RESEARCH PAPER

A theoretical framework of design strategies that stimulate the process of self-healing for occupations

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ABSTRACT:
The concept of healing is derived from the design of characteristics environment surrounding of human occupation, healing by design, one of the most important proposals corresponding to a healthy environment conducive to self-healing of the individual. This study focused on forming a knowledge framework for application design strategies in the process of healing for internal built environment, in review the specialized studies of health buildings as a First step: to clarify characteristics of health environment or general health impressions of built environment, and second step : studies related to characteristics of environment that supporting and reinforcing energy of life at physical level and spiritual level, to build a more general model. The research objective is to identify the characteristics of active design aspects associated healing process and motivated it. To achieve the goal of the research, several relevant concepts were addressed, Basic and secondary vocabulary and possible values of a conceptual framework for design strategies recruitment in healing process, were there are three basic strategies: supporting strategy of internal environment potentials for individuals, balancing strategy of individuals life components and spatial experiment of space transition, and finally nutrition strategy at vital level and feeling level for individuals. Conclusions are based on the substantive understanding process of design that supports the healing process, which is completely different from the typical concept of design in dealing with static and formal Masses. The design here is characterized by a dynamic process of each detail for a healthy lifestyle, design based on stimulating the healing process at physical, mood, feeling, and spiritual levels of individuals.

Keywords: healing environment, healing, design, strategies.

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DOI: http://dx.doi.org/10.21271/ZJPAS.31.s3.14
ZJPAS (2019), 31(s3):95-105

INTRODUCTION:

Study of design characteristics for health environment or applying design in the process of healing is one of most important theses and theoretical concepts of specialized studies of anthropology, which adopted many research methods and analysis of relationship between human (well-being) and environment, And attempt to understand and conceptualize relationship of life and its reflection on physiological, psychological and spiritual level of individual. Function of building is not limited to housing and containment of individual and to fulfill his functions of life and vitality, but rather than improving the performance of activities of living and make it healthy and support for the recovery of individual may be the beginning of these theoretical theses in the field of specialized health buildings (hospital buildings, health centers, and rehabilitation), but need actual application of a broader scope of the concept of environmental improvement should include all work, learning, housing, and other environments.
Philosophy of hospital environment concept is rooted in general research of neuroscience, environmental psychology, neuro-sensory, and developmental neuroscience. The common thread among these research bodies is the physiological and psychological effects of external environmental pressures on individuals and their communities on self-healing.[ Zetterquist.p.2][ Chopra.p64]. The general problem of research: the absence of a cognitive perception of the importance and role of architecture in taking the task of stimulating self-healing of individual (as a therapeutic method), The objective of this research is to construct a theoretical framework for the strategies of employing design in the process of self-healing of individuals, whether for the therapeutic environment or the general internal environment.

1. Definition of Health

Health is defined as a quality of life as a natural state of man from a good and vital existence physiologically, mentally and psychologically. In addition to this, spiritual stability and stability, it is stated that an individual feels and enjoys a sense of self-sufficiency and achievement and a harmonious and effective realization with neighbors, especially natural. Health is also described as a life process of adaptation to continuous and permanent change of human condition of individual whether internal or reflected in external situation, it is more than a stable state of self-sufficiency, so design of a supportive environment and process of healing requires architecture to deal with the comprehensive and holistic built environment for support and expression of this dynamic process [Gary.p253]. Healing is a process of merging and unifying good interrelationships and vital and effective progress of these factors together. In other words, healing is not the only process of caring and trying to remove disease, but reducing loss in the balance of human life potentials [Alex.p2] [Day. p229]. From point of view of science of Anthroposophical Medicine defines term Health as a human condition based on patterns of vital functions of human body by direct reflection on pattern of food metabolism of humans, as physiological events resulting from effectiveness of movement generating bioenergy produces food metabolism building Anabolism living material of human body is built, while mental activities such as thought and feeling produce destructive food metabolism, which destroys living matter of body [Michel.p24]. A psychological perspective of the concept of human health is described as a state of replenishment, balance, development, and on a self-level known as life-vigor, emotional stability, spiritual growth. As we do not feel a state of health without exposure to the condition of disease, so the causes of disease must be identified. In many theories, medical knowledge, the appearance of disease coincides with three fundamental factors: disposition, a genetic factor most likely, stress, a direct product of exhaustion, and finally the effect of the bacterial agent. [Day.p181]

