

Therapeutic Spaces

Mapping therapeutic spaces for mental health in the African continent

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Table of contents

2 Mind Map

3 Paradox and Main question

4 Aim and Objectives

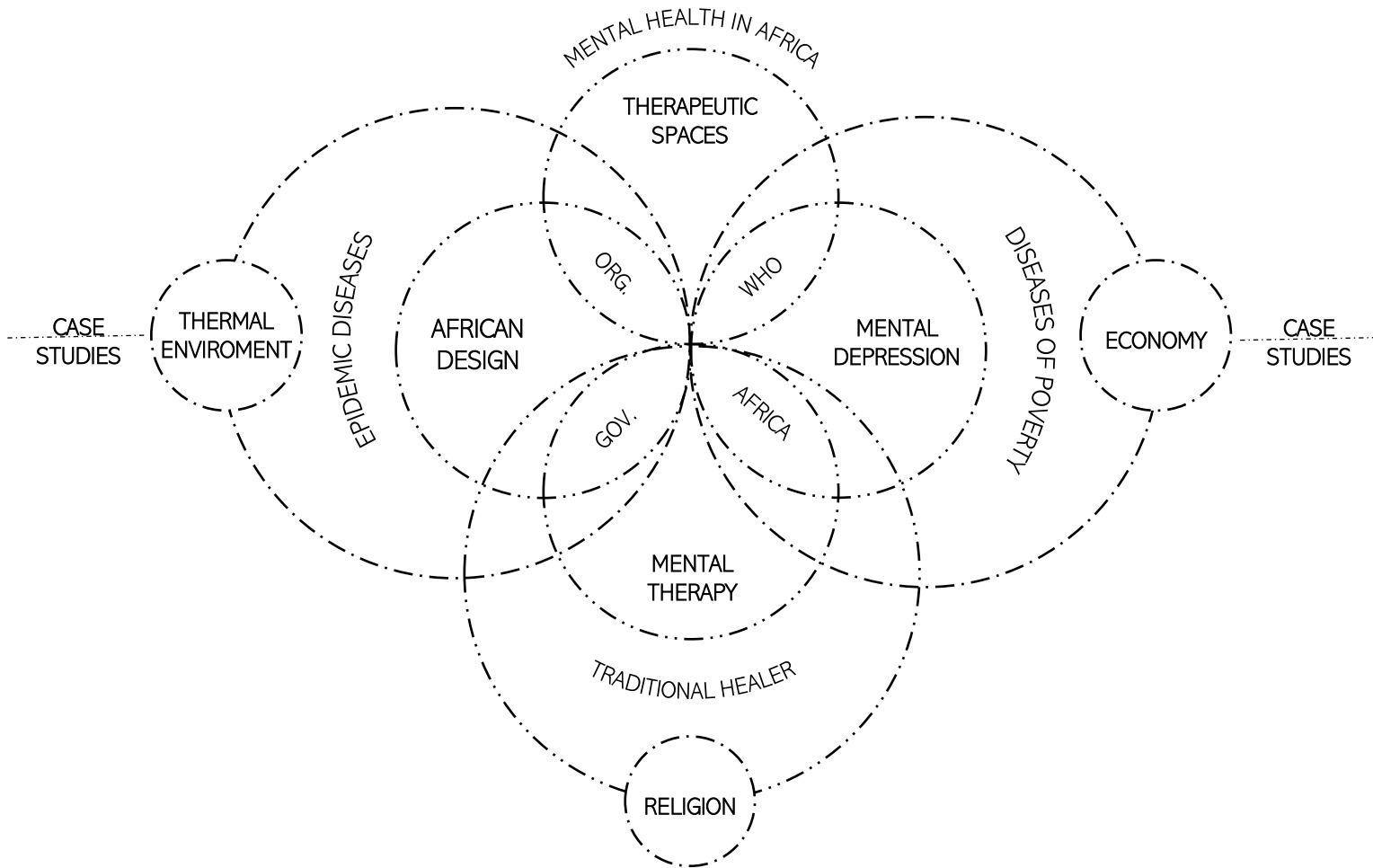
5 Literature Review Note cards

6 Interviews and talk sessions

7 Research Plan

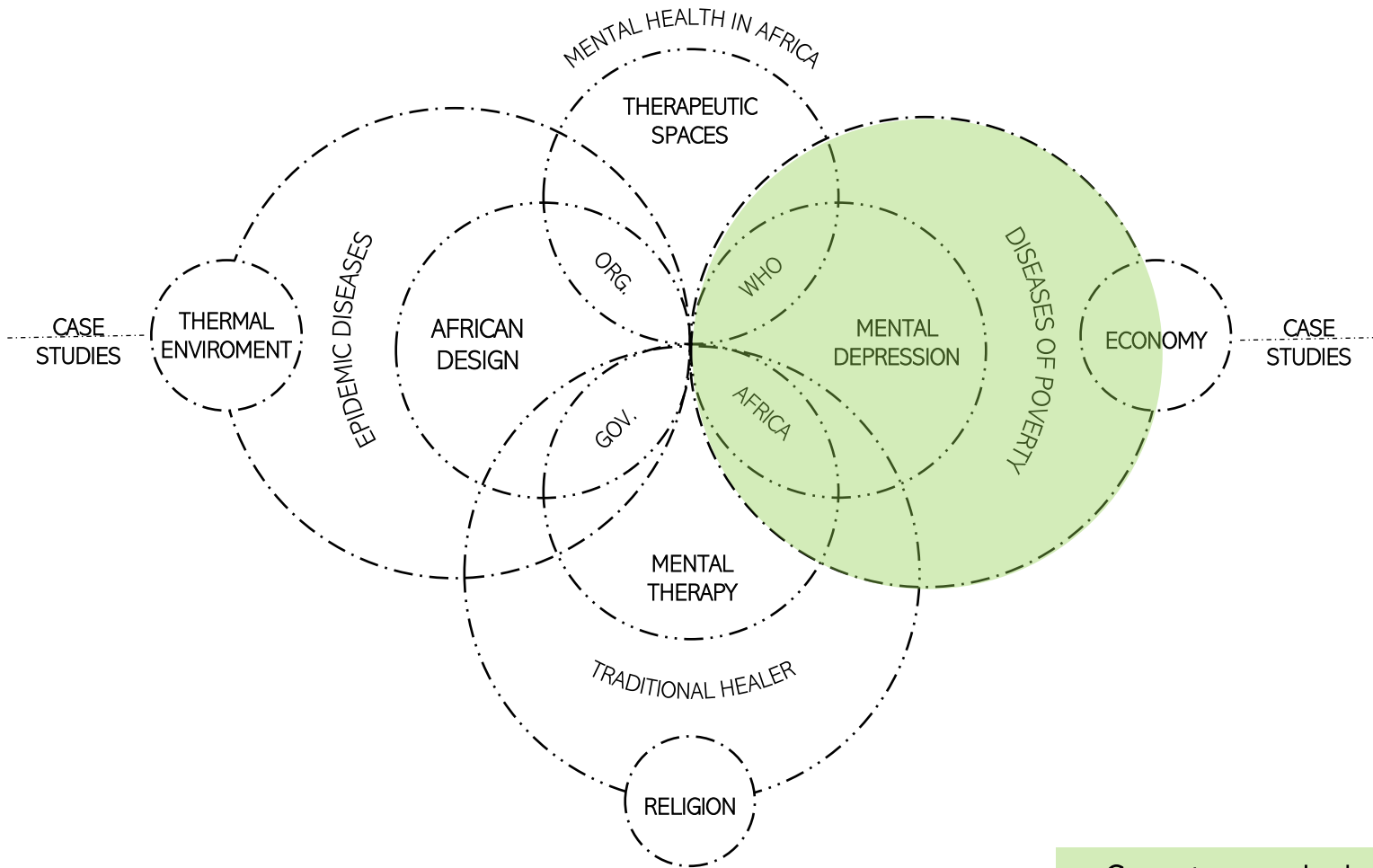
Therapeutic spaces in Africa

Mind Map



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Mind Map



Current research phase

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Paradox and main question

Therapeutic spaces

Observed Problems/Paradox

Paradox 1: One of the non-medical methods to treat mental health involves creating a therapeutic space that assists in the healing process of patients and reduce the risk of depression.

❖ This could be beneficial in Africa as such a natural space would provide an affordable and supportive method that promotes for treating depression.

❖ However, for the therapeutic space to be effective, it must be tailored to suit the African context and control the main drivers of depression in Africa.

For this reason, there is a need to investigate and understand the main risk factors of depression in Africa to devise a therapeutic space that would assist in support and treatment for depression.

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Paradox and main question

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Main Question

“How can we design a therapeutic space for mental health according to the African context?”

Keywords: Therapeutic Space; Mental Health; Mental Depression; African Design

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Aim and Objectives

Aim: The research aims to investigate mental health factors of depression to design therapeutical spaces in Africa and how depression patients need the space to be designed in the African context.

