

# P O R T F O L I O .

*Selected Work From 2024-2025.*

**XIONG ZIHAO (ALEX).**

*/Interior Designer MA/*





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Welcome to my Space.



/ Image by Author - SketchUp & Enscape



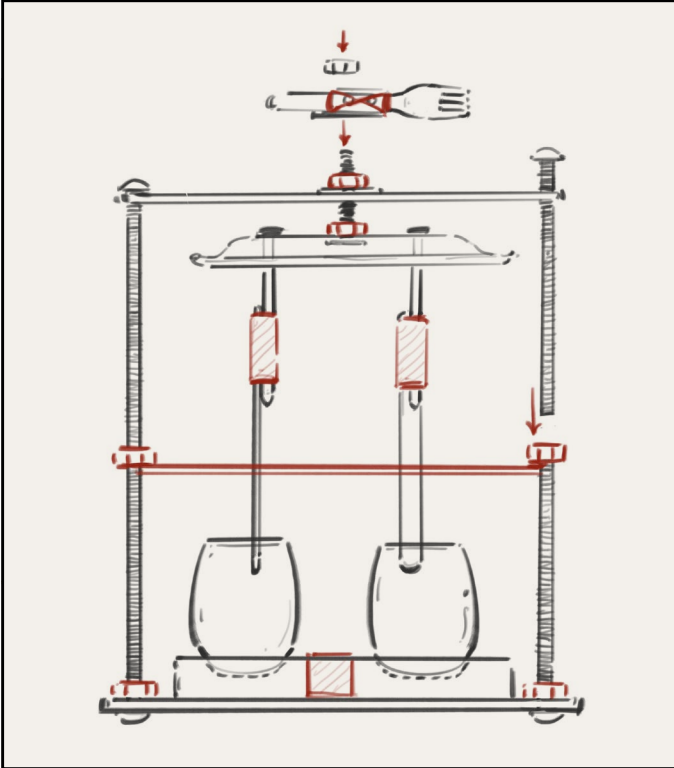
# STUDY SUMMARISE

/Experimentation and Innovation



## RUBE GOLDBERG MODULE

• This is a collaborative group project where we each designed modules centred around five emotions, which were then combined into an interconnected mechanism. I was responsible for the “Joy” module: utilising a ball as the triggering mechanism, I designed an interlocking structure to produce a crisp rhythm, conveying a positive emotional state.



/ Images all by Author - Camera & Procreate



# STUDY SUMMARISE

/Experimentation and Innovation



/ Images all by Author - SketchUp & Enscape

## EXHIBITION DESIGN

• This research explores the profound connection between space and emotion, taking the venue's history, culture, and activities as its starting point. Throughout this process, I endeavoured to progressively transform theoretical research into practical design models through innovative spatial planning methodologies.

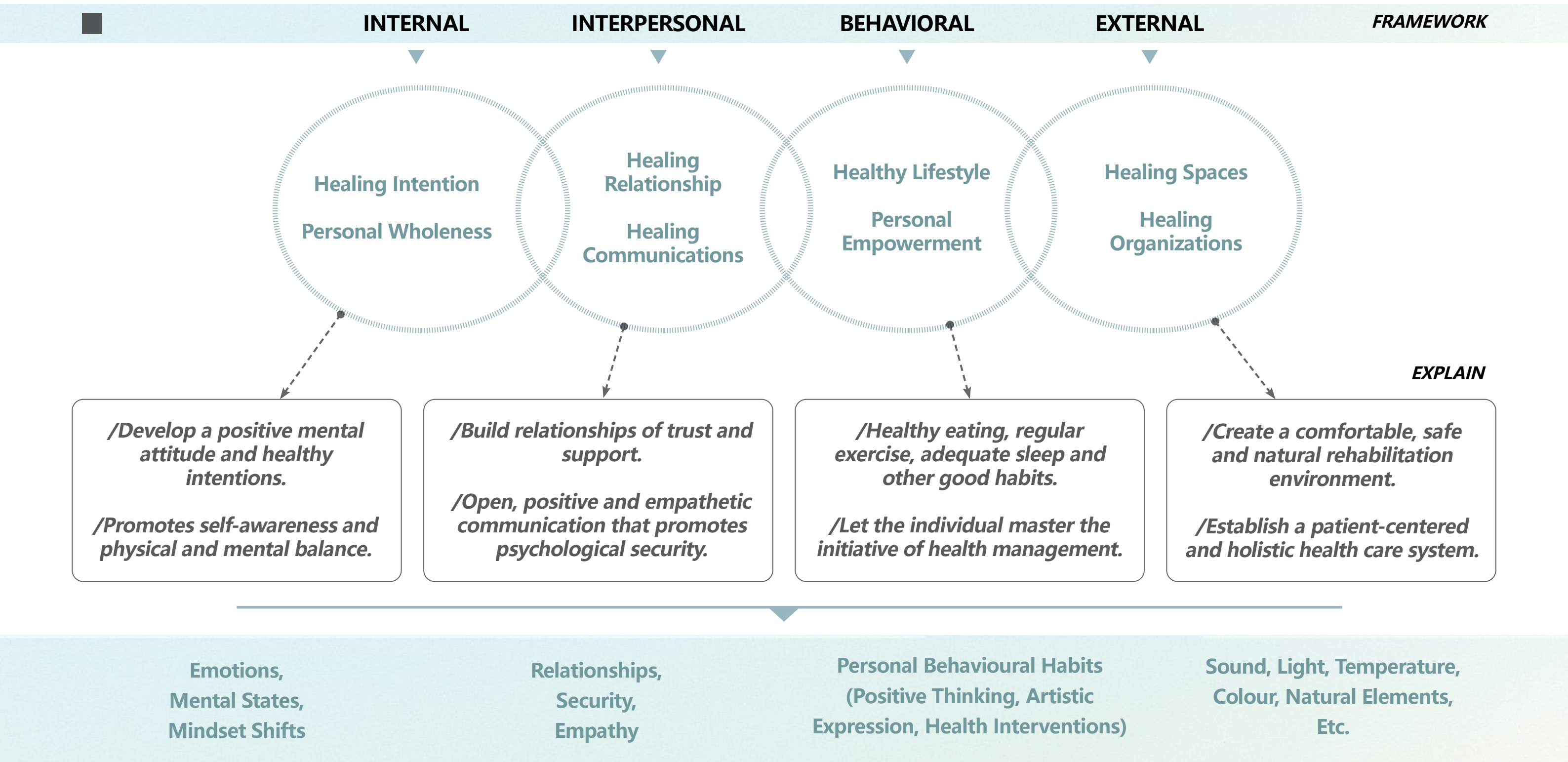


• The challenge I confronted and resolved was how to create genuinely immersive and experiential spaces while respecting the venue's cultural heritage.