2.1 Health buildings and sick buildings

In a field of health buildings there are many synonyms of term healing, for example, restore, repair, mend, nurse, cure ..... All these terms describe ways to free from disease, and all details of therapeutic spaces and medical staff are one who leads task, then, how does architecture accomplish the same task? Lundin believes that architecture is one of the sources of strength in supporting the process of recovery by making this task smooth and fast in treating a patient. The medical contribution provided to health buildings is in manifestations and health bodies of the style of treatment and care service, good architecture is considered as essentials of recovery. [Lundin.p76][ Mirkin.p55] In the 1970s, a concept of the sick building was heavily associated with diseases of bronchitis, rheumatism, and tuberculosis, it was associated with industrial buildings, which were re- evaluated and reflected in changing design and application approaches. In the 1980s, however, Is design of windows, ventilation mechanisms, air currents, raw materials walls, thermal insulation of dwellings, reduction of chemical compounds for indoor air pollution. [Marinelli p27], criteria for assessing sick building were determined specific agent causing disease within deliberate signs of the building are Sensory irritation of eye, nose, and throat, nerve irritant irritants, skin and membrane sensitivity, odor and taste sensations. [Godish.p102]
2. Previous studies employs design in stimulates self-healing process:

Terri Zborowsky & Mary Kreitzer" Study Creating Optimal Healing Environments", (OHE) 2009, a study developed a model of several stages according to the development of generations of researchers in the field of health buildings. A model of basics of optimal hospital environment was developed. This model included three-dimensional relationship between vocabulary through which hospital environment is formed: places (concept of good or wellness as a requirement), individuals (balance of body, mind and soul), and process (need of efficiency among individuals and events) (fast and affordable provision of care). (need of sustainability among places and events). Fig.1. This model is based on a broader view of the characteristics of the hospital environment by adding Hermitage as a new concept of a patient's life in future health buildings.

Study of Mirkine 1996, Healing environments: “Physical, Spiritual, Emotional and Psychological Factors in architecture that promote heal” Study referred to basic factors of architectural building environment that affect human health by strengthening or weakening the immune system of human and reflection on self-healing. the study classified these factors into two categories: First, physical factors include chemical compounds emitted from compounds and physical elements of built environment Structural and mechanical services and furniture systems, whose physiological impact is confined to the immune system. Second, sensory factors include stimuli of feeling comfortable or, conversely, a sense of tension of content of space, which is confined to psychological impact on the immune system as well. Both categories have the same importance in calculations of the hospital's environmental standards and quality of life of a patient...Study of Venolia study, 1988, “Healing environments: study developed basic general characteristics of hospital environment”. At several levels, level of interaction between patient and space and level of space stimulation for this interaction varied: To stimulate positive awareness of ourselves, Enhancing communication with nature, culture, and society, Allow the required level of privacy for a patient, Minimize physical harm of environment, Space promotion with various incentives and diverse meanings, Encouraging and providing times for relaxation and quiet, Allow individuals to interact with the surrounding environment, balance and stability in addition to flexibility, an environment should be beautiful. Study of Zetterquist, 2009, “Healing environment: Element of Retreat”, study examined the effect of elements of healing environment in rehabilitation of psychological multiple-sclerosis patients, study pointed out that field of architecture can provide suitable opportunities for combating and alleviating psychological illness through many elements that appears characteristics of psychological hermitage of space, the employment of sensory elements Such as appearance and exposure to sunlight, psychological reflections of colors, materials of termination, causing warmth and interaction .... all these effects help to alleviate psychological illness. Study of Gary 1997, “Seven principles of Life-Enhancing Design” Architecture of Erik Asmussen study addressed derived concepts of architecture that reflect the implied spirit of deep functions contained in design, as well as possibility of support in a practical way for all activities occurring in spaces, the concept is produced a language with impression of functional spatial forms and organic to evoke experience of aliveness and a sense of participation natural phenomena and processes of outside world. In a sense that Asmussen buildings were presented as a convincing model of how to design a life-enhancing architecture that emerges from a faculty of the individual as a physical (vital physical), psychological, spiritual to levels of body, soul, and spiritual existence... This makes buildings provide signs and life pictures that emphasize human health care realization that disease itself, not a problem, but provide opportunities to rebalance body, spirit, and mind in a high level of liver function. Asmussen architecture summarizes seven principles of life-supporting design in the formation of a vital building that supports health and has meanings derived from nature:( unity of form & function ,Polarity, Formal transformation ,loosest to normal transformation due to Metamorphic, Harmony with nature and site, living wall, Color luminosity & perspective, dynamic equilibrium of spatial experience [3].
Study of Study Christopher Day. 2003: "Spirit & Place: Healing our environment". The study pointed out that the function of buildings exceeds the concept of protection from external environment factors, containment, and safety, buildings were found to house human activities and resulting vital, mental or psychological life action. This gives a capacity in awareness of the reality of the health buildings concept is: require care of wholeness of human life through environmental characteristics that adopt design strategies for support, balance, and spiritual nourishment, each of above four levels, pure natural environment applied those strategies spontaneously, the question is about manufactured environment. It is clear from above that overall studies that dealt with mechanisms of employing the design in the process of healing, pointed out that methodology used to employ design based on three basic strategies: Support strategy for the built environment, balance strategy for life components between individual and environment, and nourishment strategy of human experience within space, physical, biological, psychological and spiritual.

