
RÉ-COMFORT® design and tactile aesthetics of soothing spaces in psychiatric settings

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Abstract

”Re-comfort: design and tactile aesthetics of soothing spaces in psychiatric settings” is a design research project on the conception of experimental kits (system of objects) allowing the patient to regain his calm and tranquility.

This research is based on a phenomenological approach centered on the patient, on his haptic perceptions and his emotional and psychological feelings. Practical experiments with users (caregivers and patients) have been set up and are underway in several psychiatric units: at the UHSA Paul Guiraud (Villejuif), the EPS Ville-Evrard (Aubervilliers) and the GHU Paris (G05, G19, G25 and G26).

The first experiments validated our intuitions. Patients and caregivers feel a sense of calm and tranquility after the Ré-confort* tactile relaxations. The majority of the workshops at GHU Paris and UHSA Villejuif took place with carer. The workshops at the EPS Ville-Evrard systematically involved patients and caregiver. Contrary to some reservations on the part of the caregivers, the patients all reacted positively. The experiences brought them peace. The experiences (lasting between 20 minutes and 1 hour) are always followed by a time of exchange and discussion. These exchanges are recorded and listened to again a few days later. Each workshop is the subject of a detailed report, written in the days following the workshop (text explaining the process, photos, discussions, verbatim).

Workshops that involve patients and caregivers are appreciated. They transform the patient-caregiver relationship and create more horizontality. Patients note that a calmed caregiver soothes the patient and vice versa.

Keywords: Experimentation, Aesthetics, Imagination, Environment, Perception, Care, Standard

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