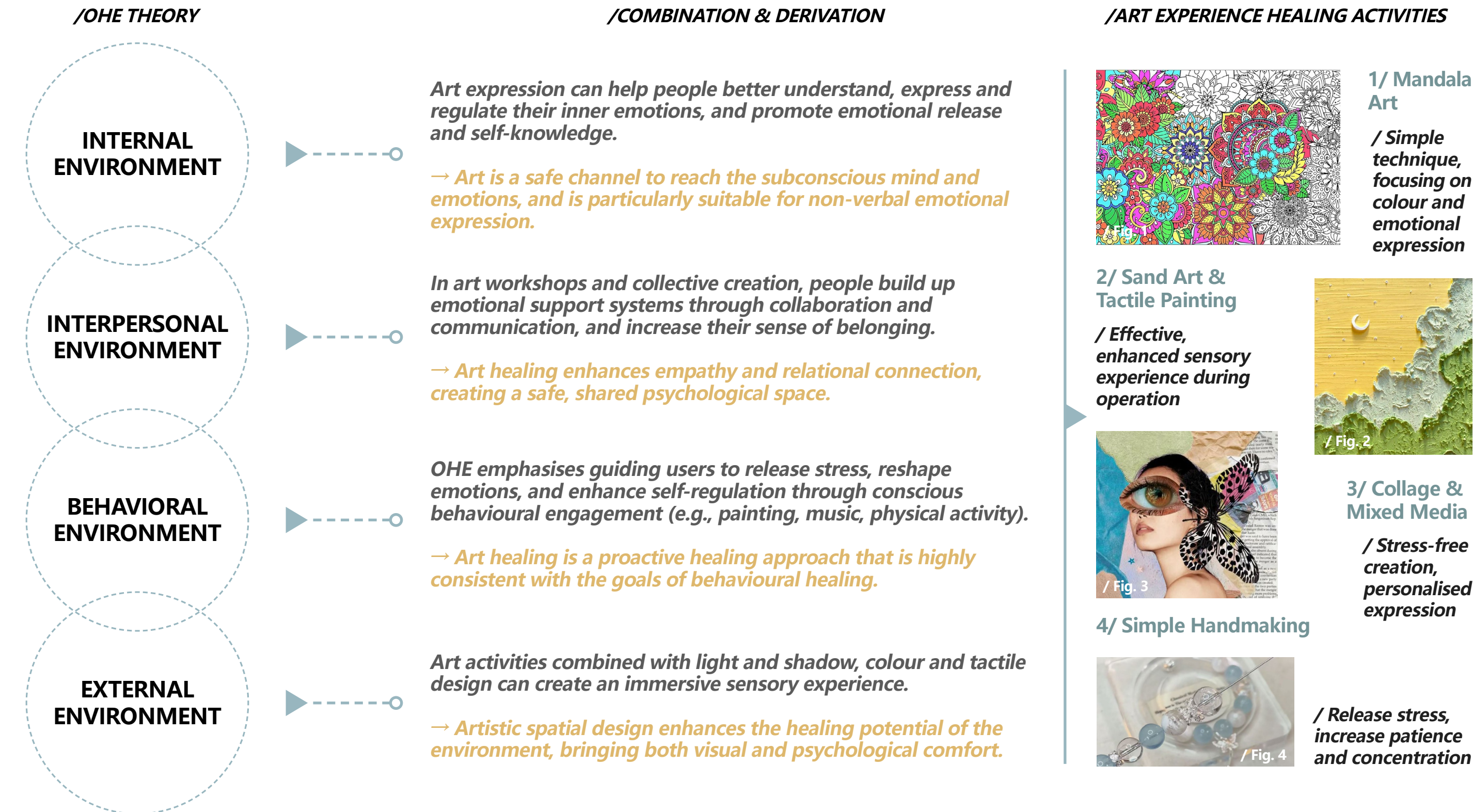
# OHE - OPTIMUM HEALING ENVIRONMENT

/OHE Framework and Design Principles



# ACTIVITY RESEARCH - ART THERAPY

/Selecting Art Therapy Activities Based on Theory





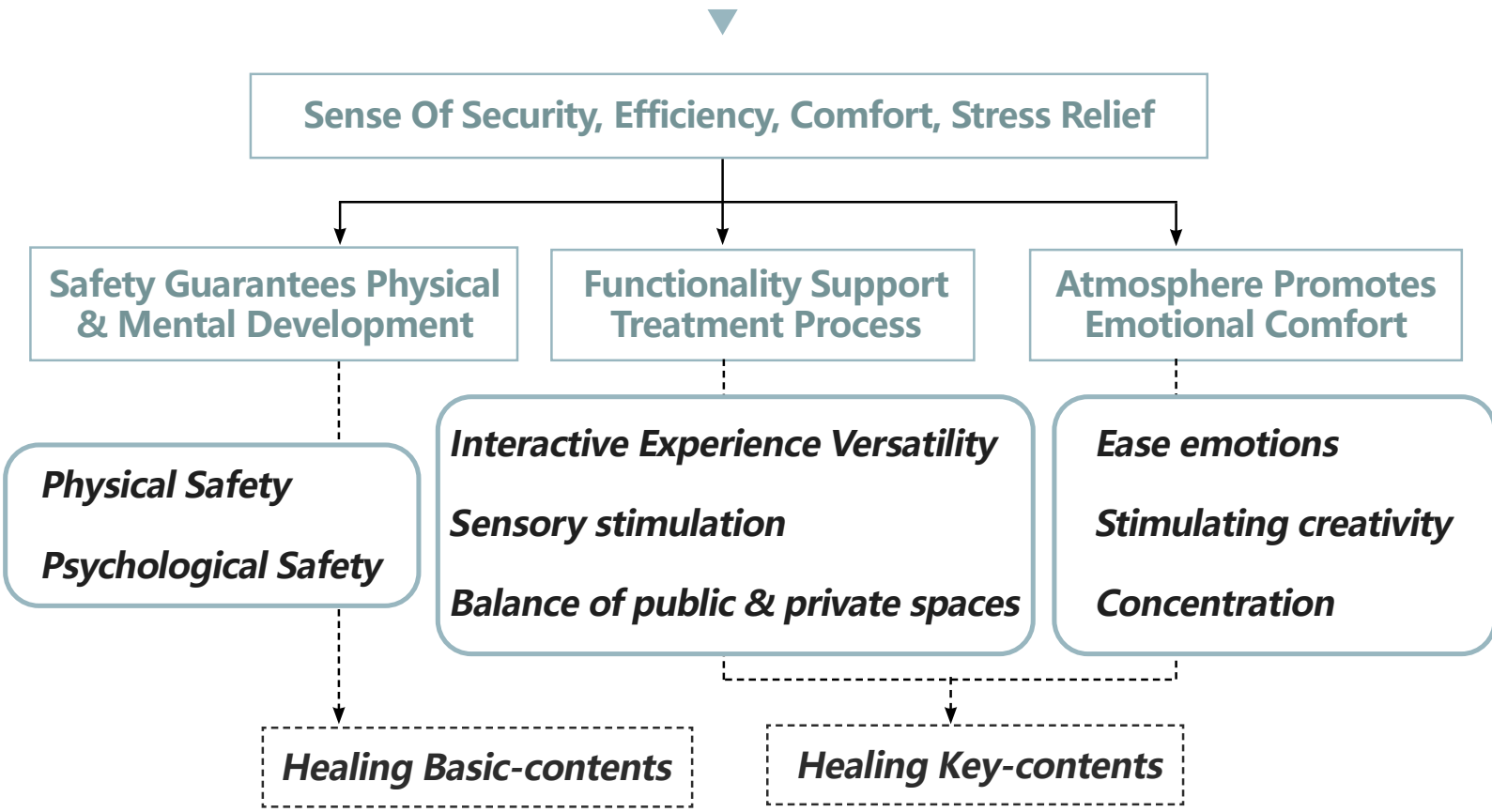
# ACTIVITY SELECTION & HEALING WAY

/Emotional Healing Space Design

## ACTIVITY ELEMENT

- **High Level of Participation**  
——Handcrafted, hands-on production
- **Easy to Get Started**  
——Give users a positive experience quickly
- **Quick to Get Results**  
——1-2h can get result
- **Deepenable & Sustainable**  
——The results can continue to be processed and utilized
- **Interactive & Communicative**  
——Artistic Exchange  
——Technical Exchange  
——Exhibitions, Charity Sales
- **Sense of Security**  
——Psychological Security (open not closed, privacy protection)  
——Physical Security (barrier-free design, rounded corners)

