

Finding a space for m

I have always had a difficult relationship with food and body image, appreciating the artistic opportunity it presented, while also working through a deep-rooted fear of the affects it had on my self-worth

This project stems from my own personal experience with eating disorders, and is in response to a lack of finding a space that met my needs. I wanted to create a humanizing and inspiring nutritional wellness center, using my treatment experiences to compose a space for people to confront their issues in a positive and transformative way.

Dr. Marsha Linehan's work on evidence based dialectical and cognitive behavioral therapy has been one of the most effective tools in my treatment journey. I used her work as a guide in defining my own language and investigation within ways of transforming how one engages and feels within a space. Her practices of "exposure therapy", and "opposite action", were the two tools used to inform my spatial concept of: Transformative space through Exposure. Her research has taught me that we can change how we think, not how we feel. My space takes that a step further in that if we can change the way we think in direct response to the space, we can also shift our emotional experience towards a more effective healing

The site I chose also ties into my journey with food. The Century Agency Building was the building that made me realize my interests in interior design. The history, the space, and the design paired with the current restaurant Lark provided a positive connection and venue for me for food outside of my disorder. This realization empowered me to take positive steps towards discovering myself as an interior designer, allowing me to transform my perception on not only food, but also

TAK Plant Pl

West Seattle, Vashon Island Water Taxi

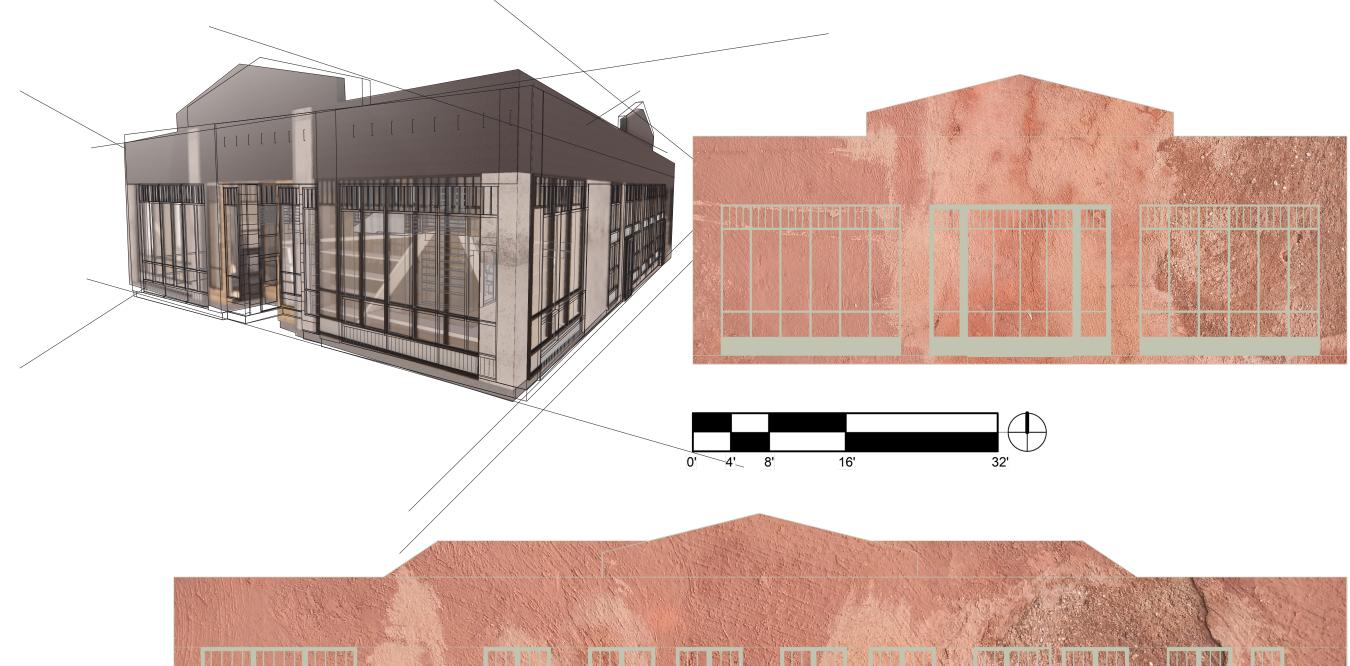
Sea Water

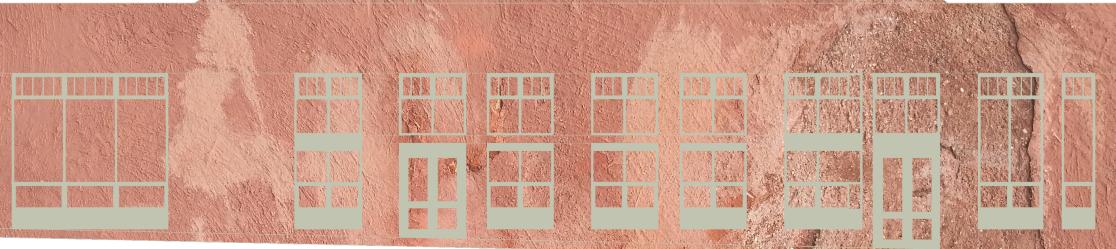
WELLNESS CENTER
FOR POSITIVE
TRANSFORMATION
AND GROWTH

COLLEEN LYELL CAPSTONE II SPRING 2020

Central Agency Building 952 E Seneca St, Seattle, WA 98122

Scope Total: 15,800 Main floor: 7,900 Upper Level: 7,900



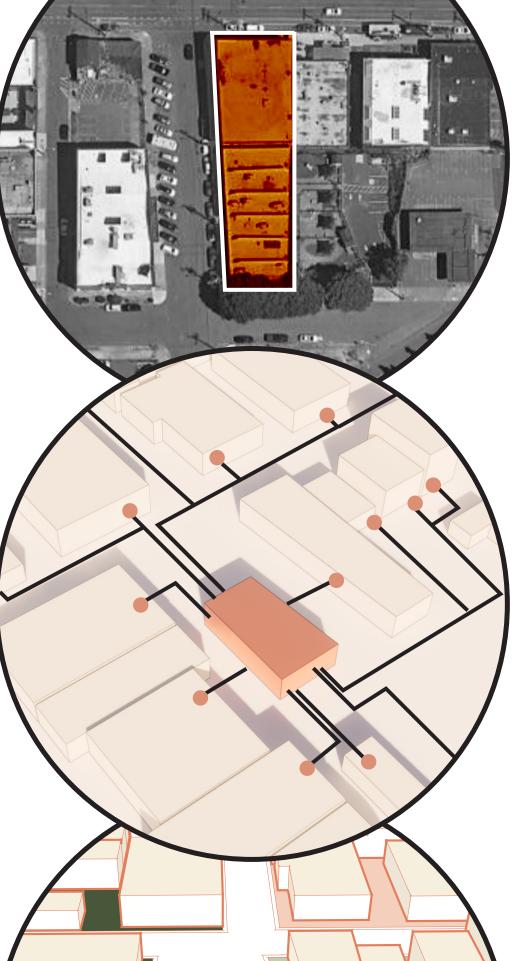


0' 4' 8' 16' 32'

