



# POV

Finding a space for me.

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 path.

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 myself.

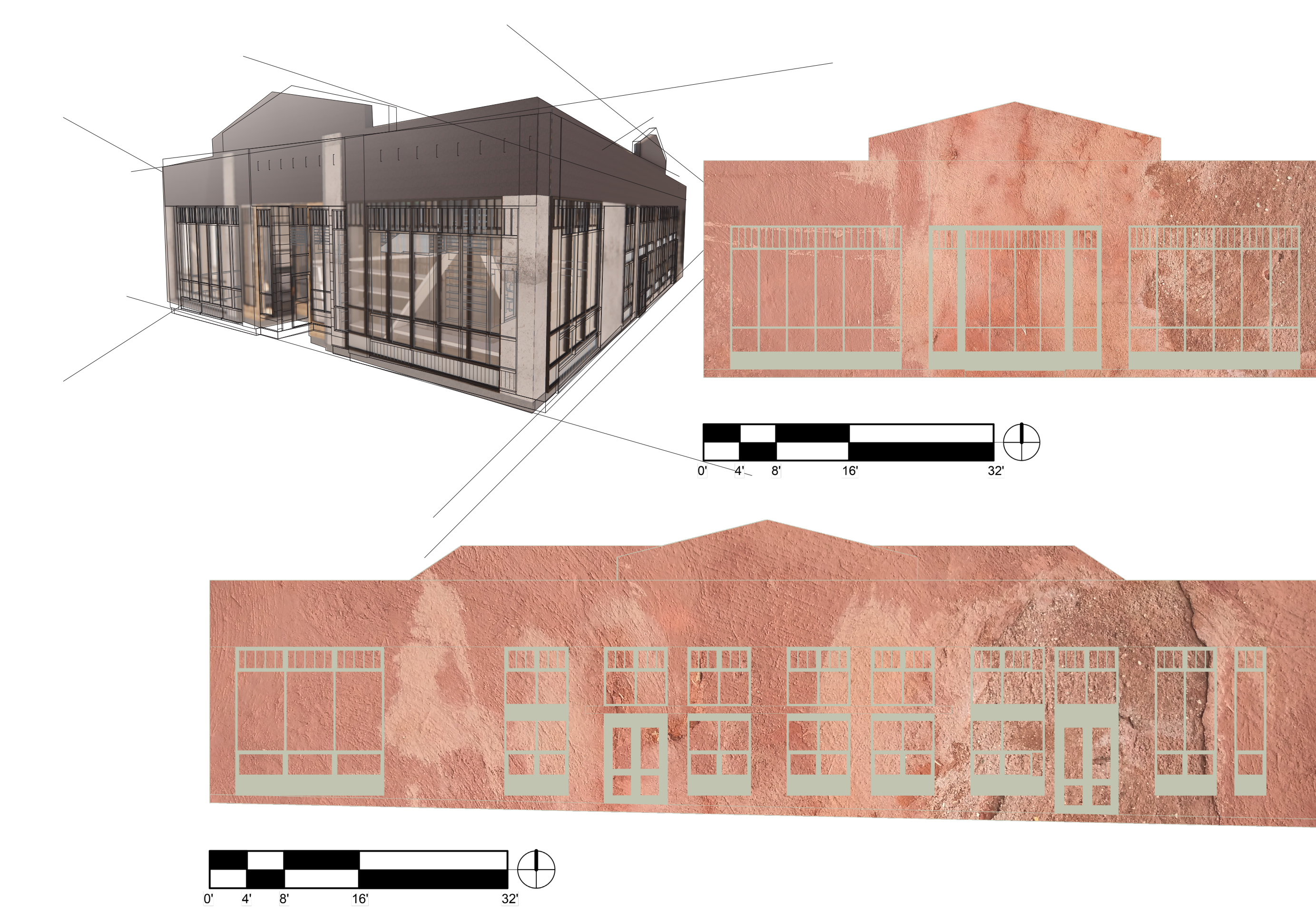
# VENTURE CARE

## NUTRITIONAL WELLNESS CENTER FOR POSITIVE TRANSFORMATION AND GROWTH

COLLEEN LYELL  