## HEALING STRUCTURES OF ARCHITECTURE SPACE

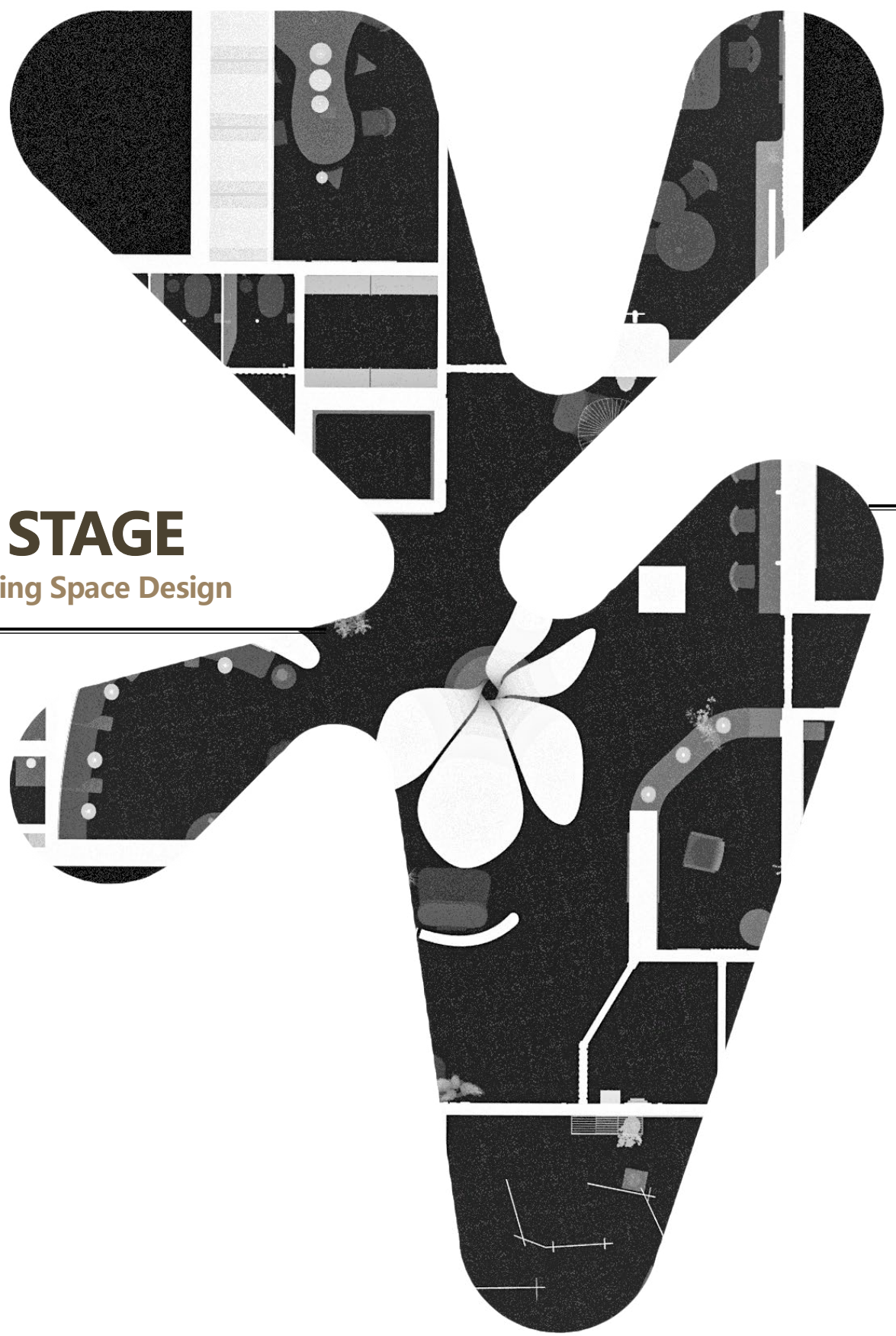


## HOW TO HEAL

- **Space Atmosphere**  
——Safe and comfortable environment
- **Participation Process**  
——Decompressing and relaxing activities
- **Finished Product Harvest**  
——Sense of self-achievement and identity
- **Interactive & Communicative**  
——Artistic Exchange  
——Technical Exchange  
——Exhibitions, Charity Sales
- **Get Feedback**  
——Get a sense of accomplishment  
——Exchange/gift artwork  
——Organize public welfare activities to give back to the community

## DESIGN STAGE

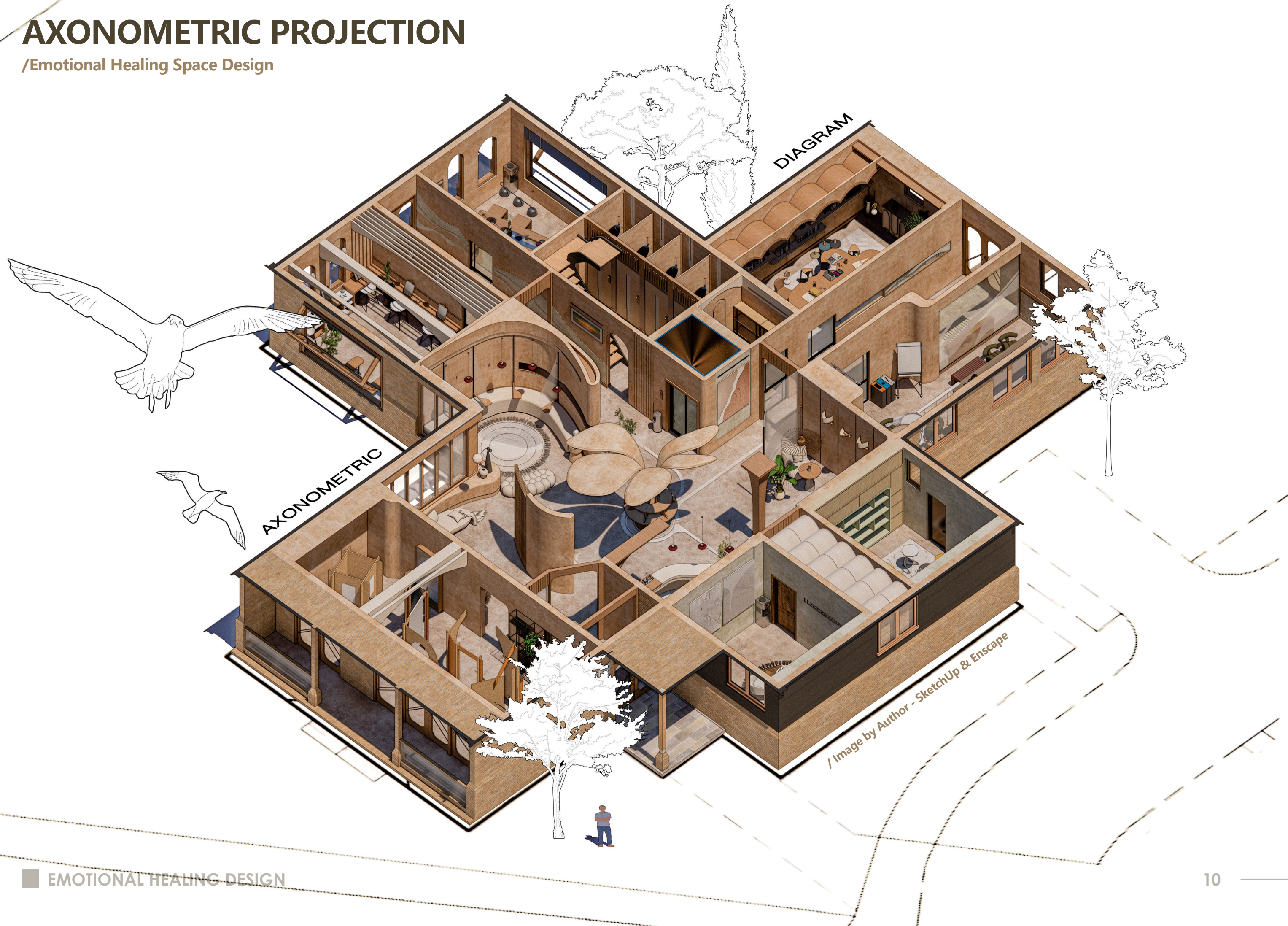
/Emotional Healing Space Design





# AXONOMETRIC PROJECTION

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# DESIGN CONCEPT

/Emotional Healing Space Design

My design philosophy centres on “**Design Serving Function**” . Through gentle **curved forms**, the innate textures of **natural materials**, and **minimalist yet practical functional** elements, I create an inclusive, soothing space. This fosters a relaxed and unhurried atmosphere, enabling visitors to shed their defences from the moment they enter, **experiencing acceptance, respect, and goodwill**. Individuals continually engage in **therapeutic activities, exhibition displays, and charity sales** according to their needs. This journey evolves from the **personal to the collective and societal**, progressing from **exchange and sharing to contributing** to society through helping others. Participants gain self-affirmation and elevate their life's purpose, drawing healing strength to break through barriers and blossom anew.

## ■ Integration of Nature and Design

- Strategic windows and translucent partitions enhance internal-external connections, drawing in outdoor trees, lawns, and natural light. Corridor dividers offer visibility without direct confrontation, while earth-toned interiors cultivate a relaxed, welcoming ambience. Soft diffused lighting soothes anxiety, becoming an invisible healer.

## ■ Harmonious Flow and Transitions

- Eschewing straight lines and right angles, gentle curves guide visitors through functional zones. Thoughtfully designed transitional spaces, free from confinement or gloom, allow individuals to gradually lower their defences, facilitating a conscious shift from anxiety to relaxation.