3. Design Strategies employment to self-healing process for an individual

This article emphasizes design approaches deals with design characteristics that stimulate and enhances self-healing forces in order to build internal environments characterizes with healthy and vitally for both ill or safe individuals. three basic strategies considered here as flow:

4.1 Support Design Strategy for Environment Potential:

Support is defined as reinforcement, attribution, and assistance of individual's self-state by characteristics of the surrounding environment, which are in terms of potential and available environmental data and resulting contribution or participation in a better health condition for its users. support provided by the environment is achieved at few levels: First: physical level of body, second: vital level or Life-energy enhancing, and third: psychological level by the support of moods and feelings associated with activities.

3.1.1: Design Employment on support Physical body:

Impact of the built environment in supporting human health on the physical level of the body is one of three, according to World Health Organization (WHO), which requires attention to human health physiologically, psychologically and spiritually, neglecting any of them generates sick buildings. One of the priorities of physical support of the physical environment is the physiological position of body, human condition is governed by laws of physics of gravity and tensile and determinants of kinetic energy, for example, low sitting position reduces lung capacity to 40%, as well as its impact on spine stress, space involved in its own efficiency, all these factors are reflected in physically harmful conditions. [Day.p184]. design of most modern and even relatively old buildings has been associated with certain characteristics that are closely related to health: level of fresh air, natural raw materials to reduce indoor air pollution, a relationship of distance from electrical equipment and EMF, characteristics of healthy lighting,.... Thus, all these factors confirm an association of building with physical support for human health [5. P.200]. Day also noted that it is fortunate that organic environmental pollutants such as bacteria and viruses are mostly short-lived, so nature cycles of regeneration can be economically removed through direct natural ventilation. Natural daylight is essential for human life because it has three health-supporting properties: light radiation, chemical effect, and psychological biological effect. [Day.p206] [Joseph.P11], an effect of physical factors of the environment associated with human health directly reflected on activation or discouragement of vital actions, clean air is measured by amount of CO2 in aerobic content of space caused by level of ventilation approved, many of the buildings will reduce the ventilation factor to provide the cost of heating or cooling. Electrical pollution caused by ionic radiation associated with many electrical devices and surrounding electromagnetic fields directly affects response ranges of the human immune system. Distance from device reduces this effect, finishing materials, coatings, furniture materials and miscellaneous construction materials. [Day.p220]. From high uniformity and avoidance of harsh geometry, sharp angles, rigid walls, and rigid façades, all these factors destroy social human relations and human health. [Alex.p9] .Mitchell's study, which has noted
characteristics of the relationship between space and psychology of individuals aware of it, is characterized by both amount of environmental information that is exposed to individual, while in environment, is coherence of perception and understanding of components of building shape, data of environment affordances and represents internal space provides visual observations on space, effectiveness of control, and ability the individual to organize and change space around him, and finally, restorative renewal is archived by design elements. [Evans. P14]. [Michel. p102]

