



Finding Peace

San Francisco Fire Department Healing Garden Project

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How should we portray a healing garden?

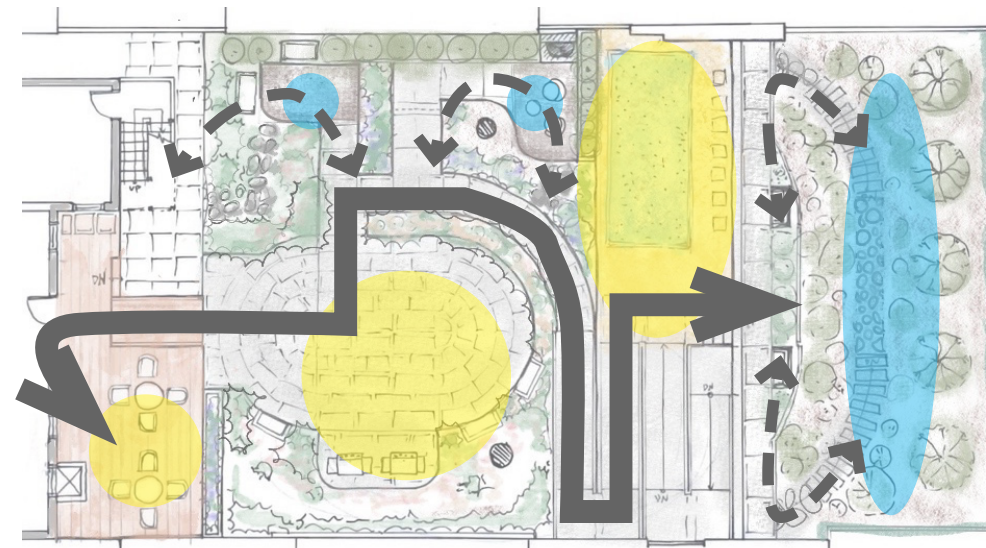
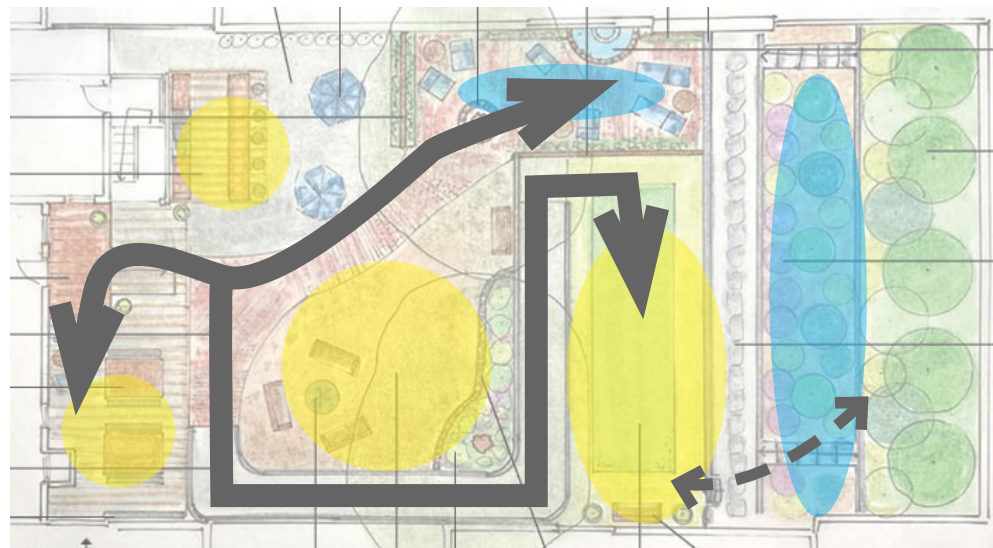
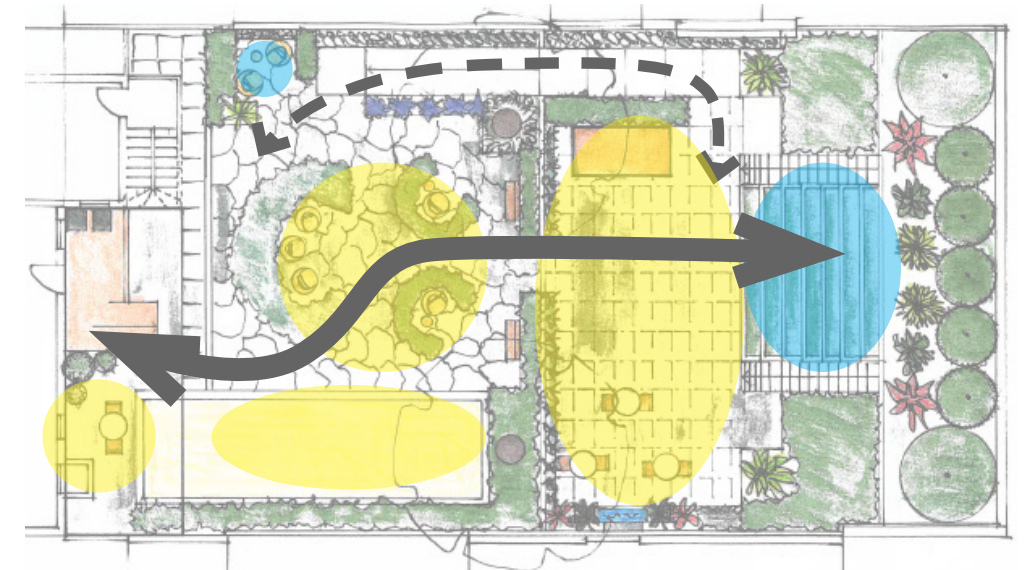
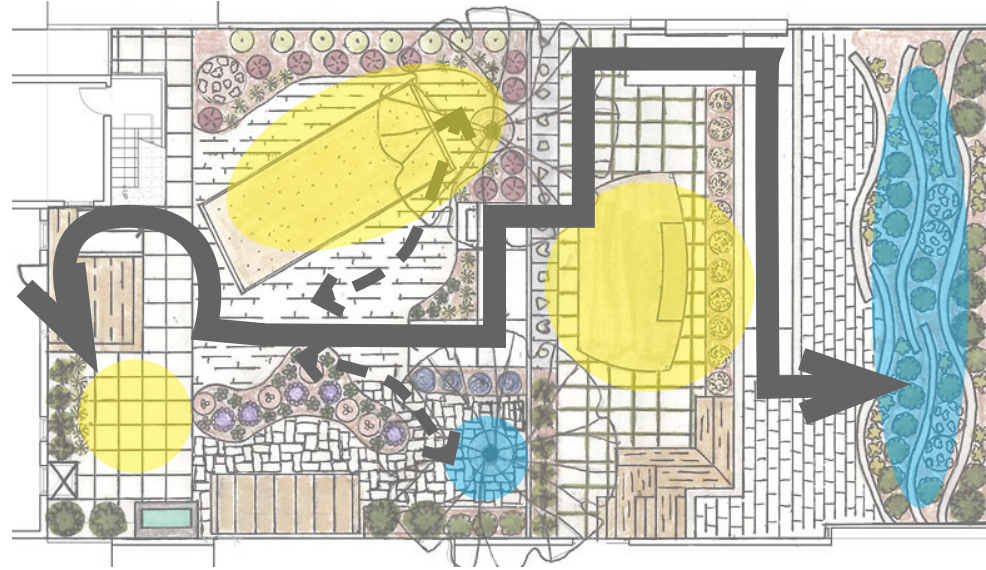