## ■ Blending Privacy and Openness

- Screens, glass, sheer fabrics, and movable partitions are artfully employed to safeguard the therapeutic privacy of functional zones while fostering an inclusive sense of community in rest areas. The outdoor space extends indoors through folding windows and corridors incorporating additional seating, dissolving the boundary between inside and outside. Solitude and shared moments coexist harmoniously here.



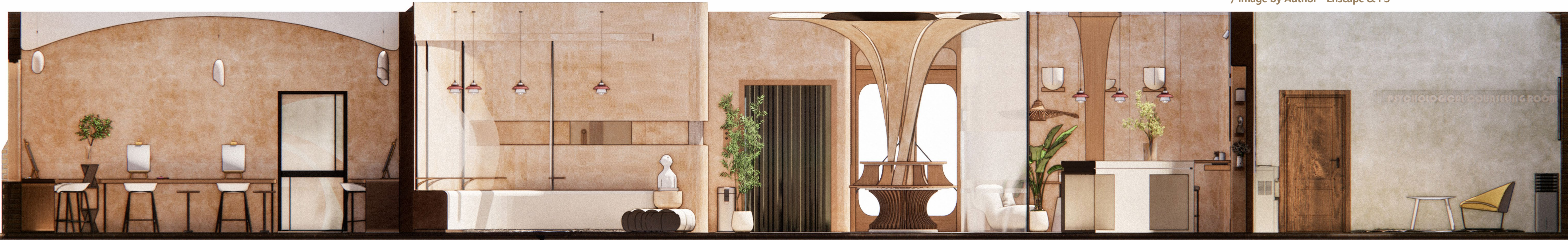
# DESIGN DESCRIPTION - “HEALING HOME”

/Emotional Healing Space Design

## OVERALL SECTION

• Margaret Numburg proposed that ‘Art is the bridge between consciousness and unconscious,’ thereby pioneering the process of art therapy. Edith Kramer pioneered the concept of ‘Art as Therapy,’ emphasising the healing power of the creative process.

• Based on this, “Healing Home” adopts an activity-based healing plus psychological model. Healing Home helps people transition to new life scenarios and achieve emotional healing and therapy through active participation. Thus, Healing Home serves as a sanctuary where the mind can rest and energy can flow freely.

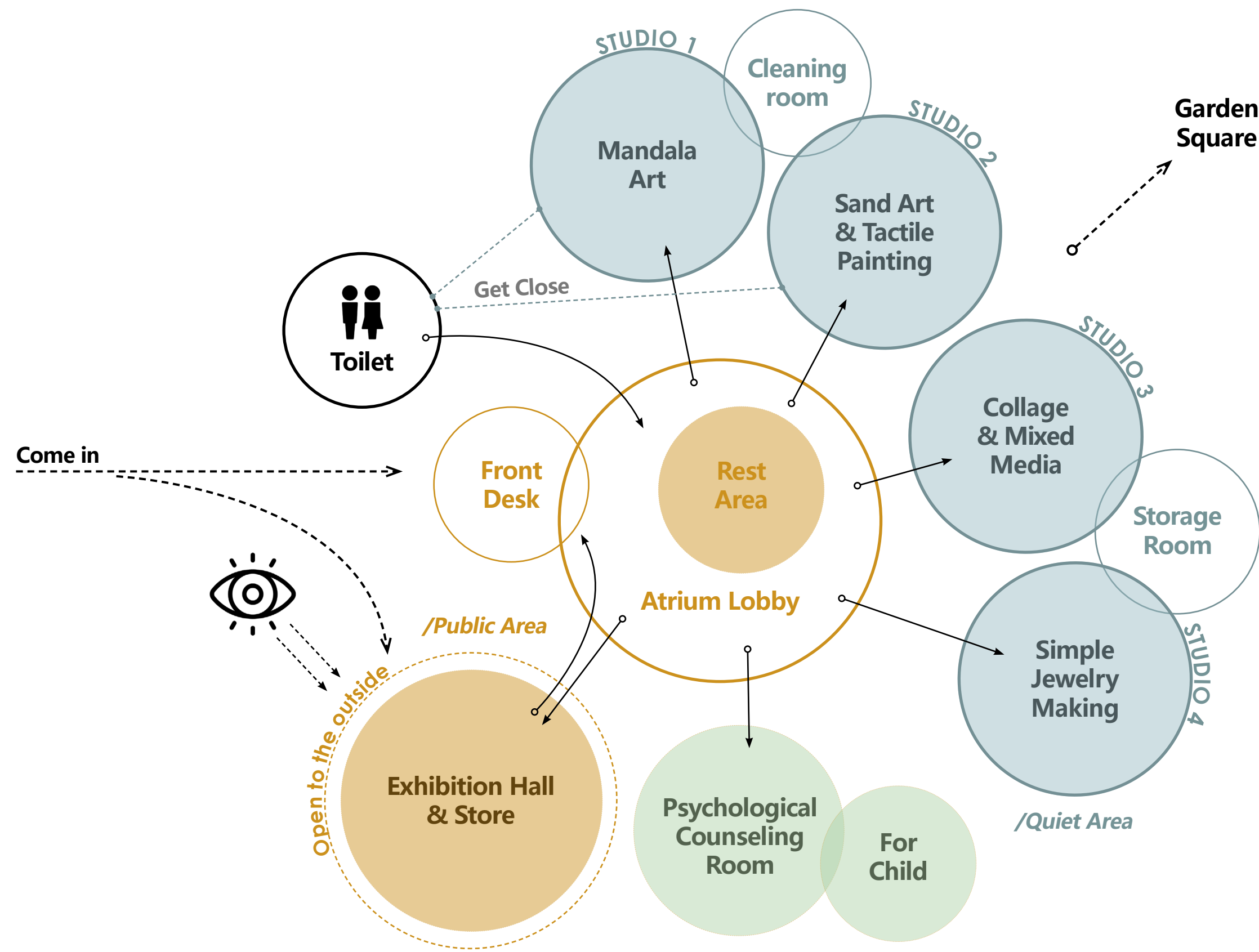


/ Image by Author - Enscape & PS



SPACE REQUIREMENTS

/Emotional Healing Space Design



FUNCTIONAL LAYOUT

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FUNCTIONAL AREA

- 1. Atrium Lobby
- 2. Exhibition Hall
- 3. Psychotherapy Room
- 4. Child Psychotherapy Room
- 5. STUDIO 1 (Sand Art & Tactile Painting)
- 6. STUDIO 2 (Mandala Art)
- 7. STUDIO 3 (Collage & Mixed Media)
- 8. STUDIO 4 (Simple Jewelry Making)
- 9. Reception
- 10. Elevator
- 11. Toilet
- 12. Storage Room





DESIGN ANALYSIS - ATRIUM LOBBY

/Emotional Healing Space Design

LEISURE AREA

- Movable partitions provide privacy while allowing light to pass through, and multiple seating areas are naturally formed. Soft, thick sofas and welcoming decorations give visitors a natural and welcoming feeling.
- The sofa faces to window, offering a view of the scenery. This area truly serves as a corner where one can relax and engage in private conversations with friends.



/ Image by Author - SketchUp & Enscape

- Hidden Light Strip
- Slide Rail
- Frosted Glass Partition
- Built-in Bookcase
- Fence Screen
- Curved Seat
- Centre Console
- Centre Console
- Reception Waiting Area

ATRIUM LOBBY

/Emotional Healing Space Design



/ Image by Author - SketchUp & Enscape

- With large glass windows, light is diffused across the wooden walls and ceiling, creating a bright yet non-glaring atmosphere. The simple design, low-saturation colours, and soft diffused light help visitors relax and let their guard down.

