

Using Biophilic Designs in Therapeutic Process

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Undoubtedly, the spatial environment has a profound impact on the mental health of patients, workers and visitors all at the same time. More over the definition of the World Health Organization (WHO) stating that Mental Health is not just the absence of disease but it's a state of physical, psychological and social comfort for a person as well. It has also become scientifically proven that the patient's psychological status is one of the most important elements that are responsible for his recovery and his treatment success. In addition to the personal will of the patient to heal is definitely the main factor in overcoming the disease, through the interaction between the client and the elements of his spatial environment.

Several physical and psychological needs must be taken into consideration when designing the interior spaces of hospitals, it is absolutely necessary to provide sufficient information covering the nature of human behavior as well as the psychological needs of the patient, psychological comfort and compatibility within the internal environment.

The Biophilia Hypothesis proposes that most humans have an innate love of nature and without connecting with it, our health could suffer. So, biophilic design is an applied solution to appease this desire for nature by integrating natural elements and processes into the built environment. As we can define the Biophilic Design as a concept used within the building industry to increase occupant connectivity to the natural environment through the use of direct nature, indirect nature, and space and place conditions. Through the researcher's practice of art therapy sessions in some public psychiatric hospitals, the researcher found a lack of attention to the spatial environment in which the sessions are practiced, and ignorance of the importance of the availability and quality of interior design elements for art therapy rooms considered a secondary and not essential element in the therapeutic process.

The idea of this research is that there is obvious ambiguity in the relationship between the elements of the spatial environment in art therapy rooms and the efficiency of applied art psychotherapy, which is designed to reduce symptoms of depression in children. The interactions between the child and his environment during the session in terms of space, colors and light, along with some other sensory stimuli as well, such as surrounding sounds and smells, are systematically provoking to study their impact on the efficiency of art psychotherapy interventions, and the possibility of developing a design philosophy for Biophilic design in art therapy rooms which depends on the standards and the specifications of the phenomenological theory, taking into consideration not only the psychological and physiological effects, but also the aesthetic effects on the persons concerned aiming to achieve user satisfaction and the utmost performance efficiency for those spaces.