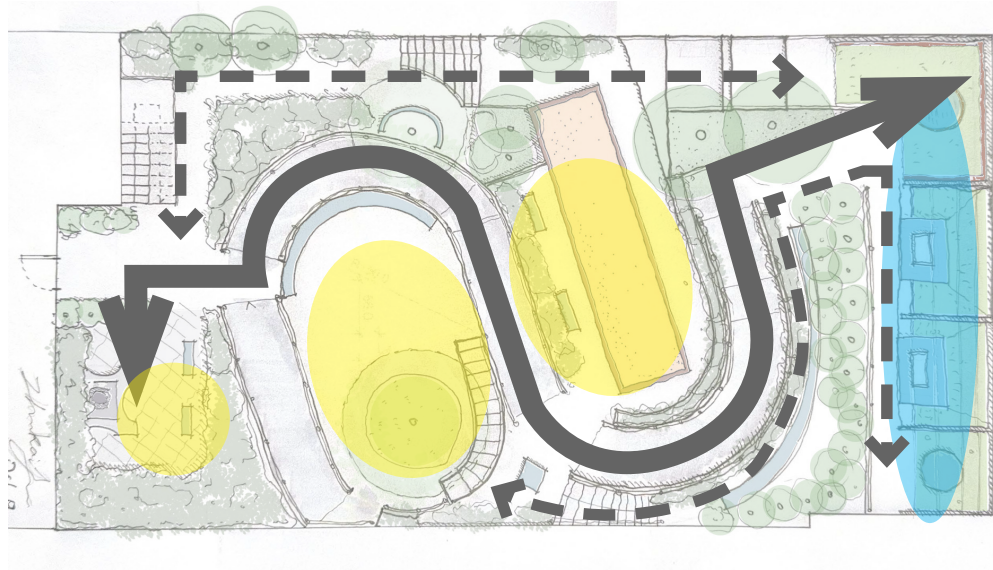
In *Therapeutic Gardens: Design for Healing Spaces*, healing is defined as the process of making something whole or sound, aiding individuals in overcoming challenges, and restoring purity or integrity. This multifaceted concept encompasses physical, psychological, and spiritual dimensions.