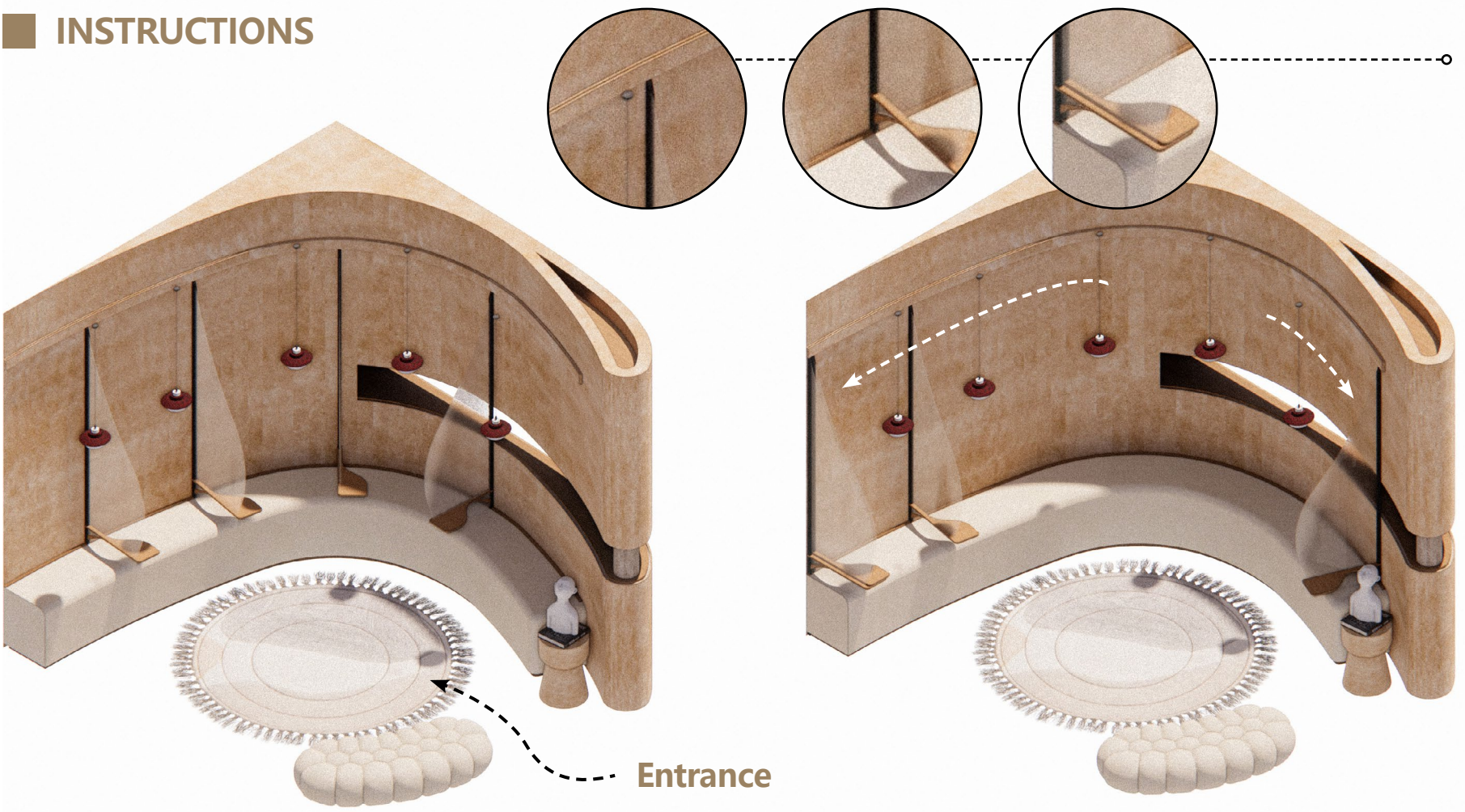
SCENE DESCRIPTION



# DESIGN ANALYSIS - LEISURE AREA

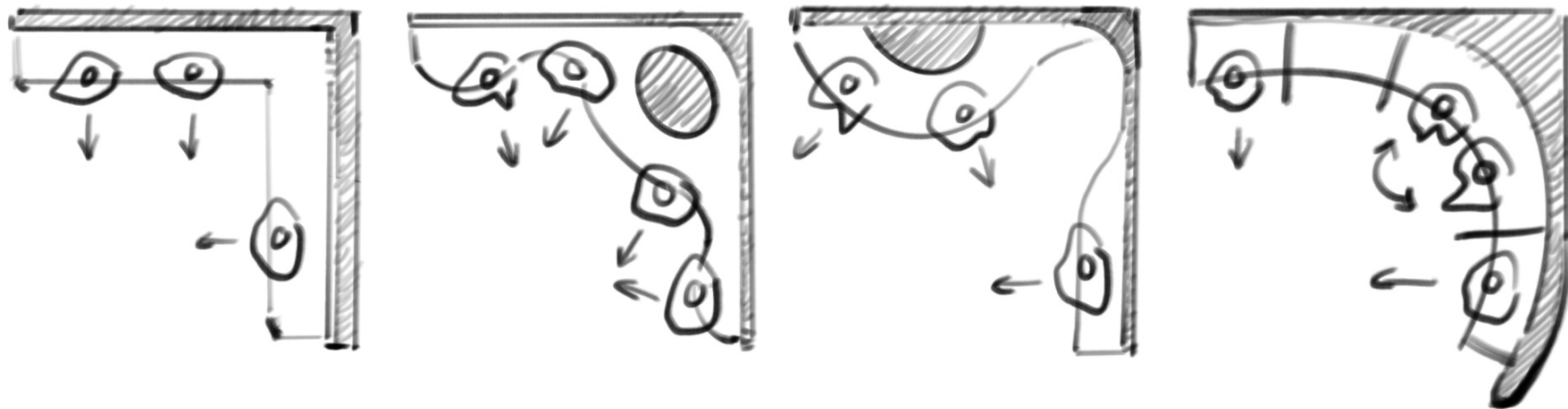
/Emotional Healing Space Design

## INSTRUCTIONS

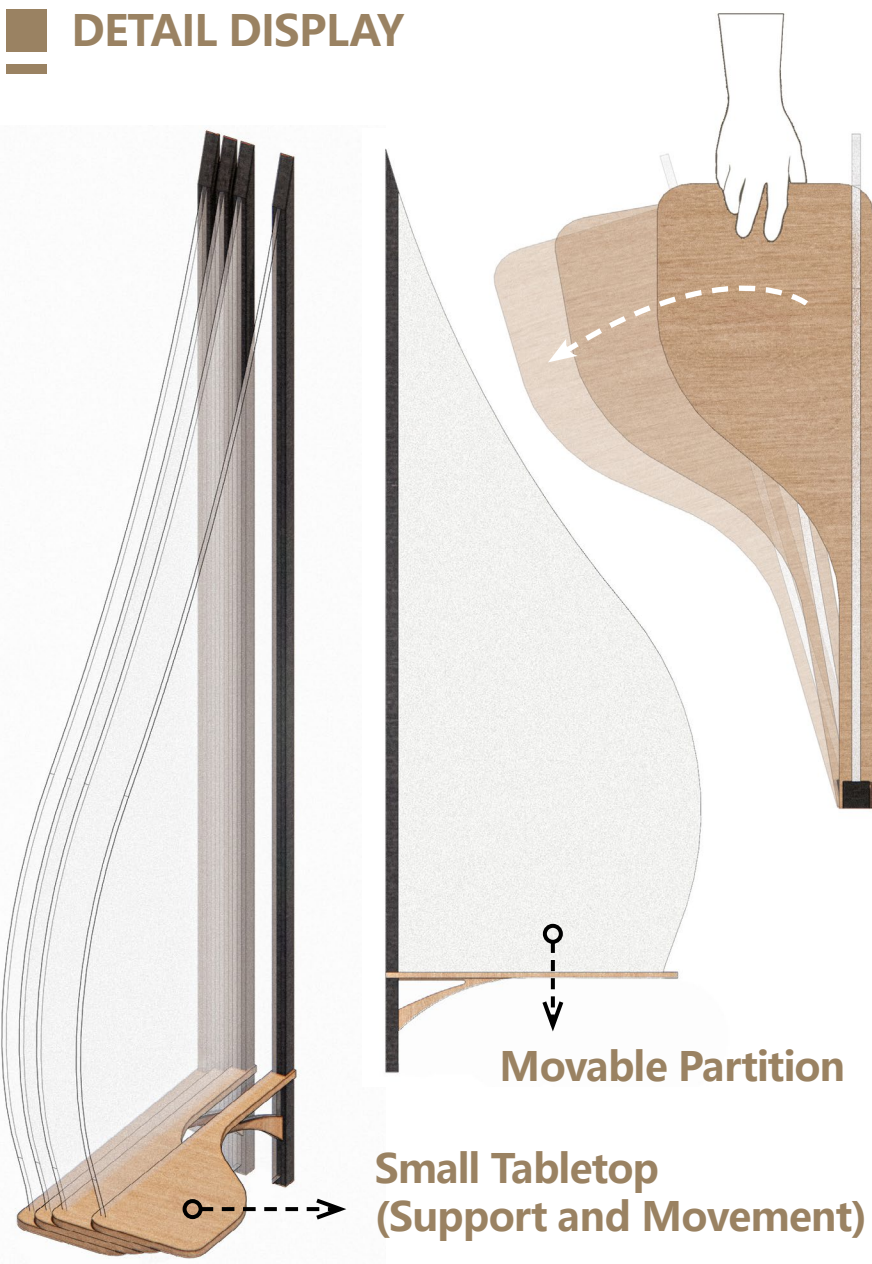


## TESTING PROCESS

/ Images all by Author - SketchUp & Enscape & Procreate



## DETAIL DISPLAY



- A curved semi-enclosed space is created facing the window, with a soft-padded sofa. The cloud-shaped sofa at the entrance reduces the distance to the entrance, enhancing a sense of separation and independence.
- Movable frosted glass partitions ensure that rest or personal affairs are not disturbed. They can also be moved as needed to change the size of the seating area.