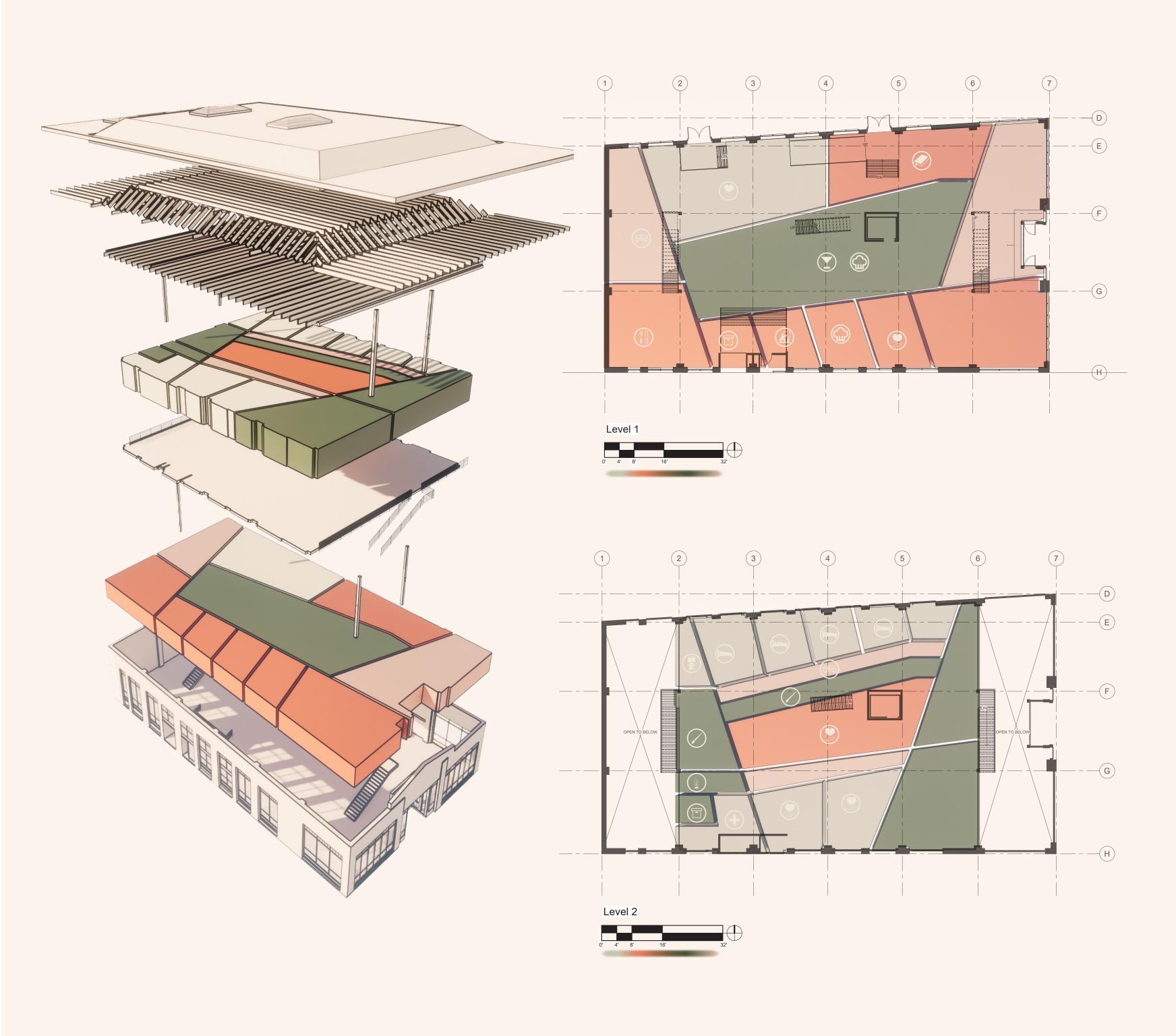
A site of history and interest to reinforce the concept of transformation of purpose and destination within an agile journey.

A connection to the community to reinforce exposure therapy within a supportive external group, and intern allow for the community to reciprocated participation.

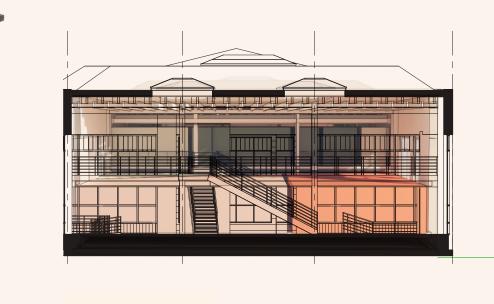
Activated public surroundings to promote seamless transitions into the world from within every point of the clients journey of healing.