CAPSTONE II  
SPRING 2020

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

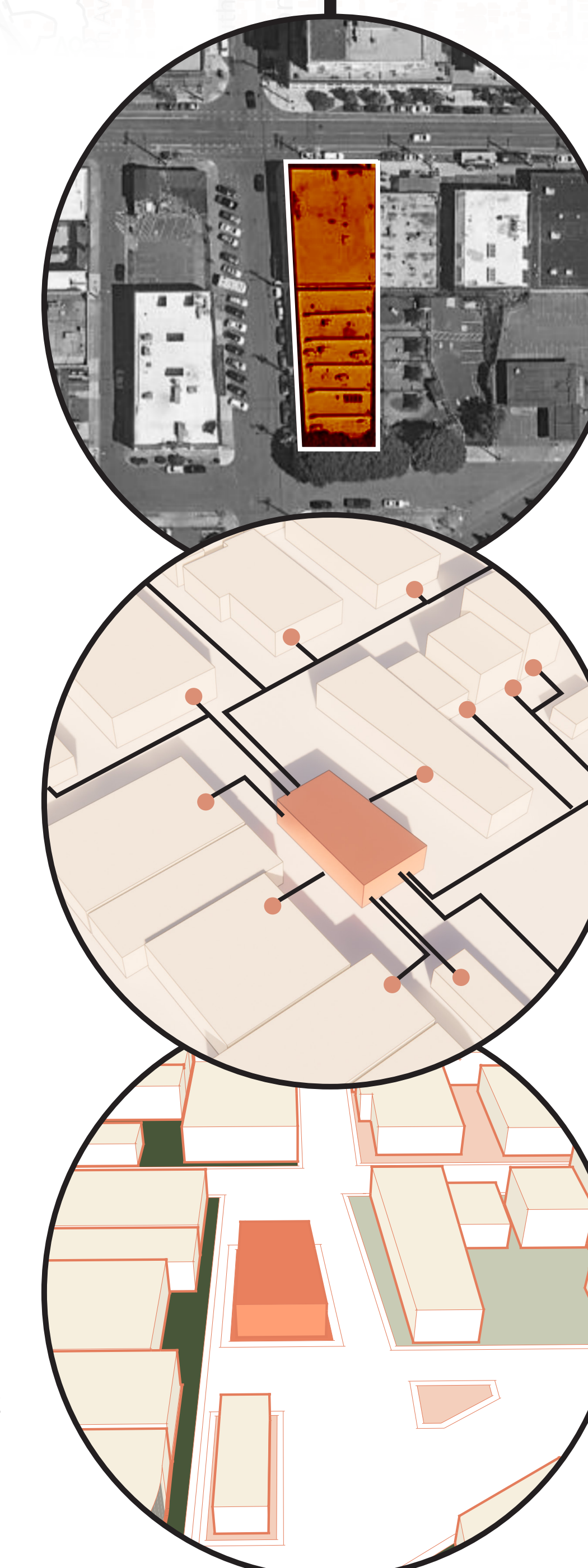
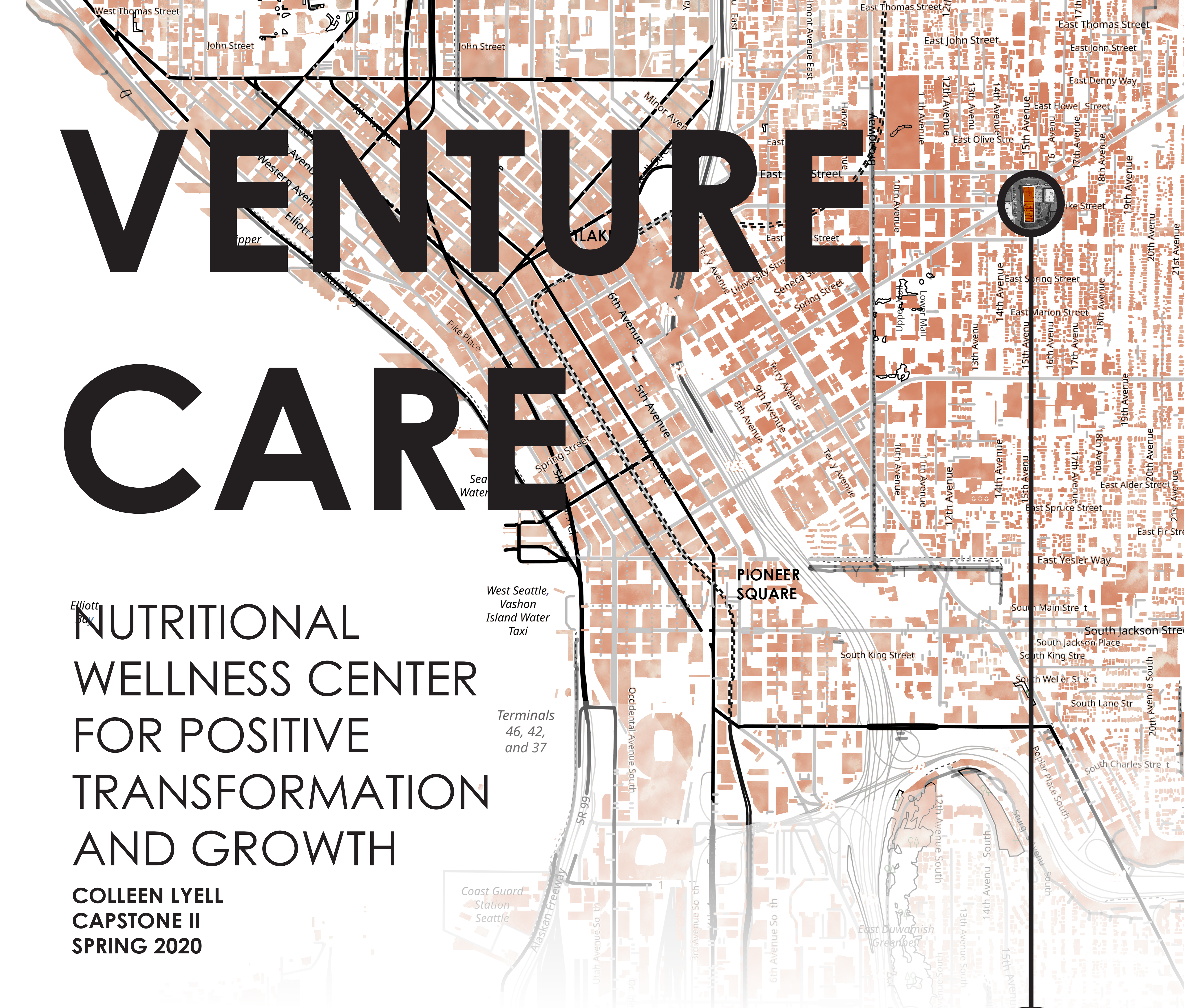
Scope Total: 15,800  
Main floor: 7,900  
Upper Level: 7,900



