

MEDITATIVE INTERIOR DESIGN

The office of Dennis E. McClure Neurosurgery underwent some extreme changes in 2008 with the help of Feng Shui expert Diana Garber of Intuitive Concepts, and Interior Designer Cathy Kim of OM Environments.

Dr. McClure practices a non-surgical, alternative treatment for chronic back pain called IDD spinal rehabilitation therapy. His practice also offers other treatments like massage, reflexology and is even looking into offering counseling services. This formula of treating the body, mind and spirit provides a total holistic experience for patients.

McClure's former office space felt much like any other medical office; a few chairs, a magazine rack, and that nervous, uncomfortable feeling one might have when waiting for their turn to see the Doc. His goal however, was to alleviate some of the anxieties associated with traditional medical treatments by creating an immersive therapeutic environment, an experience that begins when the patient walks through the front door.

This transformation began when Dr. McClure called on Diana Garber to

conduct a Feng Shui evaluation and 'mapping' of the space. The mapping process is unique to each situation, and provides a way to align the energies (Chi) of the structure with its occupants. In classical Feng

Shui, the aim is to balance these energies. This in turn activates positive transformations on the physical environment as well as the mental, emotional, and spiritual well-being of the individuals within the space.

Once the mapping was complete, designer Cathy Kim was able to use the information as a template to begin 'intentional' design work. The new interior design is a representation of bridging the gap of two seemingly opposite types of environments: a clinical office space with a meditative, spa-like atmosphere. One of her goals was to remove from view some of the more unsightly aspects of a typical medical environment that she believes can lead to stress or anxiety in a patient. For instance, when a patient is confronted by a multitude of machines and medical equipment, this may

subconsciously support the idea of "I'm sick" or "I'm hurt". On the other hand, when patients are exposed to a space that resembles a spa atmosphere or massage room, they are more likely to have feelings of "I'm calm and relaxed" or "I am healing". She believes this change of the patient's perspective of how they are feeling during their treatment could have a positive effect in supporting their healing or recovery process.



Much like the act of meditation, a meditative space can be defined as calm, uncluttered and well balanced; a feeling of sanctuary where all senses are engaged. One is totally in the moment, and free from outside anxieties. The new space at McClure's practice aims at creating this type of feeling for patients; to be free of unnecessary stressors so that they can totally focus their intentions on being well.

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