CONCEPT























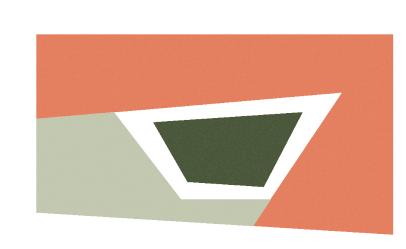








Transformative
experiences though
gestures of support,
to empower positive
growth, and inspire
personal rise.



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Spaces of **exposure** to empower healthy risks, while finding support to continue to heal.

BLIC + GROUP + INDIVIDUAL + TRANSITION

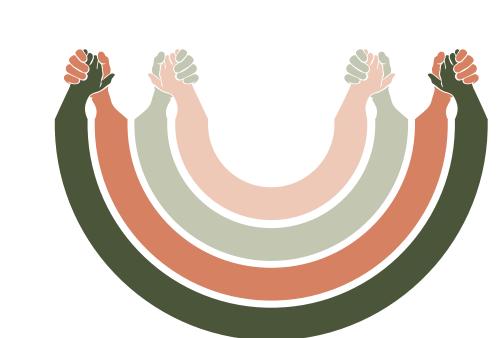


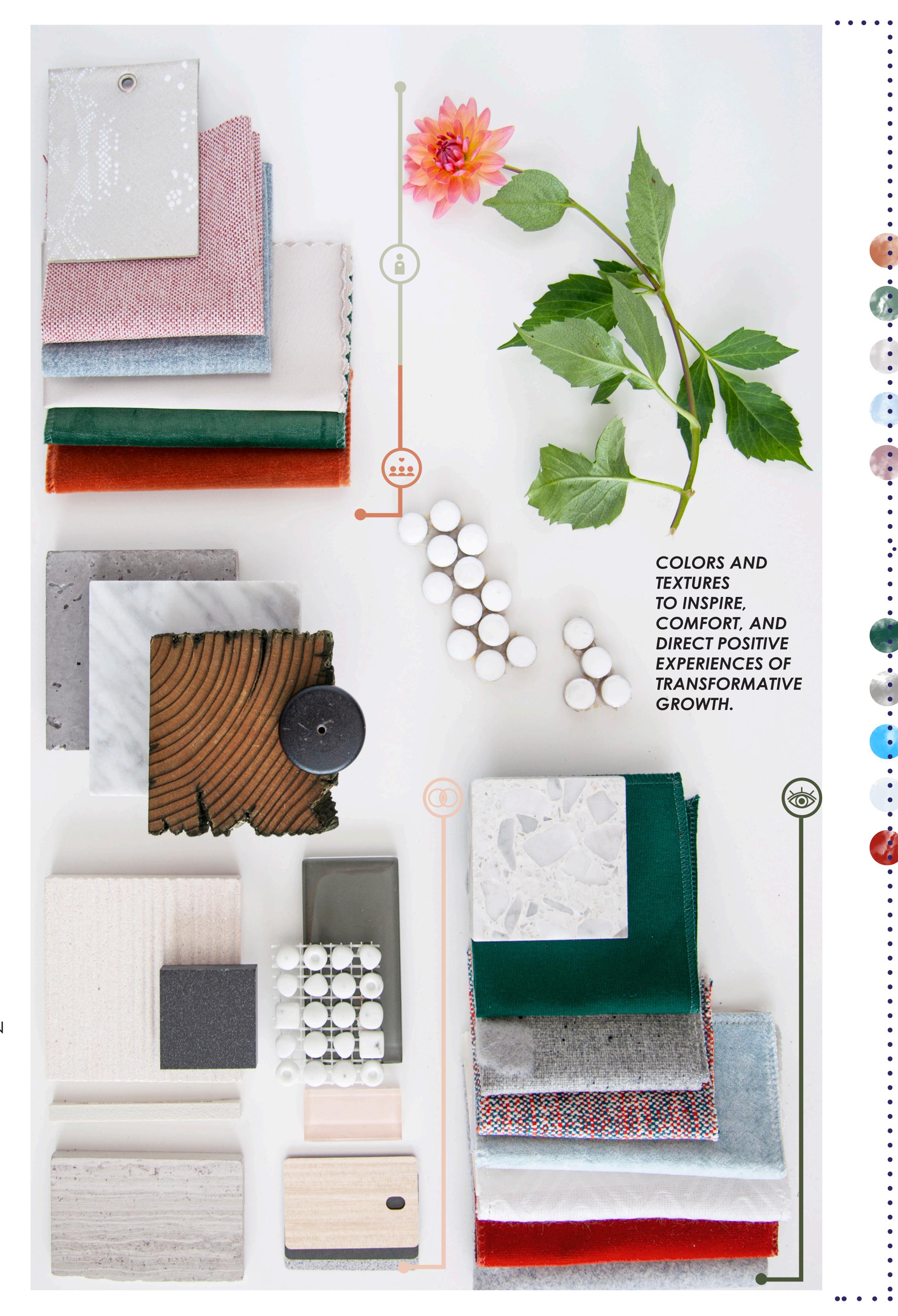


