

HOME AWAY FROM HOME

**Participatory design
as a possible methodology
for dealing with loss of space**

DOCTORAL DISSERTATION

Erzsébet Hosszu

Supervisors:

Ágnes Kapitány DSc professor emerita

Gábor Kapitány DSc professor

Balázs Marián DLA

KDP consultant:

László Z. Karvalics DSc

Doctoral School

Architecture DLA

Moholy-Nagy University of Art and Design

2024

Theses

1. Like culture, our home also has mobile, transportable elements (material and immaterial) that can serve as a resource in the recovery process from the loss of home.
2. The non-transportable elements of the home can be rebuilt through placemaking, community building and active coping: both in the case of objects and the built environment. Victims who have lost their homes can adapt and find safety more quickly through action that mobilises both individuals and peers.
3. In parallel with the analogy and scope of art therapy and occupational therapy, engaging in the design process can also successfully support the process of coping with the challenges of traumatic events in a number of ways:
 - a. The trauma deprives the victim of a sense of control, while the planning process encourages participants to initiate, implement plans and make decisions on their own.
 - b. The memory flashbacks of trauma keep the victim in the past, while the workflow of the design process encourages participants to focus on the present.
 - c. Trauma creates helplessness, while the design process leads to action.
 - d. Traumatic events challenge basic human relationships, while design process develops cooperative skills through teamwork.
4. For these reasons, it is worth considering participatory design processes as a therapeutic opportunity and to further research and develop the potential of „design therapy“ methodology through interdisciplinary professional dialogue.
5. In the context of urban environments, it is necessary to simultaneously (1) nurture positive memories of the past, (2) gather new ones through fresh, social experiences, and (3) find places of solitude in the city. This is most effectively achieved by (4) actively exploring the environment and (5) taking action (ideally socially) with the environment.