

Designing for Mental Health: Architecture and Wellbeing

Duration: 5 Days

Language: en

Course Code: IND04 - 122

Objective

Upon completion of this course, participants will be able to:

- Understand the relationship between architecture and mental health.
- Learn principles of design that promote mental well-being.
- Develop skills to assess and improve the mental health impact of built environments.
- Explore case studies of successful mental health-promoting designs.
- Enhance their ability to incorporate mental health considerations into architectural and urban planning projects.

Audience

This course is intended for:

- Architects and urban planners
- Interior designers
- Mental health professionals
- Healthcare facility managers
- Public health professionals
- Graduate students in architecture, urban planning, and related fields

Training Methodology

The course employs a blend of instructional methods, including:

- Interactive lectures
- Hands-on design workshops
- Group discussions and case studies
- Expert-led Q&A sessions
- Comprehensive course materials and resources

Summary

This advanced course explores the intersection of architecture and mental health, focusing on how the built environment can influence and improve mental well-being. Participants will gain insights into the principles of designing spaces that promote mental health, understand the impact of environmental factors, and learn to apply these concepts in various architectural and urban planning projects. The course combines theoretical knowledge with practical applications, equipping professionals to create environments that enhance mental well-being.

Course Content & Outline

Section 1: Introduction to Architecture and Mental Health

- Overview of the relationship between architecture and mental health
- Historical context and evolving understanding of mental health in design
- Key concepts and principles

Section 2: Environmental Factors and Mental Wellbeing

- Impact of natural light, greenery, and outdoor spaces
- Role of acoustics, colour, and materials in mental health
- Designing for sensory experiences and comfort

Section 3: Principles of Mental Health-Promoting Design

- Creating inclusive and accessible spaces
- Designing for social interaction and community building
- Privacy, safety, and security in mental health design

Section 4: Case Studies and Applications

- Analysis of successful mental health-promoting architectural projects
- Urban planning and Mental well-being: parks, public spaces, and neighbourhoods
- Retrofitting existing structures to enhance mental health

Section 5: Practical Applications and Future Trends

- Hands-on design exercises and workshops
- Developing project proposals incorporating mental health principles
- Future trends in architecture and mental health
- Course review and expert Q&A

Certificate Description

Upon successful completion of this training course, delegates will be awarded a Holistique Training Certificate of Completion. For those who attend and complete the online training course, a Holistique Training e-Certificate will be provided.

Holistique Training Certificates are accredited by the British Assessment Council (BAC) and The CPD Certification Service (CPD), and are certified under ISO 9001, ISO 21001, and ISO 29993 standards.

CPD credits for this course are granted by our Certificates and will be reflected on the Holistique Training Certificate of Completion. In accordance with the standards of The CPD Certification Service, one CPD credit is awarded per hour of course attendance. A maximum of 50 CPD credits can be claimed for any single course we currently offer.

Categories

Engineering, Healthcare & Pharmaceutical, Human Resources Management (HRM)

Tags

Mental Health, Design, Wellbeing, Architecture

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Urban Design's Role in Mental Wellbeing

Explore how urban design affects mental wellbeing—from green spaces and accessibility to social interaction, city examples, and future trends.