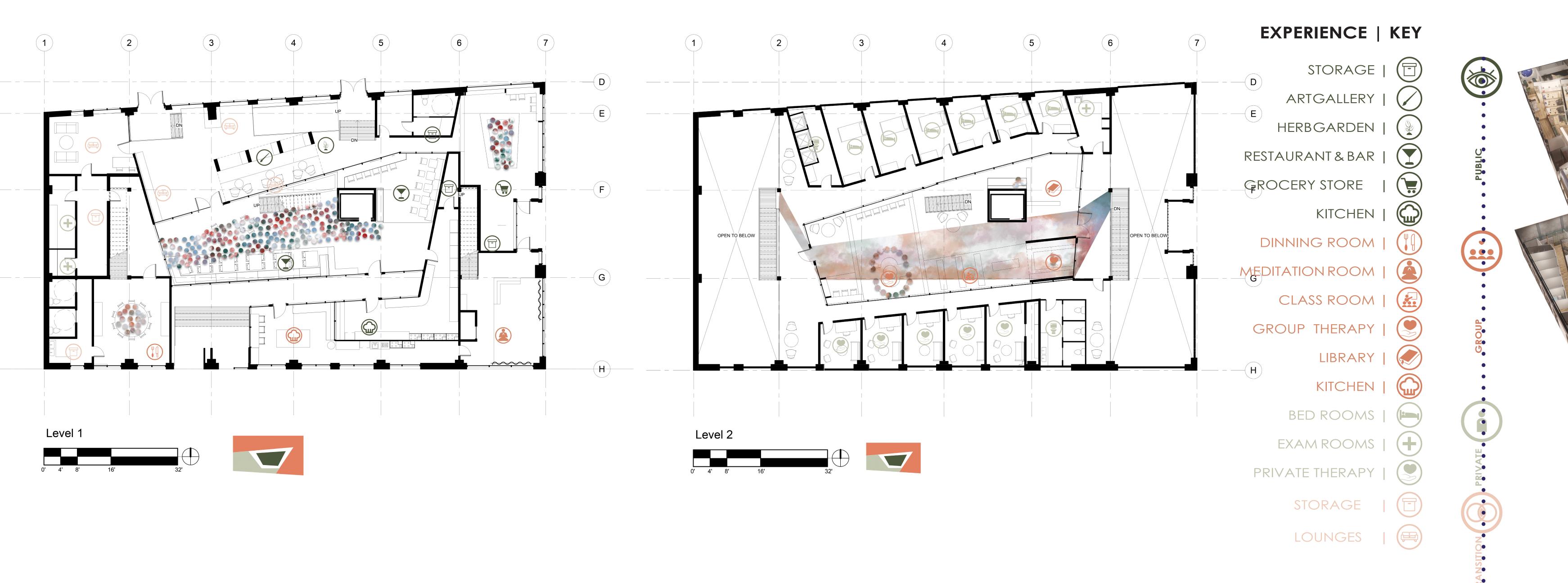




COMMUNITY OF SUPPORT



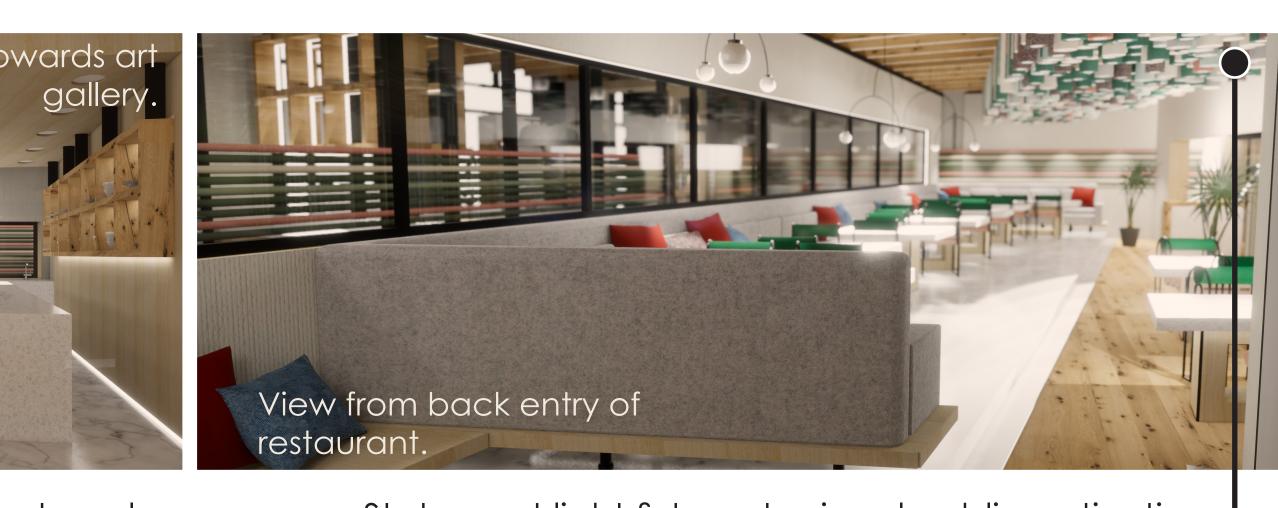




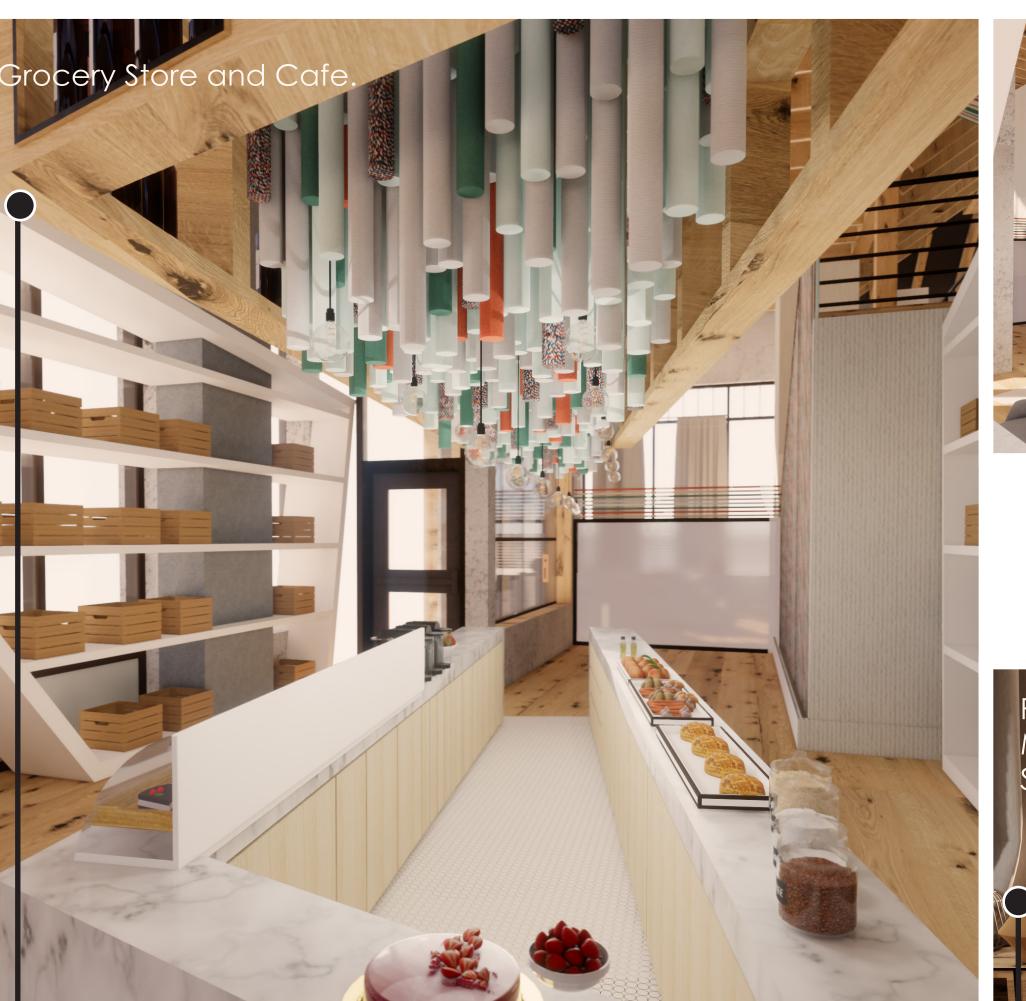
Color gatherings to provide visual wayfinding for public to private areas of focus.



