

Research titled

**The Impact of Preservation (Heritage Buildings) on the Therapeutic
Planning of the City**

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Abstract

The preservation of historical buildings can be utilized to heal and enhance the therapeutic aspects of the city's built environment. This involves interpreting renewed events or leveraging the historical significance of the place. In essence, it is about managing change within a historic built environment by recognizing its importance. This significance can then be harnessed to foster and develop healthy communities through therapeutic urban planning. By creating healthy public spaces and services, a sense of identity, cultural diversity, and a subjective sense of belonging can be instilled in the community. All these benefits are achieved by integrating historical buildings into the overall built environment.

Keywords: Space therapy, Therapeutic planning, Historic preservation, Healthy communities.

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Introduction

This paper introduces the preservation of historic buildings and sites as a tool for therapeutic planning in the city. The term therapeutic planning focuses on reestablishing trust and goodwill with communities historically, aiming to better serve them as the city evolves. The following discusses the importance of space therapy as a means of analysis that leads to city planning, where neighborhoods are viewed as a body in need of healing. Healing goes beyond merely curing symptoms; it emphasizes addressing the physical and psychological needs of communities. Preservation serves as a form of therapy, highlighting the relationship between people and the historic environment, which enhances the sense of place (identity) and belonging (psychological therapy). This paper addresses the problems in the Zarqa city center, particularly in the historical area of Shabeb Palace, and presents the approach of space therapy to address these issues.

1.2 Objectives

This research aims to explain the idea of preservation and therapeutic planning of the city as a way forward for rehabilitation. The basic objectives of this research are as follows:

- Studying and analyzing the role and importance of space therapy and therapeutic planning of the city.
- Studying and analyzing the role of preservation as a way for therapeutic

planning of the city.

- Studying and analyzing the practice of preservation (Shabeb Palace) as a case study and practicing the therapeutic planning approach in Zarqa city center.

1.3 Methodology

- Reviewing literature

Literature in this paper was collected by gathering information, carrying out background reading, and critically reviewing research in this field. Theories related to this topic were analyzed.

- Data Analysis

The author obtained the figures and facts in this research by collecting and reproducing information and statistics, searching for literature about therapeutic planning, and introducing the case study (Al Azhar Park). A descriptive approach was used, including site visits and taking photos.

2 . Space Therapy

Treatment intended to relieve or heal a disorder, as a word it was used in classical Greece of the fifth century B.C, and in the mid-19th century fig (1):-

From modern Latin, 'therapy' means 'healing', while 'therapeutic' refers to 'ministering to, treating medically'. Borrowed from physiotherapy and



Figure 1. Human therapy 2014,
Therapy Tree

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psychoanalysis, as applied to architecture, it reminds us of its two-fold nature: the first manifested through its mechanics (practice, treatment), and the other manifested through its qualities (performance). The meaning of space therapy represents a way to analyze leading to the design of a city, neighborhoods, and a body that needs healing. The meaning of healing goes beyond merely curing symptoms.

2.1 Space therapy concentrates on

Towns, neighborhoods, and houses as bodies, each made of parts cohering to make up a pulsating organism. Space therapy invites designers to be humble, empty themselves of their preconceptions, and be responsive and also to be accurate regarding what they observe and what they facilitate. Space therapy in architecture allows for creations that arise from the needs of people (community) and circumstance rather than from preconceived or standardized principles. Space therapy means being in the present and listening to the needs of people and site. It aims to unify the practical aspects of architecture as a service with the relation of the more existential one to people and their well-being, perceptions, and emotions.

The word therapy in architecture and planning means:

- The built environment serves as a means to provide services, where activities can be performed not only in different ways but also at different levels (Bianca, L. 2007).

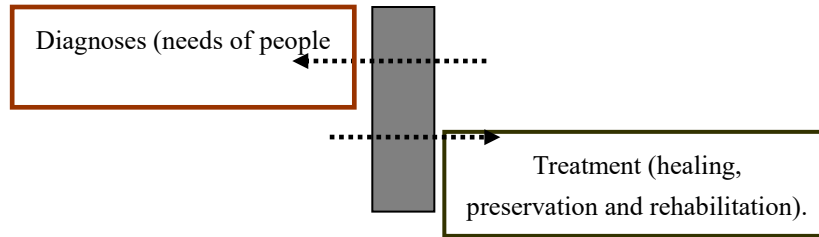


Figure 2. Body of architecture



Figure3 City of Dear-born, Dear-born Inter Modal Rail Passenger Station, Dear-born, Michigan.

