken

with them, so it was great to have them all present and receive their feedback regarding my project.

Some thought-provoking questions were asked during the critique which sparked new conversations and a few ideas that I had not thought of when designing. Most prominently, a few questions about concept were discussed, such as how do I find the balance of incorporating concept into my space. I thought this was a great question because sometimes it is hard to find the balance between what is too little of concept and what is too extreme when designing.

Some other comments were regarding the materials and colors that I chose. The marmoleum flooring was applauded for being both sustainable and durable, as well as working well with my color palette, since it comes in a wide range of colorways. The faculty also stated that they were a fan of my color palette and enjoyed the usage of such vibrant and bold colors, especially since the clients are children. I think that this was one of the biggest challenges for me throughout the project since I do tend to use more neutral and subdued colors in my prior designs. I thoroughly enjoyed incorporating bold colors and patterns throughout. Overall, this project taught me a lot and I feel as though I grew as a designer exponentially throughout this year. It is amazing to think back to this point last year when I didn't have the wealth of knowledge on art therapy research, design itself, and each of the computer programs that I used in this thesis project. This has been such a wonderful experience and I can't wait to continue learning more in the industry, and apply the skills I learned in this program.

Final Presentation Board

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Adrianna Genier | Director of 2810, thesis site
Abby Barras | VCU IDES MFA Alum and designer of 2810, thesis site
Sara Reed | VCU Interior Design faculty
Laura Battaglia | VCU Interior Design faculty
Emily Smith | VCU Interior Design faculty

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