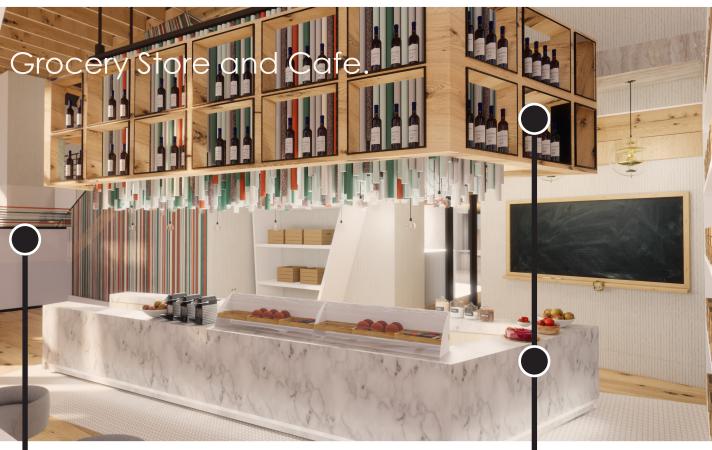




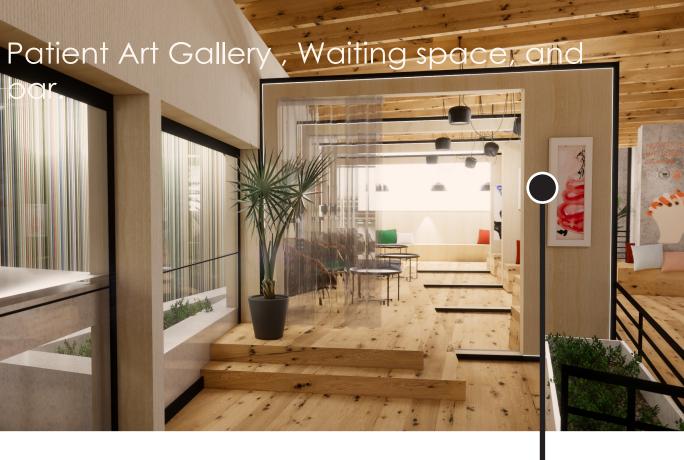
Statement light fixtures to signal public activation—and gathering, and create a positive experience



