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### **Reshaping urbanism for integrating the fragmented mind**

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#### **Learning Goal:**

- Recognizing place as integral to one's personal identity
- Accepting the value of reshaping place in ways that sustain mental health
- Recognizing the active role played by architects

#### **Abstract Text:**

##### **Reshaping urbanism for integrating the fragmented mind**

The first thing we feel when we circulate in a city is the atmosphere. Too often, modern urbanism like modern life can be understood as a no man's land. Cities are built for practical convenience putting value on free and fast circulation. It is a space in which we feel strangers and which also renders us strangers. These cities are thought on the principle of individualism. There is a link with psychosis experience in which the world appear fragmented and the self isolated.

We would like to demonstrate that physical environment contribute to human wellbeing. For a better mental health, we need to create urban life according to the principle of wholeness developed by the architect Alexander. Wholeness must be thought as relationality.

One of our assumption is that human being is a being outside of himself. He lives in space with its own atmosphere. He lives in the world, among others. It is not in some hiding-place (a closed room) that we will discover ourselves; it is in the town, in the midst of the crowd. We have to build space that allows human being to stop, to take a break and to sojourn so that it becomes possible to make contact with others and initiate a dialogue. The philosopher Levinas reminds us that it is when the I encounters another person that it first experiences oneself as an I called to dialogue. So urbanism must be created according to the primacy of dialogue.

We will ask ourselves if an ugly space does not promote the suffering. I will demonstrate, from a philosophical perspective, that there is a narrow link between space, architecture, urbanism, atmosphere, dialogue and mental health.

**ON THE HEALING POWER  
OF HUMAN RECONNECTION**