Objectives:

1. Research the existing literature for the risk factors of depression in Africa.
2. Understand how therapeutic interventions can be designed in Africa.
3. Investigate case studies of therapeutic methods for depression applied in Africa.
4. Conclude whether designing a therapeutic space is suitable for supporting depression in Africa.

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Background Literature Review

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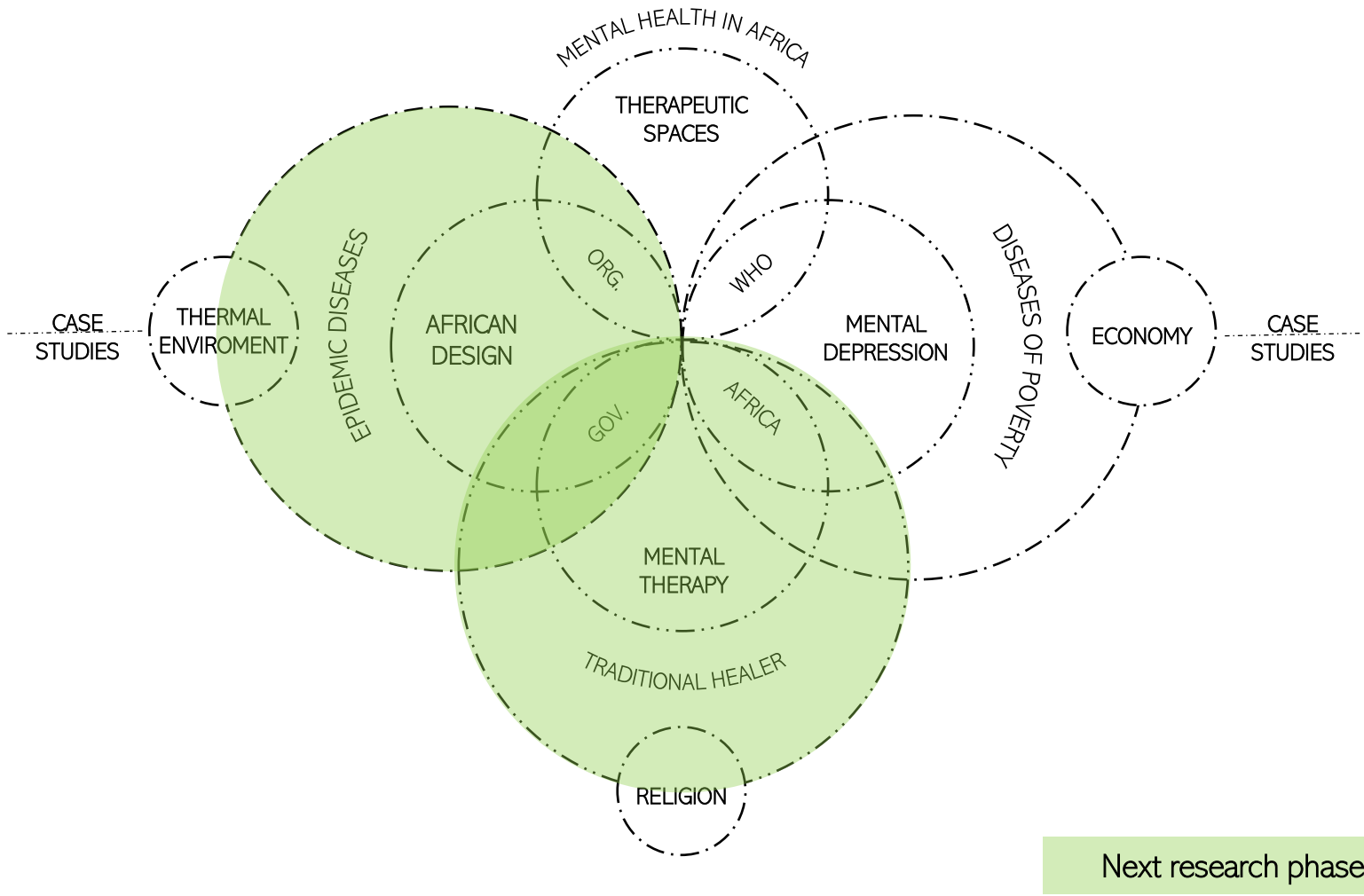
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Talk Sessions, Events and Interviews

- Foundation ICCR
“Epilepsy and the WHO Intersectoral Global Action Plan, Focus on sub-Saharan Africa.”
- Emergency
Digital Week Talk Sessions
Interview with Roberto Crestan
- Interviews
Psychiatry in Italy and African countries

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Research plan



Next research phases

Thank you