3.1.2 Design employment on support individual Life-energy:

One of the most important design strategies in support of human health is to raise the level of bio-activity for use of space, the surrounding environment can activate an individual's vital function or may make him ill. There are many physical causes of exhaustion in vital activities such as background noise, vibration or inappropriate lighting, the question here is whether possession of surrounding environment with energy factors have the same effect of physical assets of environment? In all life forms, they are most likely to appear in following the form: dynamic forms and bodies, evolution and growth over time, morphological transformations and erosion of nature, vivid coloring of natural light, and rhythm of the life cycle, all of which depend on cosmic energy. These characteristics are aspects of life around us that are reflected unconsciously of our life energy. [Day. p206] . Physical characteristics of architecture, shape, a rhythm of space relations, sequence, and change in facades, it is easy to unite in the formation of each component of a building, but the formation of some places that need to be static is quite different from some places moving and effective. [Venolia. p207]. Spaces that generate energy of life do not need to be spiral or curved sharply, and penetrating spaces do not need to be at the same pace or linear, living spaces must have a reciprocal relationship of shrinkage to shrink extended, rectangle space tends to restrict internal energy and movement, especially if we make spaces in a fluid or flow-oriented relationship, especially for traffic paths. It is necessary to make sure that this liquidity is found to give certain meanings of strangeness feeling and stimulation rather than discomfort caused by walking in straight lines, harmonious and visual rhythm of a succession of morphological transformations, breathing (expansion and contraction), permeability and containment, [Day. p205]. Components and parts of a building need to be transformed in response to multiple situations, meaning that origin of a principle of functional must have the ability to shift in its form to perform other situation, this property is a reflection of the concept of life forms. [Zborowsky. p211]. Asmussen's idea of formal transformation of natural elements is formal growth takes two forms, for example, growth of stem to leaves and growth of a seed to the roots of shrinking and function required. This concept can be reflected by buildings in expansion or shrinkage at the level of form and function. According to usage model. [Gary. p248]

3.1.3 Design employment on psychological and mood support:

Feelings are what distinguish human beings from others, there is little focus on what surrounds us and its effects on stimulating levels of feeling and sensitivity, some places strongly stimulate feelings of anger and convulsion, while there are places that stimulate feelings of relaxation and comfort and interaction, many factors such as noise and vibration, In color and light, asymmetry between elements and shapes, and even texture all these factors may add to multiple feelings of such as welcome or aversion, tension or internal peace, which are reflected in consequences of impact may be hormonal or psychological produces many cases of disease for individual. [Day. p186]. Heath considers that most important objectives of the design process for the built-in environment, what are called aesthetic goals of an environment, namely creating a comfortable environment, desirable, pleasant and cheerful pleasure and in minimum equivalent to individual needs rewarding. The lack of design process of these goals reflected behavioral manifestations of tension is one of them. [Corporate Architectures news. p21].

The sense of Ugliness is generated by a lack of motivation for any emotional response to place or not to form any picture of what happens. Additions represented by flower basins or water fountain work to identify the visual scene and
encourage attention, it may change gloomy corner to a place corresponding or appropriate event\cite{Corporate Architectures news p19}. Several studies have indicated that each cell in human body is organized into a perceptual exercise by surroundings, bioactive patterns, smell effect, biological rhythm, visual effect, excretory system, sound, the electrical charge of a cell, all of these describe characteristics of the sensory environment and resulting positive or negative feelings. Many designs are based on visual characteristics only of what place appears, whereas the implicit spirit of places is one that communicates with feelings of individual\cite{Joseph. p216}. Color properties of space feed us sensibly, they are not only aesthetic elements, but each color creates its own mood, the hospital environment is based on many factors of material support on poetic influences that weaken or strengthen living presence.\cite{Marinelli.P24}. Change in Smell can be observed in a quick immediate manner, and may be within sensual background of space, odor can rapidly diminish but remain influential in mood and psychological individual, a treatment in aroma way based on Aromatherapy relationship between fragrance and health status, spirit and reactions between psychological acts, rooms are scented natural flavors of wood, flowers, and greenery increases vitality of spiritual activity.\cite{Day.p188} It is clear from above that use of design support strategy, both at physical level or at biological level or sensory level, stems from adoption of different concepts and meanings of same components of the environment in achievement of that support and strengthening. Is effective towards minimizing so-called environmental harm for a higher positive in individual's treatment, thus promoting a healthy state that reflected in stimulation of self-healing.