# DESIGN ANALYSIS - ATRIUM LOBBY SECTION

/Emotional Healing Space Design



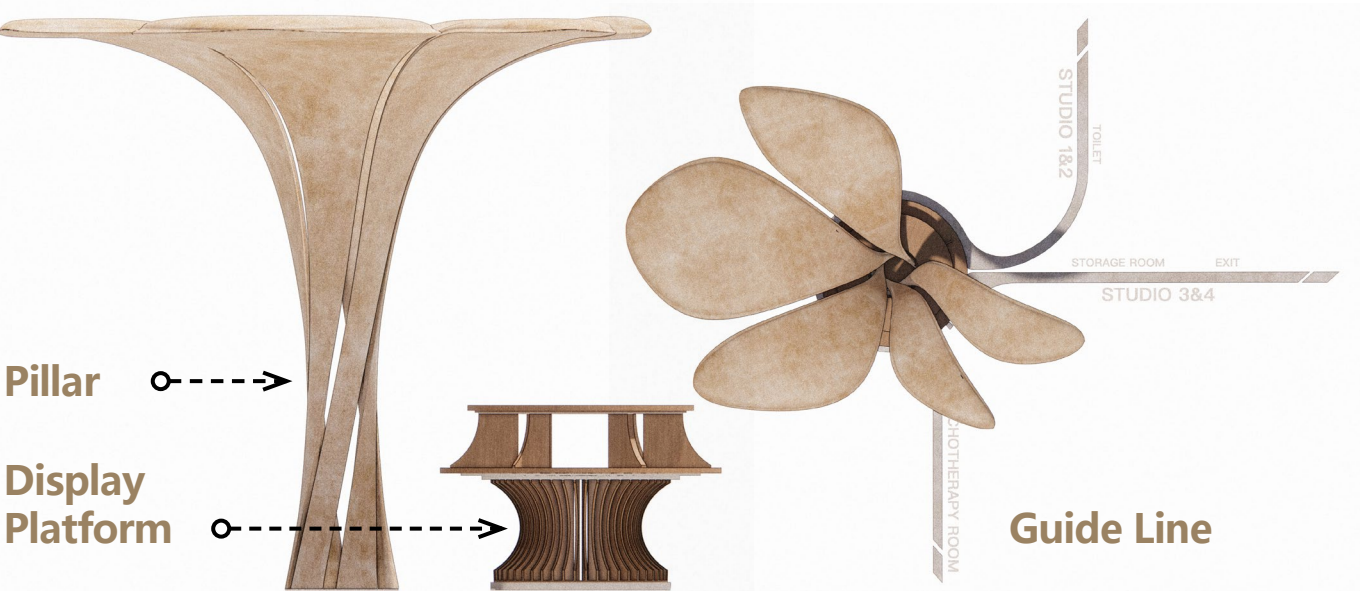
/ Image by Author - Enscape & PS



# DESIGN ANALYSIS - ATRIUM LOBBY & REST AREA

/Emotional Healing Space Design

## HEALING TREE



## DESIGN DESCRIPTION

- **Healing tree** is located in the centre of the indoor area, shaped like a large tree, rotating and extending to the ceiling.
- Firstly, it serves as a **"Central Island"** for traffic flow, with guide lines on the ground to **direct and divert traffic**. Secondly, it serves as a display platform, with a circular shelf at the bottom that can be used to **display healing works**.

- Furniture is arranged along the walls, with curved glass partitions and greenery placed along the corridor. The middle section of the partitions features a frosted surface to block the view.



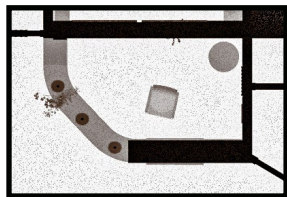
# RECEPTION

/Emotional Healing Space Design



/ Image by Author - SketchUp & Enscape

- Located near the entrance and facing the central rest area, it is convenient for reception staff to **monitor the overall situation** in the hall and **provide reception guidance**. The design continues the overall natural and relaxed style, with functionality focusing on simplicity and practicality, restraint rather than prominence, and a **service-oriented concept**.



## REST AREA

/ Image by Author - SketchUp & Enscape





DESIGN ANALYSIS - STUDIO 1

/Emotional Healing Space Design

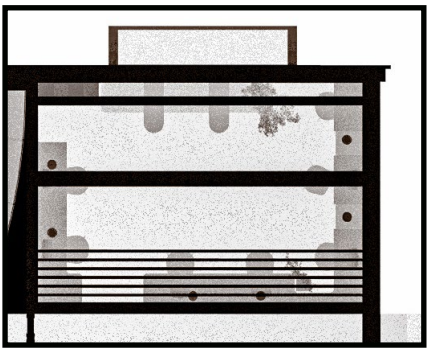
SAND ART & TACTILE PAINTING



/ Image by Author - SketchUp & Enscape

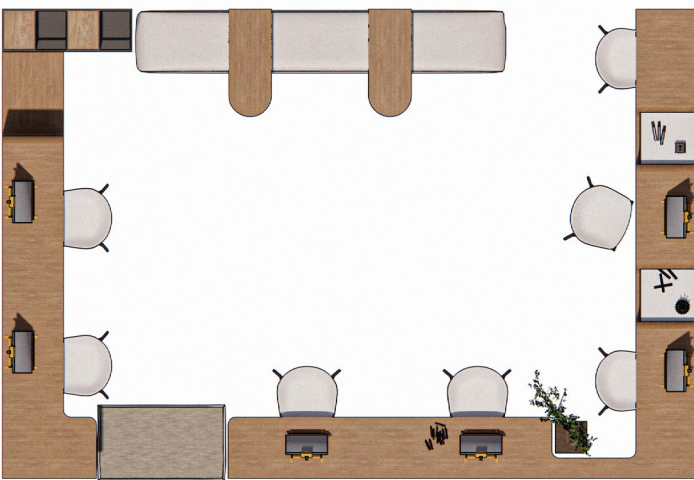
DESIGN ANALYSIS - STUDIO SECTION

/Emotional Healing Space Design



INSTRUCTIONS

- The furniture is arranged around the walls in a “Continuous Design” , and the streamlined drawing table is both beautiful and practical. Large sliding windows blur the boundaries between indoors and outdoors, allowing you to feel close to nature even when you are inside the room.



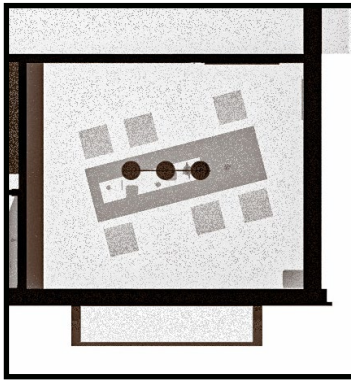
/ Image by Author - Enscape & PS





# DESIGN ANALYSIS - STUDIO 2

/Emotional Healing Space Design



The minimalist furniture style is paired with soft colours to create a comfortable atmosphere for painting. The colours of the carpet, murals and chandeliers complement each other, adding vitality and interest to the room.



