



University of the
West of England

Health: The Design, Planning and Politics of How and Where We Live

- **Paper / Proposal Title:**

Antidepressant house and Healing accelerator hospital; How the built environment influences human's brain (health, psychology and physiology). Case study: Yantalo Clinic in the Amazonian jungle, Peru.

- **Format:**

Presentation (in-person)

- **Author(s) Name:**

Marina RUSSO-SCHTCHERBAKOFF-KODAKOFF

- **University or Company Affiliation:**

RSK Architecture

- **Abstract :**

The first most prescribed medicines in France are Antidepressants. Since we spend our days and live mainly in/around a built environment, it seemed more than appropriate to have a close look on how it affects people.

Mainly caused by changes in brain chemistry, hormone levels and difficult life events, other factors can have an important role in depression; artificial lighting and its blue rays may alter the circadian cycle, the volumes, colors, layout of a room can generate stress and anxiety. Every assets of the house have psychological, neurological and physiological effects on the habitant and we will explore them.

I just came back from a humanitarian mission in the Amazonian forest in the north of Peru, where I volunteered for the Yantalo Foundation working on a building project for a new school. Struck by the urban poverty, the sanitarian conditions in some places and the inner view of the consequences of the corrupted government, I wish to relate what I witnessed. Before working on building a school, the Yantalo Foundation first built a clinic. It took them ten years to accomplish this project. In partnership with the University of San Diego, CA, USA and the Academy of Neuroscience for Architecture, this clinic is the first one to be Ecofriendly in Peru. Local people were implicated in the design process and it has been thought to comply with patient's psychological and physiological needs.

Research have shown great results exploring architectural technics to accelerate the healing process within health care centers and hospitals. Using these technics can reduce the time spent in hospital, ameliorate recovery and patient's health. Using the Clinic of Yantalo as a case study we will explore these technics, and introduce some new ones as in ten years we have discovered so many other efficient ones.

From a house to a clinic, humans should be in the heart of the design process. What does the built environment do to them, to their health, their brain, their behavior?

- **Author Biography:**

After graduating from the University of Derby, England in Architectural Venue Design and Digital Innovations I returned to France. As early as the first years of studying I was struck by the very little consideration we gave to human beings in the architectural practice. I thought buildings should be built for humans and therefore humans should be in the center of our thoughts while designing them. At the end of my studies, nine years ago, I wrote a dissertation on: "The correlation between architecture and human psychology". Seven years ago I opened my own architectural firm and have carried on researching on psychology and neurosciences applied to architecture, making extensive research. From the use of artificial lighting, colors, volumes within buildings to urban planning I explore every architectural assets and their impacts on human's brain and behavior.

By applying what I discovered to my projects I have noticed clear results in human perception, well-being, emotions, cognitive behavior, sales revenues (an average of 35% increase on my client's sales revenues in 2016).

In 2016 I was selected to do a presentation at the ANFA conference at the Salk Institute in San Diego US on "The use and perception of black in Architecture".

As well as practicing architecture I also work as a speaker and a consultant in "neurological design".