3.2 Balance Strategy employment on self-healing process:

3.2.1.The balance of life components:

Asmussen pointed out that creation of spiritual renewal within the hospital environment contributes greatly to inversion of balance in senses of individual, thinking, feeling and acceptance is willing, that is, building must provide signs by introducing Meanings of interest, care, and communication, as disease itself is not only a problem solved but an opportunity to rebalance body, spirit and activity at a high level of human life function\cite{Gary.242}. balance cannot be achieved in places or even in life itself if its properties tend to over-polarize (diverged in opposite polarity), over-polarize work on extremes in consequences, thermal extremes generate hurricanes, extremism in prosperity generates revolutions, over-thinking emotions generate isolation and lack of communication. Therefore, we need to balance between polarities in both mental perception and life activity, as well as a balance between life principles of nature and principles governing human thought.\cite{Mirkine.p239}

3.2.2.The balance of dynamic life experience:

Asmussen noted that use of contrast between meanings (bottom and top, front and back, near and far), creates spaces with a dynamic, alive vs stability, change vs symmetry, shelter vs wide openness, all of which have meanings that have to be cohesive and employed in a soft and delicate way and in high balance over various life practices of movement and stop. In case of movement and discontinuation there is always a sense of dynamic equilibrium in case of a seed of possibility of antithesis to space practice which is usually contained within instantaneous motion of space, if only space contains symmetry, there is no freedom, symmetry creates order and prediction, and asymmetry determines directionality, surprisingly, desired goal of asymmetric system is to warm up and to be animated by unmatched signals. In other words, balance is due to parity between two opposites (system, ambiguity, predictive and surprise) through constant change in the movement of individual and his awareness of life Space.\cite{Gary.p252} Balance requirements vary between characteristics of different cultures and ages and even lifestyles of individuals, between sharing and isolation, between mental images and reality, between group and individual. Balance is a process of controlling these forces physically and sensibly. It is necessary to attend dynamic harmony and consistency of the space system, which includes conditions of life in both acts of rush and movement or acts of tranquility of environmental contiguity. Although chaos and overcrowding are overly motivating, they give freedom to an unrestricted way of life. While the system tends to purify living conditions, many of needs of life fall within the context of both rigidity
and isolation of system on one hand and abundance and vitality of chaos on other. [Day.p218]. Color can also be used to characterize principles of formation of contrasting diodes, the warm color of space often works on its balance in a cool color in other space. movement of individual during building is accompanied by many hooves and images sent for chromatic gradation and their meanings properties of spaces, color diodes are not only used to define identity or mood of space but are used to create antibiotic between inside and outside. [Gary.p252]

3.2.3Balance of surroundings environment components :

Awareness of the existence of things is through mutually supportive messages that we receive through our senses. Places and sites that are closest to nature by using many senses such as hearing, smell, sight, feeling of duff and rain, these factors, non-emotional sensations are reinforced our lively, healthy and active senses. From senses, balance is essential to spiritual life and thus to the spiritual health of the soul, both natural environment and manufactured environment affect individuals in different ways. Excessive exposure to build environment alone is very difficult and unfair in human contemplation, dismal, non-vital, and even life-threatening harsh on our bodies.[ Venolia.p34]. The abundance of natural environments challenges our ideas in messages they provide and the clarity of their awareness. Characteristics that are incompatible with each other work to over-stimulate both mental stimulation and nourishment, and thus help us in healing and mental development, as we are or will be. Places of special need certain balance characteristics, especially between excessive natural force, we seek to strengthen our humanity through regular forms, while urban tensions are highly interactive to enhance our need for a soft and gentle environment that enables us to relax. [Day.p219] It is clear from above that use of design in strategy of balancing based on balancing components of individual's life, at first (body, activity and spirit) , balancing of dynamic immediate transition experience of spaces within surrounding environment at second, balancing nature or quality of surrounding environment (natural and manufactured) at third, within different levels vary according to individuals and acts of life and components of surrounding environment.

3.3 Nutrition or Nourishment Strategy employment on self-healing process :

3.3.1.Soul nourishment (life factor nourishment)