/ Image by Author - SketchUp & Enscape

MANDALA ART

# DESIGN ANALYSIS - STUDIO 3

/Emotional Healing Space Design



• The uniquely designed workbench can accommodate various personnel combinations and activity scenarios. The wall-mounted storage rack saves space and makes it easy to retrieve items. The pendant lamp focuses light on the desk, helping people relax.



/ Image by Author - SketchUp & Enscape

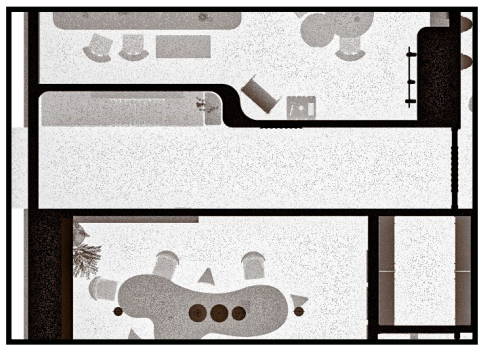
COLLAGE & MIXED MEDIA



# DESIGN ANALYSIS - NARRATIVE SECTION

/Emotional Healing Space Design

- The corridor has been **widened** and a rest area added at the end of the outdoor area, **reducing** the cramped and dark feel of the corridor.



/ Image by Author - Enscape & PS

# DESIGN ANALYSIS - PRIVACY & SECURITY

/Emotional Healing Space Design

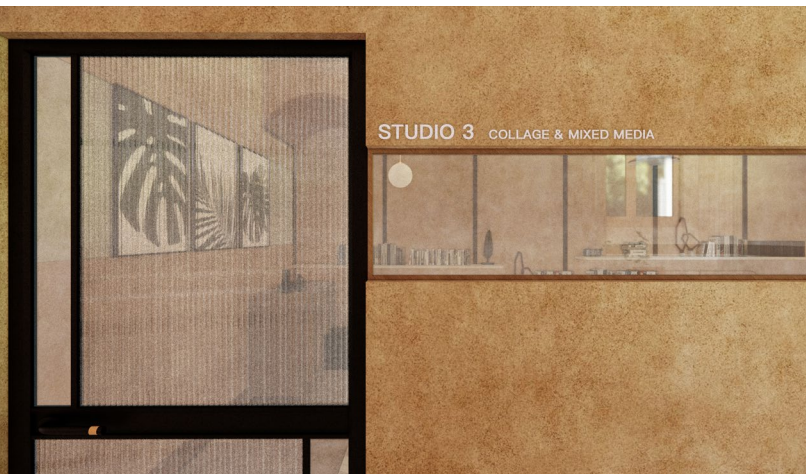
- Frosted glass
- Scenery Sofa
- Storage cabinet
- Reception Waiting Area
- Emergency Exit Sign



/ Image by Author - SketchUp & Enscape

## INSTRUCTIONS

- The **glass partitions** and **built-in glass cabinets** on both sides not only make the functional rooms more transparent, but the sophisticated design also **reduces eye contact** between people and respects privacy.
- The scenery sofa is close to the exit, eliminating the feeling of distance and allowing people to communicate freely. The glass doors also allow people to see the scenery and feel nature.



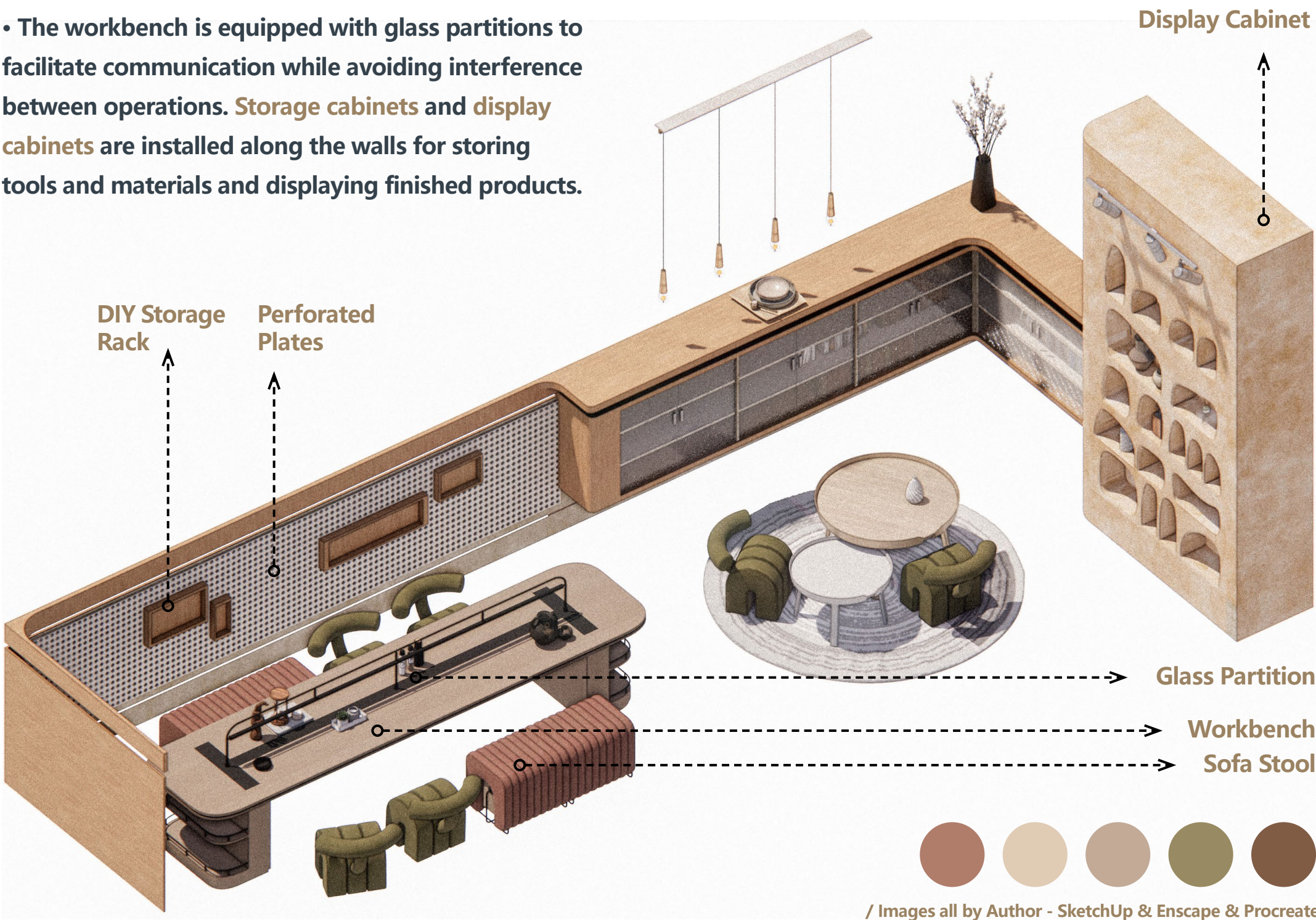


# DESIGN ANALYSIS - STUDIO 2

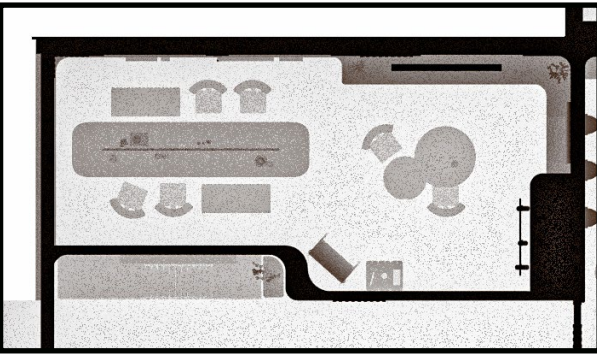
/Emotional Healing Space Design

## DESIGN DESCRIPTION

• The workbench is equipped with glass partitions to facilitate communication while avoiding interference between operations. Storage cabinets and display cabinets are installed along the walls for storing tools and materials and displaying finished products.



/ Images all by Author - SketchUp & Enscape & Procreate



## INSTRUCTIONS

• High windows are installed to provide sufficient lighting while preventing operators from being distracted by outdoor activities.

• The wall behind the workbench features a DIY storage rack, allowing boxes of any size to be hung at any position on the perforated panel. This design facilitates easy access and adapts to different operational requirements.

• The colours used are warm and gentle tones, while the furniture colours are relatively more saturated, enriching the space.