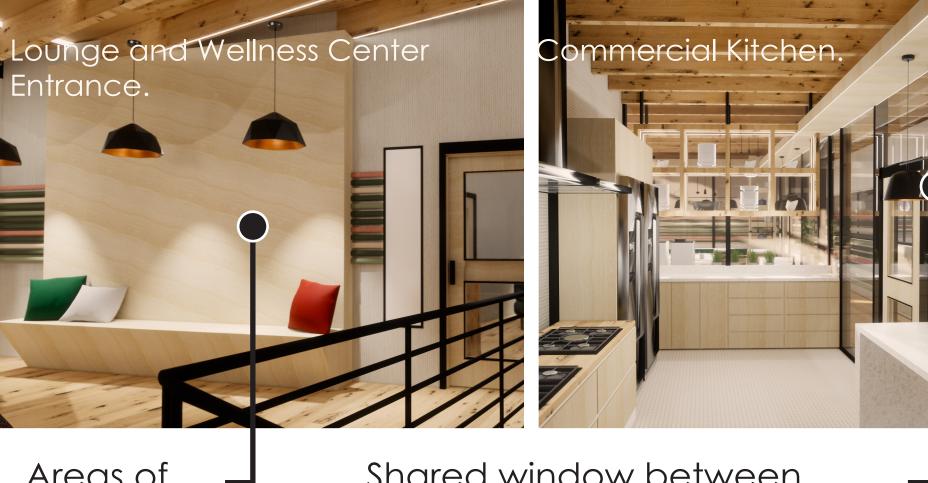
Bright and vibrant colors within the public spaces to align with the goals of exposure



Reinforcement of color Stair-rail screen . Repetitives and Stair-rail screen .

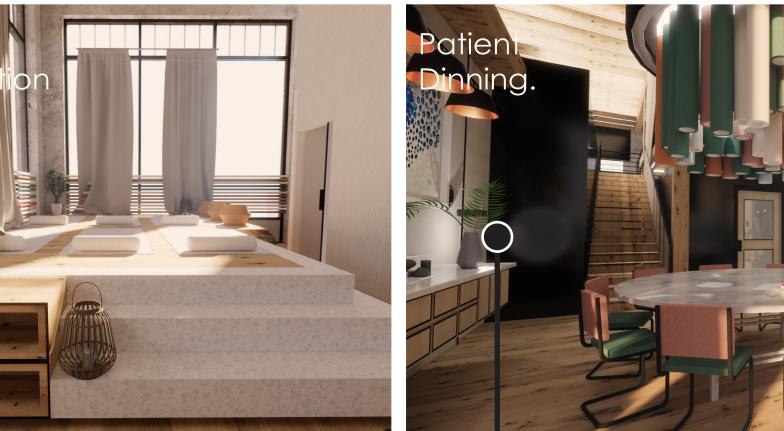


corporation of client perience to public perience within



rest while in transition.

Shared window between commercial and patient kitchen to connect both experiences.



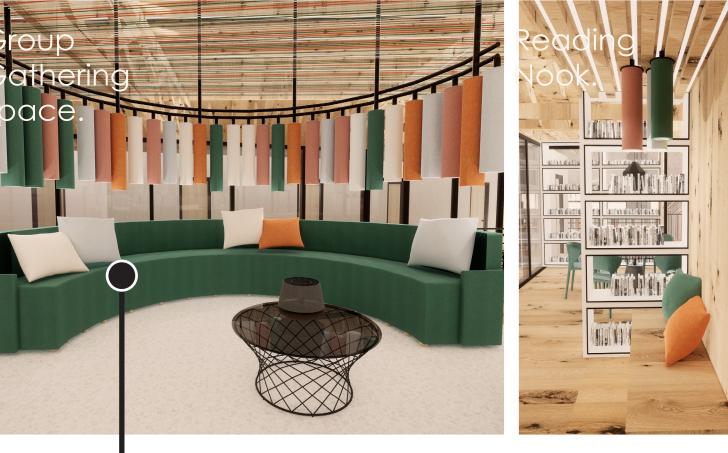
Colored window treatment bands used as a wayfinding tool while also providing



A tonal shift in the private spaces to evoke a more comforting and residential look and feel.



esignated private and oup spaces to support ositive growth in all



Diverse range in furniture to accommodate all bodies of every shape and size.