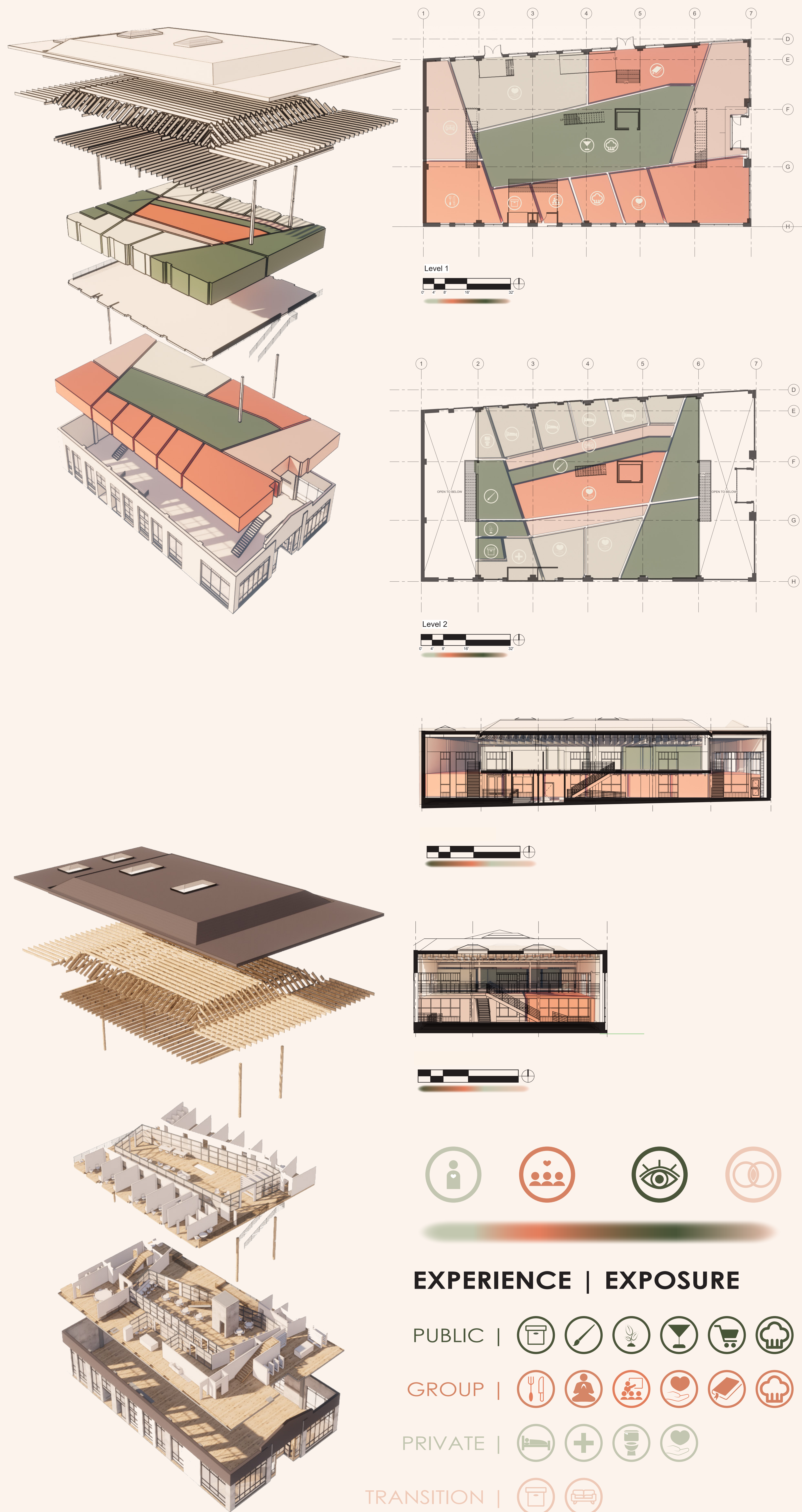
A site of history and interest to reinforce the concept of transformation of purpose and destination within an agile journey.