One of the most important strategies that employ the design in the process of stimulating self-healing for an individual is nutrition. When asking why buildings existed, the answer is to climate protection or privacy and safety that may not be enough. We may be unable to design spirit of a place, but we can design places that nourish the spirit, which is reflected in how the place is used, sense, and values that we form with each other, which basis of formation and growth of soul of a place. Great in processes of shaping qualities of renewal and care for conditions of life, and most important of all is places are beautiful [Day, Christopher, 2007.p5]. The environment around us works on nourishing at all levels: body, the energy of life, feeling and spirit. This enhances internal healing by rearranging supporting neighborhoods morally so that we reduce the level of our defenses and liberate us from constraints that environment creates, Effectiveness, in the nourishing spirit that represents hidden level of our existence and basis of building physical and mental health. [Day , Christopher, 2007p231] . Asmussen pointed out in his focus on the potential of an environment to nourish and develop life-sustaining factors of healing. Architecture, in addition to providing for human needs in a practical way, has a task of making people feel belonging and at-homeness in the natural world surrounding place they contain. Recognizing place within the great fabric of life, a building should help individuals to associate with the natural healing power of nourishing and sustaining their daily lives. Buildings that create harmony with nature and space, which show obstetric principles that form of nature and formal transformations of its elements, all create possibility of feeling unity and faculty with nature is not an abstract or vague idea but a reality of a pension that anyone can expect or practice directly on a daily basis, place is a catalyst for human self-healing in a manner similar to self-renewal of nature. [Gary.p248]
3.3.2. Emotional nourishment (joy factor)

Healing is done when an individual creates a balance between himself and nature in accord with the spirit of the place, which is known as Genius loci, and is presence and power that place affects us. It also refers to energies and details of a site that require respect and employment when establishing the origin, including natural forms, trees, greenery, wildlife and lively spirit of those elements, physical interaction between orientation and shape of the building is a basis of successful health design. As effects change over time with cycles of hours, days, and seasons, it is necessary to study the introduction of the cosmic system as a whole in support of biological time effects of individual from one of the most important characteristics of environment and spirit of the place is the brightness of color. Light and transparent buildings have the effect of creating a light-colored veil of light that gives property and depth of life or vitality similar to nature, glittering image of vibrant colors. Light and bright generates a sense that colors are moving, flowing, pulling and dancing. [Gary.p249] Design elements used at a level of emotional nutrition are water, greenery or gardens. Water is a symbol of life and a key to the sacred dye of a healing environment, and it is a metaphor for the meaning of peace, tranquility. In contrast, water can be associated with vitality, movement, abundance, and liquidity, it can also be used to impart the contemplative nature of spirit and contribute to the stimulation of memories and sense of belonging. Hospital gardens are often associated with forces of cosmic creativity and their forms. They inhibit the hardness and cruelty of typical designs of therapeutic environment, its properties are strongly associated with organic bodies present in nature, these gardens require avoiding straight lines, vertical volumes, and over-symmetry, healing gardens enhance the possibility of dealing with suffering and obstacles that a patient faces to overcome them and to reach high levels of awareness of self-identity and internal association with healing qualities. [Alex.p8] It is clear from above that employs of design nourishment progress, and emotional feeding. Second is by: a strategy is based on spiritual nutrition at first by a stimulating factor of life, impulsiveness and progress, and emotional feeding. Second is by: a stimulating factor of joy, pleasure, and beauty of the environment reflects. That achieves by characteristics of the cosmic system of nature, biological systems, characteristics of regeneration and change or adoption of interaction with elements of nature that do not need the effort to stimulate and nourish spirit and feeling, such as water, greenery, and wildlife. The following is a table of main and secondary vocabulary for design strategies: Tab.1.
4. Results and conclusions

4.1 Results:

1. Focus on specialized studies of hospital environment within health buildings is, The importance of dealing with patient on more than one level, Organic physical recovery is insufficient and must be supported on psychological or spiritual level of patient to stimulate immune system of body and reduce destructive metabolic factors of living matter, Self-balancing as a primary preventive measure promotes patient self-care as well as therapeutic and health hospitalization of healthy buildings.

2. The employ of design in process of self-healing for individual through support strategy, whether on material level or level of biological or sensory level, stems from adoption of different concepts and meanings of same components of environment in achievement of such support and strengthening, effectively re-employ environment potential in reducing minimum of so-called environmental harm for sake of a higher positive in treatment of individual to promote a healthy state reflected in stimulation of healing.

3. The employ of design in process of self-healing of individual through Balance strategy is based on balancing components of functions for individual's life first (body, activity, and spirit) and dynamic balance of experiments of immediate transition experience of action (dynamic) within surrounding environment, second. And to achieve a balance in nature or quality of the surrounding environment (natural and manufactured) Third, within different levels vary according to individuals and actions of life and components of the surrounding environment.