# DESIGN ANALYSIS - STUDIO 4

/Emotional Healing Space Design

SIMPLE HANDMADE CRAFT



/ Image by Author - SketchUp & Enscape



# DESIGN ANALYSIS - PSYCHOTHERAPY ROOM

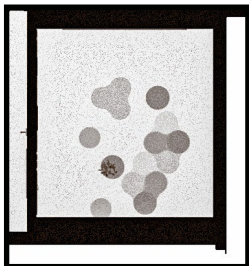
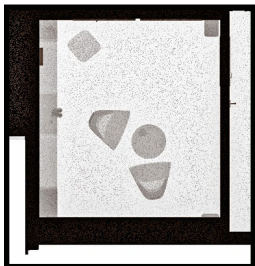
/Emotional Healing Space Design

## ADULT PSYCHOTHERAPY ROOM

## CHILDREN'S PSYCHOTHERAPY ROOM



- The adult psychotherapy room is simply and neatly decorated to reflect a professional image. The light green walls and furniture in a uniform colour scheme help patients feel at ease.



- The children's psychotherapy room features tables and chairs designed with soft-padded modules to increase friendliness and promote interaction and communication.



# DESIGN ANALYSIS

/Emotional Healing Space Design



## CORRIDOR

- The spatial circulation employs a seamless transitional logic, avoiding any sense of oppression or fragmentation. This allows users to gradually relax during their movement, facilitating a psychological shift from anxiety to tranquility.



## ENTRANCE & WAITING AREA

- The layout is simple and minimalist, eschewing unnecessary decorations. The focus is on the inherent texture of the materials, natural light and shadow, creating a sense of calm and relaxation through negative space.





VIDEO - FLY THROUGH

/Emotional Healing Space Design



•VIDEO LINK: <https://youtu.be/KOItsCJdgWI>

REFLECTION

/Emotional Healing Space Design

SUMMARY & REFLECTION

- Emotional Healing Space Design Project - "Healing Home" The design's strength lies in translating the theoretical foundations of **art therapy** into **spatial language**, creating a multi-sensory healing experience through **natural light**, **transparent partitions**, and **multi-dimensional elements** such as **colour** and **texture**.
- To further develop this project, I would focus on **functional flexibility**, **operational models**, and the **practicality of collaborating** with professional healing teams. This approach ensures the space not only visually conveys a sense of healing but also, through **scientifically designed activities**, genuinely becomes a sanctuary for the soul and a conduit for energy flow.





## CURRICULUM VITAE

### INTRODUCTION



/Xinog Zihao.  
/2020162

/ My name is Xiong Zihao, I graduated from Xiamen University with a bachelor's degree, and received a full scholarship to study at the University of the Creative Arts in the UK, majoring in Environmental Design. I come from Shenzhen, Guangdong Province, which is a city full of design, and I have received good design education since I was a child.

/ My works cover installation, architecture, landscape and interior design. Some of my works are highly practical and some of them present my understanding of design in a conceptual form. I am interested in humanistic design, sustainable materials and critical thinking. I believe that humanisation is the foundation of design, sustainability is the continuation of design, and critical thinking allows me to constantly refine and reflect on design. I pay a lot of attention to preliminary research and subsequent reflection, which I think is the guarantee of a good design.

### ABOUT ME

/ My name is Xiong Zihao, I graduated from XMU-ICI, majoring in Environmental Design. Weighted average 81, GPA 3.1. Courses include Interior design, Installation design, Landscape design and Architectural design. Proficient in various professional software.



InDesign



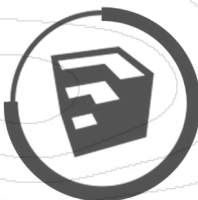
Photoshop



Illustrator



AutoCAD



SketchUp



Cinema 4d

### AWARDS

STATE	2022 Asia Architecture Planning Landscape Digital Art Design Competition / Bronze Award
NATIONAL	2022 Kenya Tanaka Design Award / Bronze Award
NATIONAL	2023 Milan Design Week / National Final / First Prize
NATIONAL	2023 GCROSS Creative Award / International Award / Bronze Award
PROVINCIAL	2023 Milan Design Week / Fujian Region / First Prize
PROVINCIAL	The 8th Huacan Award "Cross-Strait New Edge Design Competition" / South China Region / Third Prize

### ESSAY PUBLICATION

#### Land -MDPI

' Evaluation of thermal comfort in urban commercial space with Vision Language Models-based agent model '

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### WORK

/ Shenzhen Guanzhu Architectural Culture Co., LTD. / Media Department / Internship for 1 month

/ Dongguan Baiwen Electric Co., LTD. / Product Design Department / Internship for 2 months

### SKILLS

/ I like hand-drawing and handwork.

/ I am optimistic, open-minded and ready to help others.

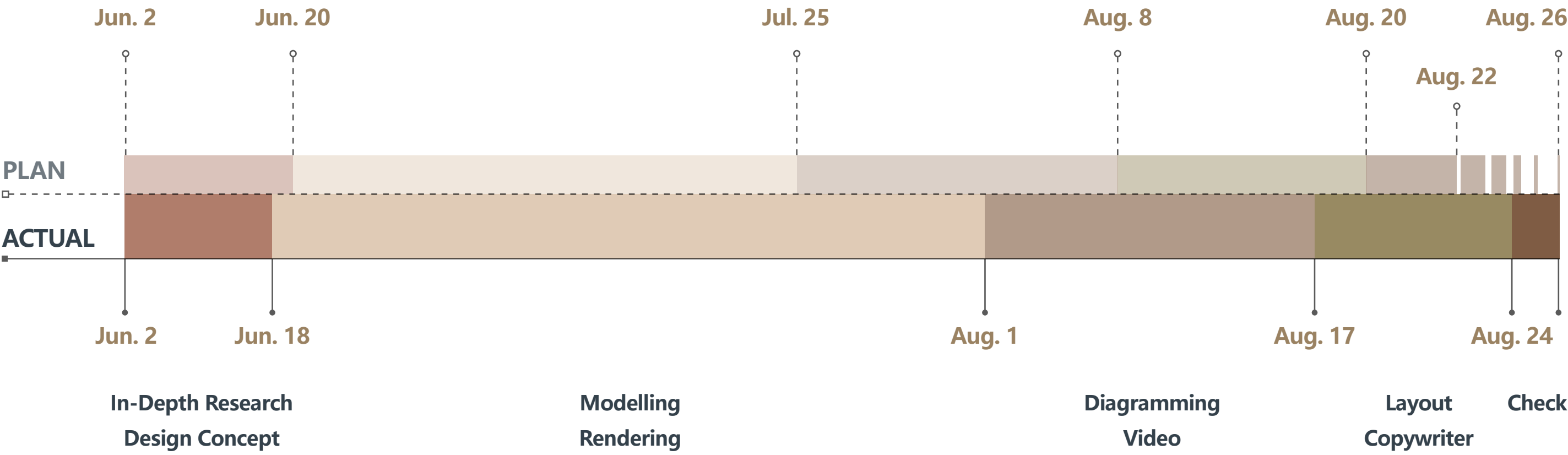
/ Work and study proactive, serious and responsible, strong learning ability.



# SCHEDULE

/Emotional Healing Space Design

## DESIGN PLAN AND PRACTICE



# REFERENCE LIST

/Emotional Healing Space Design

## FIGURE REFERENCE

Figure 1: Mandala Art, Available at: <https://fr.pinterest.com/>, Visit date: 20/08/2025

Figure 2: Sand Art & Tactile Painting, Available at: <https://fr.pinterest.com/>, Visit date: 20/08/2025

Figure 3: Collage & Mixed Media, NY. Available at: <https://fr.pinterest.com/>, Visit date: 20/08/2025

Figure 4: Simple Handmaking, Available at: <https://fr.pinterest.com/>, Visit date: 20/08/2025

Figure 5: Cover, Available at: <https://fr.pinterest.com/>, Visit date: 20/08/2025

## TEXT REFERENCE

Yan, S., Azmi, A., Mansor, N., Wang, Z. and Wang, Y. (2024) 'Healing Spaces as a Design Approach to Optimize Emotional Regulation for Patients with Mood Disorders', Buildings, 14(2), p. 472. doi: <https://doi.org/10.3390/buildings14020472>.

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# THANKES

*FOR WATCHING.*

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