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

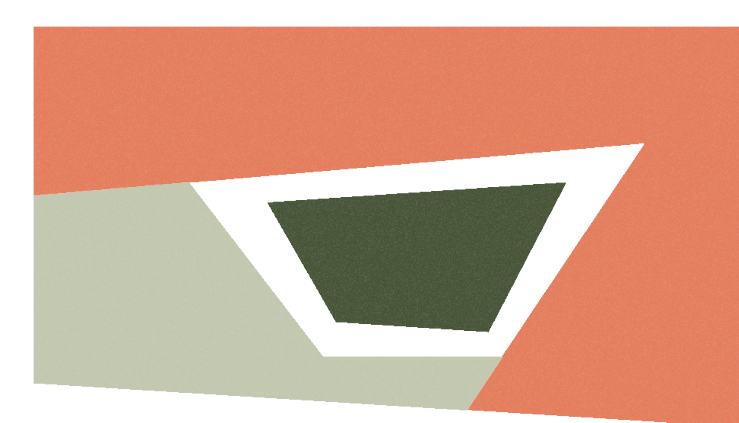
Activated public surroundings to promote seamless transitions into the world from within every point of the clients journey of healing.



# CONCEPT

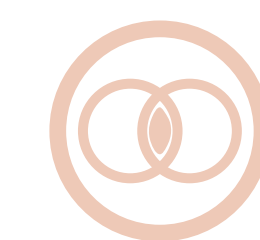


Transformative experiences through gestures of support, to empower positive growth, and inspire personal rise.

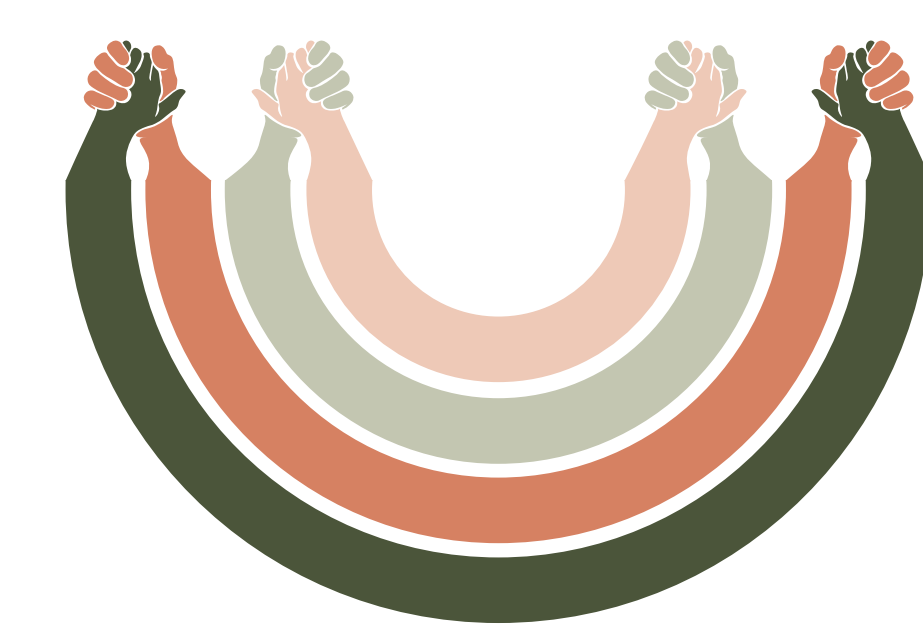


Spaces of **exposure** to empower healthy risks, while finding support to continue to heal.

PUBLIC + GROUP + INDIVIDUAL + TRANSITION



A COMMUNITY OF SUPPORT



COLORS AND TEXTURES TO INSPIRE, COMFORT, AND DIRECT POSITIVE EXPERIENCES OF TRANSFORMATIVE GROWTH.