4. The employ of design in process of self-healing of individual through Nourishment strategy or nutrition is based on spiritual nutrition first: by stimulating factor of life and momentum and progress, and emotional nutrition second: by stimulating factor of joy and pleasure and beauty of the reflective environment.

4.2 Conclusions:

Through discussion and analysis of results of framework research strategies for employ design in stimulating self-healing of individuals, following conclusions were reached: Effectiveness of adoption of intellectual theses of intrinsic relationship between environment reflects incentives and impressions, and mechanisms of natural stimulation (organic) of human body as a dynamic system integrated, because that relationship is a mirror of nature of interaction negatively or positively and minimum or maximum level of environmental harm, And thus a reflection on physical and psychological health of individual. Effective employ of design need to understand the nature of it in this field, it comes out of stereotype of static design of solids, forms, and configurations, 2D or 3D dimensions, it is result of the image of dynamic design of transitional experience of individual within details and elements of life experience in all its physical, sensory and impressionistic components, design of individual lifestyle. Strategies of employing a design in its dynamic form to stimulate self-healing is a first precautionary step in building an integrated health system that is not limited to characteristics of the specialized therapeutic environment, but also to other structural styles that occupy all activities and events of individuals. The process of designing physical components of lifestyle for individuals requires interaction with other scientific disciplines (social, psychological, medical and even spiritual sciences) in addition to architectural work.
**Table 1.** Design strategies that stimulate healing.

| Basic vocabulary | Minor vocabulary | Possible values and physical characteristics |
|------------------|------------------|---------------------------------------------|
|                  |                  | Space character                             | Human scale                        |
|                  |                  |                                             | Reduce sharpness, the geometry of space |
|                  |                  | Space components character                  | Daylighting                         |
|                  |                  |                                             | Natural ventilation                 |
|                  |                  |                                             | Use of raw materials                |
|                  |                  |                                             | Reduce environment pollution of noise |
|                  |                  |                                             | Reduce electromagnetic pollution    |
|                  |                  | Relationship of spaces character            | Personalization, Way-               |
|                  |                  |                                             | finding, Flexibility, Empowerment, Simulation, Coherence, Affordance, Control, Restoration |
|                  | Physical support | Harmony with nature                          | implantation at nature              |
|                  |                  |                                             | Use of natural materials            |
|                  |                  |                                             | Exposure of biological rhythm of nature (seasons, daily cycle) |
|                  |                  | Aspects of natural metaphors                | Renewable                          |
|                  |                  |                                             | Breathing (contraction & expansion)  |
|                  |                  |                                             | Growth                              |
|                  |                  |                                             | Fluidity & movement                 |
|                  | Psychological support | Living wall | Interaction between enclosure & eligibility |
|                  |                  | Phenomenal impressions                      | Comfortable space, Pleasure space, Desirable space, Rewarding space |
|                  |                  | Prevent implicit passive feeling            | confusion of understanding difficulty |
|                  |                  |                                             | the frustration of hard decision maker |
|                  |                  |                                             | Deny from neutral space             |
|                  |                  |                                             | Lack of control                     |
|                  |                  |                                             | Disturbance of huge volume          |
|                  |                  |                                             | Ugly of poor impressions            |
|                  |                  | Sensitive responses                         | Cold, hard, bad, pollute, pure, warm, smooth |
|                  |                  | Change of character                         | Change of color                     |
|                  |                  |                                             | Change of smell                     |
|                  |                  |                                             | Change of light                     |
|                  |                  | The balance of life components              | The balance of basic components life-style (body, soul, spirit) |
|                  |                  | Balance of dynamic life experience          | Life-style (life energy)            |
|                  |                  |                                             | Individual & group, participations & isolation |
|                  |                  |                                             | mental image & reality, static & dynamic |
|                  |                  | Space impression                            | Stability vs variation, order vs chaos, symmetry vs asymmetry, shelter vs openness, quite vs crowded |
|                  |                  | Balance of surroundings                     | Nature and quality of the environment (natural or manufacture) |
| Nourishment strategy |                  | Soul nourishment - Life factor nourishment | Genius loci (belonging with the natural world) |
|                  |                  | Emotional nourishment                       | renovation meaning derived from the cosmic renewal of nature |
|                  |                  |                                             | Orientation and the biological clock |
|                  |                  |                                             | Brightness of daylight               |
|                  |                  |                                             | Brightness of color                  |
|                  |                  |                                             | Nature elements (water, gardens, wild) |
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