Milad

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PTSD Wellness Center

"A Journey to a new birth"

BRIEF

The Gaza Strip has been under continuous and repeated Israeli aggression for years, by way of violence and brutal crimes

War negatively affects the mental health of the Palestinian population, in addition to the humanitarian, physical and material losses it causes to them

The psychological effects of war on people directly affect them, causing "invisible wounds" in the form of psychological trauma

This clearly causes an increase of percentages of people with post-traumatic stress disorder PTSD is a psychological disorder that afflicts people who are exposed to a traumatic event, such as that caused by war, in terms of loss of life and valuables

This graph shows the percentage of people over years old who suffer from post-traumatic stress disorder (PTSD) in the Gaza Strip, according to a survey conducted by the Palestinian Statistics Center

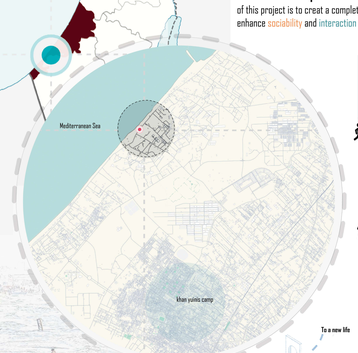
This project suggests creating a wellness center which aims to provide those suffering from PTSD with support by integrating them into society using psychological and social treatment. This will ensure that they can overcome the trauma and its effects on them, and enables them to return to being active members in society. The project also aims to raise awareness about the effects of the Israeli occupation on Palestinian's mental health and how to deal with it

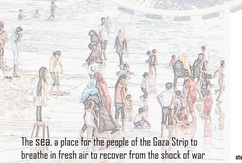
The concept

of this project is to creat a complete journey of therapy based on stages of recovery from PTSD by enhance sociability and interaction with nature by biophilic strategies

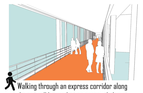
Site Selection

The project is located on the Palestinian coast in the Gaza Strip, in the city of Khan Younis- a quiet and easily accessible area- with a direct view of the Mediterranean Sea that helps the project in carrying out its mission, which is Healing by architecture

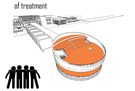




The SEA, a place for the people of the Gaza Strip to breathe in fresh air to recover from the shock of war



Walking through an express corridor along the sea will be used as an essential element of treatment



Group therapy enhances social relationships by designing an exceptional circular void

The effects of group therapy can be further enhanced in a space with a panoramic view of the sea, where the patient can feel like he is in the water. And when he leaves this social hall he can also leave behind his worries in the depths of the water

Designing a space for agricultural production through hydroponics to enhance treatment and increase the productivity of the patient

select a site on the beach facing the sea directly

Two main axes oriented to the sea

The blocks are separated from each other to allow visual communication with the sea

Therapeutic spaces overlaping with the sea environment

Theater in the water as a type of therapy

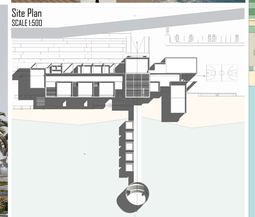
West Elevation
SCALE 1:150

North Elevation
SCALE 1:150

South Elevation
SCALE 1:150

East Elevation
SCALE 1:150

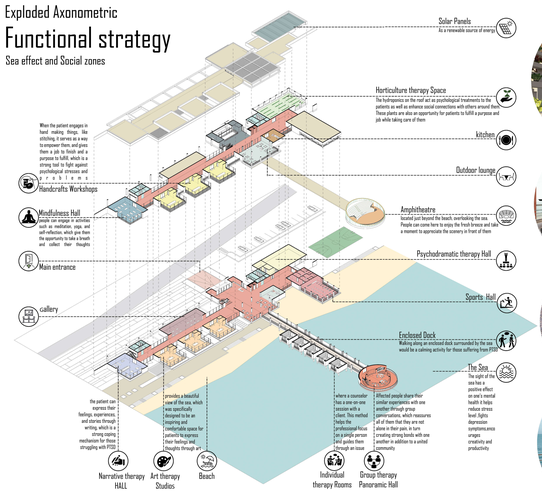
Site Plan
SCALE 1:500

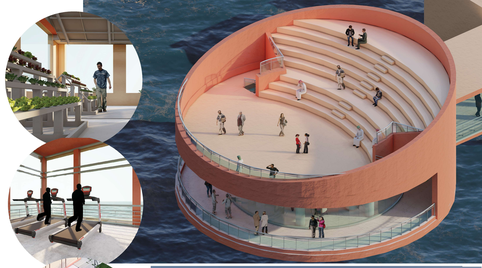


Exploded Axonometric

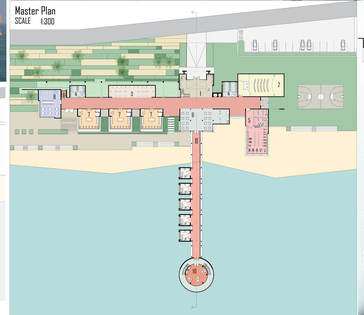
Functional strategy

Sea effect and Social zones





Master Plan
SCALE 1:300



First Floor Plan
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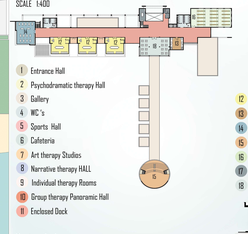

1. Entrance Hall
2. Psychodramatic therapy Hall
3. Gallery
4. WC's
5. Sports Hall
6. Cafeteria
7. Art therapy Studios
8. Narrative therapy HALL
9. Individual therapy Rooms
10. Group therapy Panoramic Hall
11. Enclosed Dock
12. Handcrafts Workshops
13. kitchen
14. Mindfulness Hall
15. Amphitheatre
16. Horticulture therapy Space
17. Administration
18. Outdoor lounge

Section A - A
SCALE 1:200

Section B - B
SCALE 1:200