For this project, we are focusing on addressing stress and PTSD. Behavioral scientist Roger Ulrich emphasizes the importance of individuals having a sense of control over their surroundings, as well as access to a variety of spaces when dealing with stress or PTSD. A well-designed healing garden can provide this by offering diverse environments—some enclosed for privacy and introspection, and others open for social interaction. Such thoughtful design gives users the freedom to choose the setting that best supports their needs for stress relief and tranquility.

To achieve these objectives, we have developed five conceptual designs that reflect our vision for therapeutic gardens. After extensive discussions and collaboration, we have consolidated our ideas into this preliminary design proposal.

Five Ideas

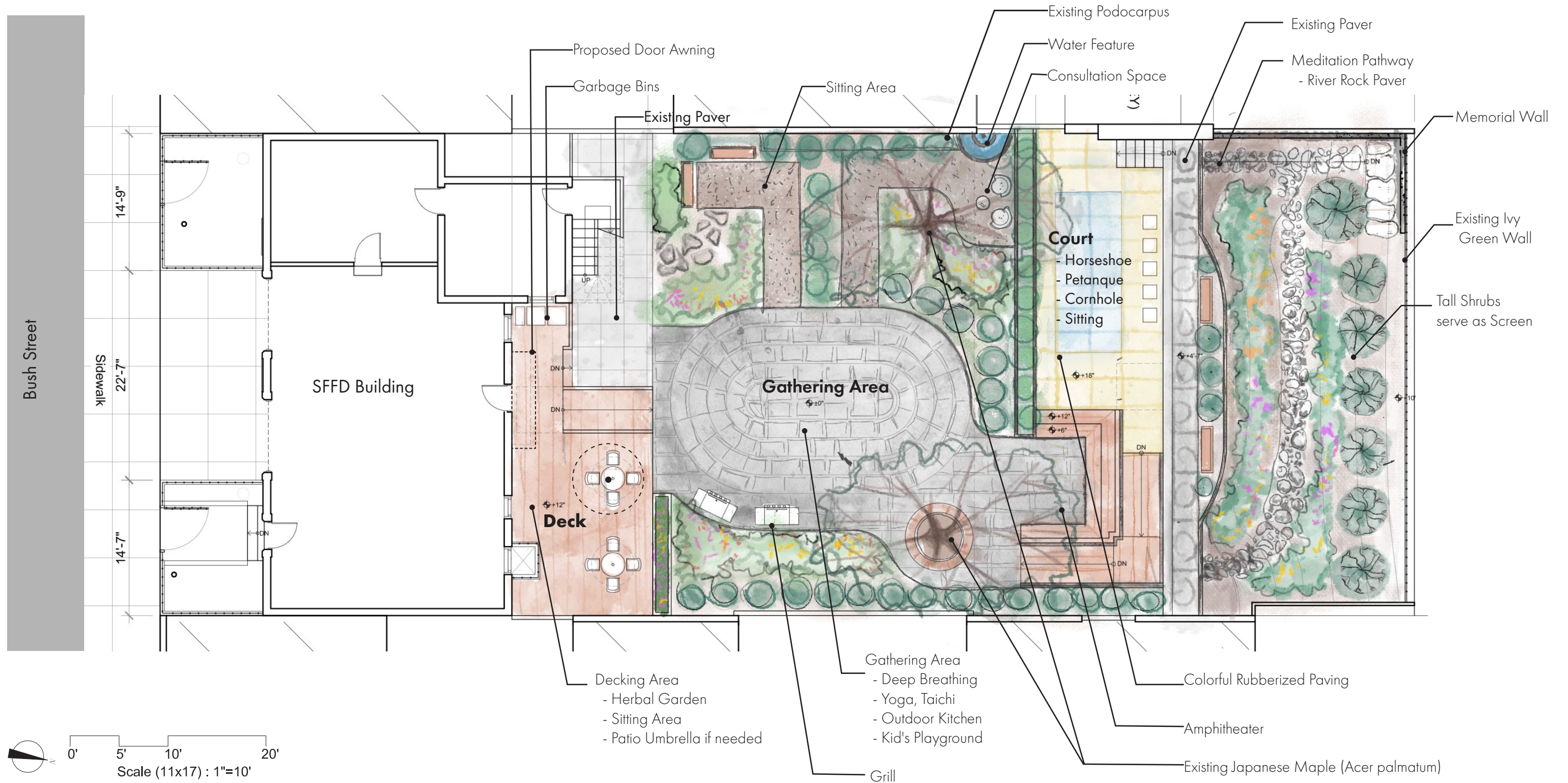
CONCEPT PLANS



-  Lively Space
-  Serene Space
-  Primary Circulation
-  Secondary Circulation

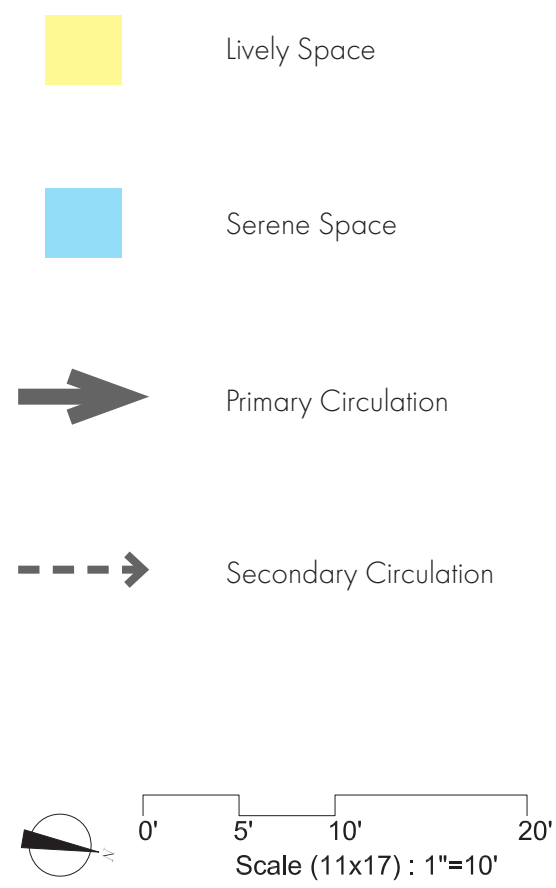
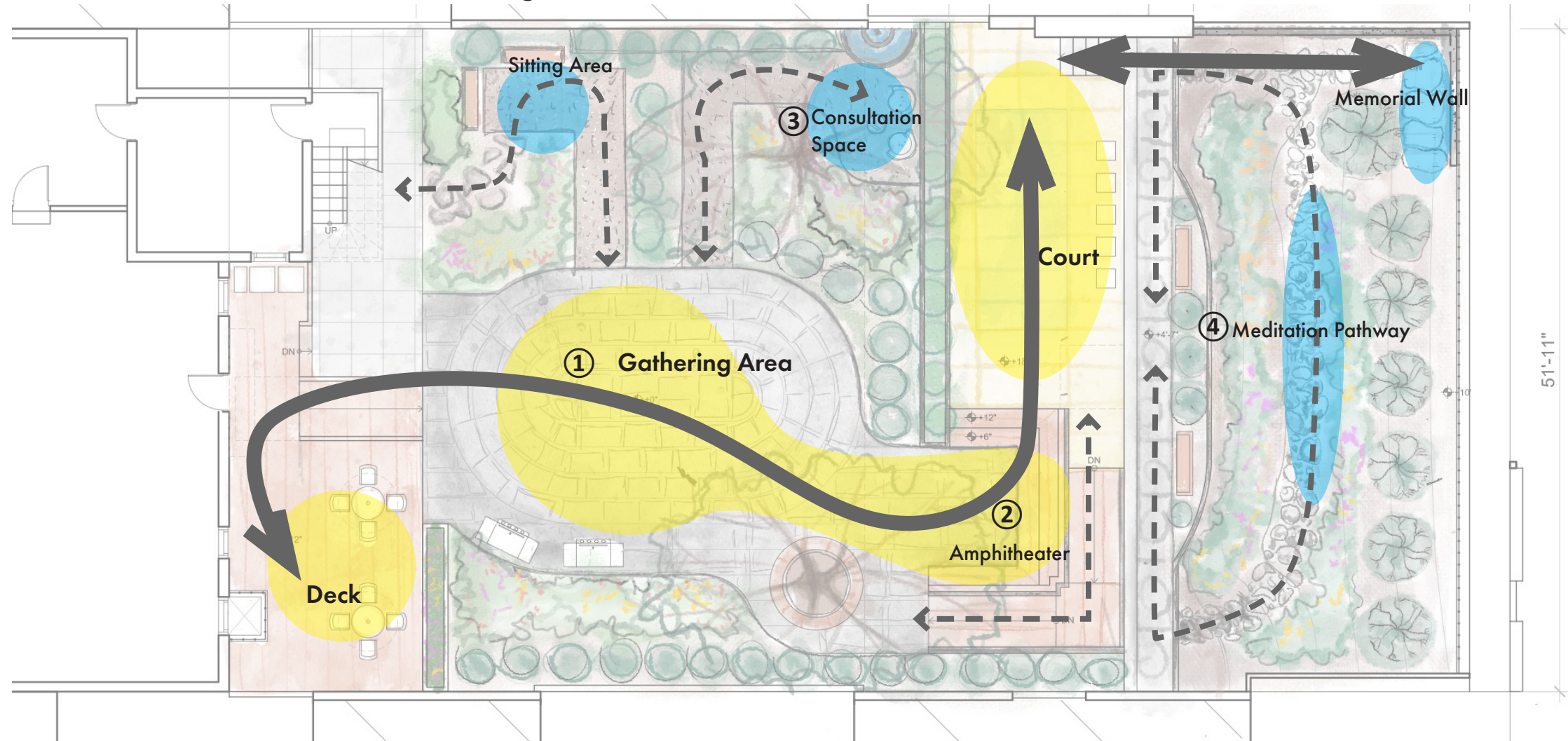
Final Proposal - Finding Peace

Plan



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Circulation and Functional Diagram, Thumbnails



① Gathering Area



② Amphitheater



③ Consultation Space



④ Meditation Pathway

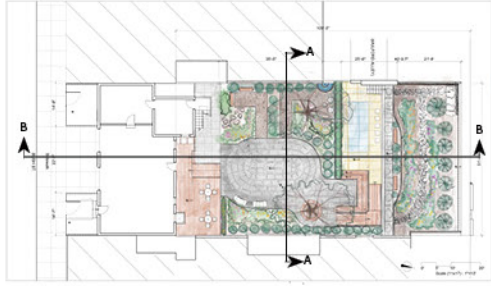
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3D Model & Rendering



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Sections



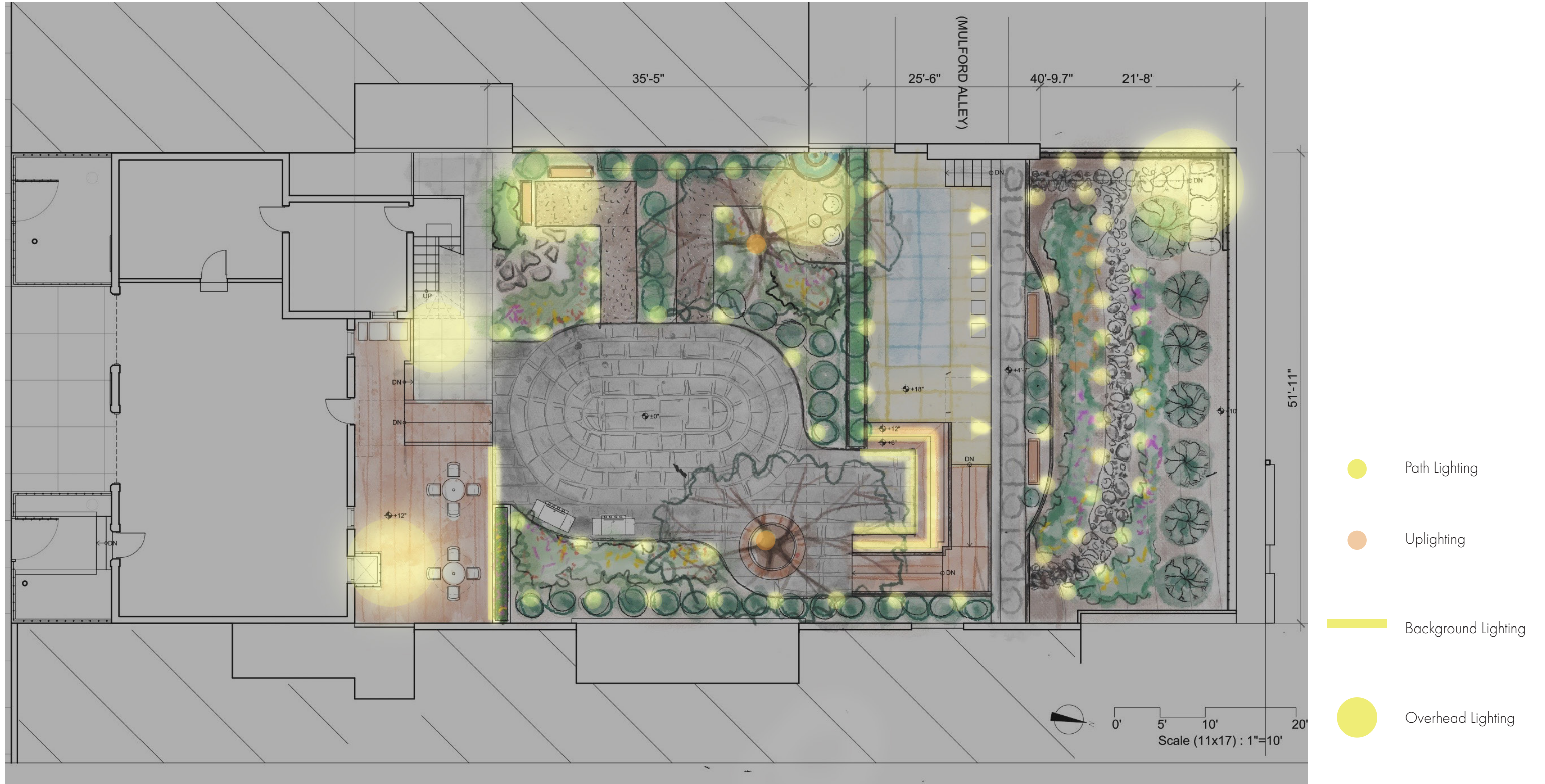
Section-Elevation A



Section-Elevation B

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Lighting Plan



Finding Peace - Mood Board

Sensory Garden



Aromatic, Colorful Perennial and Shrubs

<https://www.bobvila.com/wp-content/uploads/2022/04/fragrant-plants-lavendar.jpg?strip=all&quality=85>

Hardscape



Paver, Gravel, and Decomposed Granite

<https://bleedinggravel.com/wp-content/uploads/2017/12/Environmentally-Superior-2.jpg>

Lighting



Uplighting

<https://www.limelightoutdoorlighting.com/gallery#navigational-lighting>



Edible Herbal Garden

<https://gardenspath.com/wp-content/uploads/2020/04/Herbs-Growing-in-Raised-Beds.jpg>



Colorful Rubberized Paving for Court

<https://www.buildscotland.co.uk/gallery/15170/cb34fe27-eb60-4300-a057-931d89e90965.jpg>



Background Lighting

https://www.freepik.com/premium-ai-image/circular-stone-seating-area-with-lights-hightech-outdoor-amphitheater-with-innovative-sound-lighting_246839438.htm



Water Feature

https://parsonsocks.com/wp-content/uploads/2020/08/shutterstock_133770158.jpg



Polished River Rock Path

Design for Healing Spaces- Therapeutic Garden p.93 Labyrinth



Path Lighting

<https://galileolights.com/products/solar-floor-tile-lamp-outdoor-staircase-layout-decoration>

Finding Peace - Mood Board

Symbolic Features



Water

From the ancient Greeks to the Native Americans, water has been seen as a symbol of life, healing, and fertility. In many cultures, water is associated with love and compassion, and is believed to bring good luck and protection. In a Zen Garden, Fountains or Water Basins signify purity, clarity, and the flow of life energy.

<https://www.austinwatersolutions.net/take-a-dive-into-the-spiritual-and-cultural-value-of-water/>
<https://www.thisoldhouse.com/landscaping/21018540/all-about-garden-fountains>



Fire - Eternal Flame

Greek philosophy classifies Fire as one of the four foundational elements tied to passion and power. Far Eastern philosophies see fire as forceful and primal. Fire embodies our enthusiasm, warm feelings, and spiritual radiance. Eternal flames burn in many cultures around the world to honor deceased leaders, fallen soldiers, or victims of war.

<https://www.buildingbeautifulsouls.com/symbols-meanings/five-elements-symbolic-meaning/fire-element-symbolic-meaning/>
<https://wc.edu/news/the-precious-flame-of-knowledge.php>
 Pic: https://adamfrank.com/products_lumen.html
<https://www.etsy.com/listing/1750576793/phoenix-metal-wall-art-with-led-lights>



Rocks

In Zen gardens, large Rocks Symbolize stability, strength, and endurance, resembling mountains or islands. Smaller rocks like gravel represent fluidity, change, and the passage of time, mirroring water or the ocean. The arrangement reflects balance, harmony, and interconnectedness through their placement in patterns or clusters.

<https://www.hindustantimes.com/lifestyle-culture/more-than-just-rocks-symbolic-meanings-behind-common-zen-garden-elements-101714565270172.html>
 Pic: https://www.reddit.com/r/landscaping/comments/bfp0mz/anyone_know_how_these_stones_were_set_to_get_this/#lightbox



Pacific Dogwood - *Cornus nuttallii*

Dogwood trees symbolize life. In Spring, new blossoms indicates the end of winter (death) and the beginning of a new life. They also represent joy and beauty that a new life or rebirth brings. They have links to the warrior heroism and superhuman physical prowess of the hero. They are also associated with the giving of comfort or healing.

<https://herbeins.com/blog/news/fathers-day-dogwood-tree-special/>
<https://www.touchwoodrings.com/meanings-of-woods>
 Pic: <https://www.gardenia.net/plant/cornus-nuttallii>



California Lilac - *Ceanothus*

The Ceanothus symbolizes resilience and adaptability, reflecting its low-maintenance nature and medicinal history. It stands tall as a beacon of restoration and balance. Its very presence in a garden whispers of a holistic approach to wellness, marrying the physical benefits of its medicinal use with a deeper, cultural significance.

<https://greg.app/santa-barbara-ceanothus-benefits/>
 Pic: <https://www.gardenia.net/plant/ceanothus-thyriflorus>



Bamboo - Sound Element

Bamboo is a symbol of longevity, durability, strength, flexibility, and resilience. "When the storm comes, bamboo bends with the wind. When the storm ceases, it resumes its upright position. It combines upright integrity with accommodating flexibility, and it has the perfect balance of grace and strength, or Yin and Yang."

<http://www.bamboowisdomacu.com/about/about-bamboo-wisdom>
 Pic: Adobe Stock

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Attributes:

Landscape Architecture Department

Instructor: Mark Yin

Ronie Barrientos - Perspectives, Lighting Plan

Francesca DeVargas - Sections Elevations

Ana Paola Hayes - Moodboard

Zhuokai Lyu - 3D Model, Renderings

Yumeng Tsai - Plan, Diagrams

Sources:

Class Reading:

Therapeutic Gardens: Design for Healing Spaces , 2015.

Daniel Winterbottom and Amy Wagenfeld.

Timber Press, Inc. Portland, OR.

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Cindy. "San Francisco's Fire Chiefs House – Public Art and Architecture from around the World." Artandarchitecture-Sf.com, 2024, artandarchitecture-sf.com/dennis-t-sullivan-memorial-home-san-franciscos-fire-chiefs-house.html. Accessed 22 Oct. 2024.

Wikipedia Contributors. "Bush Street–Cottage Row Historic District." Wikipedia, Wikimedia Foundation, 4 Aug. 2023, en.wikipedia.org/wiki/Bush_Street%E2%80%93Cottage_Row_Historic_District. Accessed 22 Oct. 2024.