2.2 Therapeutic planning

Therapeutic or repetitive city planning focuses on rebuilding trust and goodwill with communities that have historically been underserved, as cities evolve (Gender and Hillier, 2007). The concept of therapeutic planning, introduced in 1974, draws on the analogy between a city and the human body. Urban Therapy takes this metaphor further by applying various therapeutic procedures to the "sick" city. It is important to note that the Urban Therapy Strategy does not aim to cure the city;

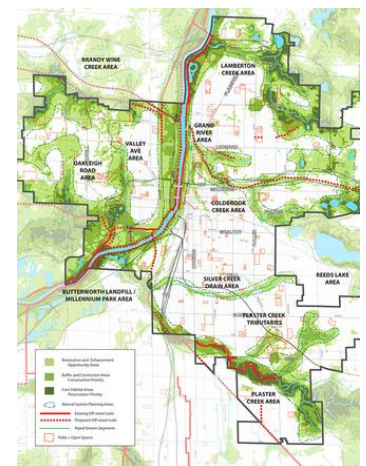


Figure 4. Infrastructure plan rapids green grand, Grand Rapids Michigan.

instead, it seeks to demonstrate that therapeutic methods employed by individuals

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can enhance the toolkit of city planning. Therapists, physicians, and alternative medicine specialists can play a role in urban creative processes, inspiring architects, designers, and urban planners to respond differently to the city. An urban therapeutic term proposed by Gender and Hillier suggests that therapy embodies a fundamental aspect of community organization and social planning, enabling citizens to express the unspeakable. (Bianca, L, .2007).

2.3 Preservation as an implementation for Therapeutic Planning

Historic preservation involves interpreting historical events or uses that have developed in a specific location. More broadly, it encompasses managing change in the historic built environment, which includes the physical conservation of buildings or landscapes and the installation of signs and markers that explain the significance of a site. Today, planners are increasingly focused on the concept of healthy communities, recognizing that good health is often fostered in neighborhoods through public recreation facilities, accessible food markets, and multimodal streets that contribute to (the physical health of the community).

2.4 Psychological Health is more important

Planners recognize that the built environment provides communities with a sense of place and identity, as well as an interpretation of the space inhabited by a particular community. Changes in the physical characteristics of a place can impact future relationships between those communities and the city. Hayden emphasizes

that "memory is inevitably going to involve issues of isolation and exploration as well as contentedness," suggesting that by engaging with the past, we can connect to a more livable future. Communities often have strong emotional ties to places linked to their history. In his book "Loss of Change," Peter highlights that the preservation of historic buildings and landscapes is recognized as beneficial for the public good and plays a crucial role in community building. The concept of preservation serves as a tool for healing and creating a sense of place and identity. The built environment, with its historical buildings, reflects cultural diversity and a subjective sense of belonging. Therefore, we can utilize the preservation and rehabilitation of historical buildings to heal and therapeutically enhance the built environment within the city.

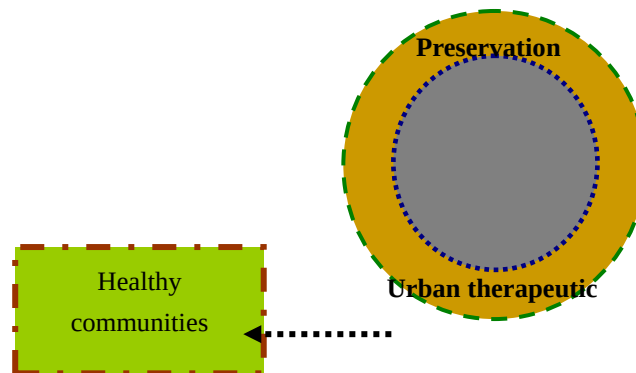


Figure 5. The relationship (preservation, urban therapeutic)

3. Preservation as a tool for therapeutic planning strategies

Rehabilitation involves not just the historical buildings but also the entire

neighborhood in which they are located. It emphasizes the relationship between the historical buildings and public services. Creating green areas can connect the site to marketplaces, and focusing on communication between communities and the site can enhance open spaces for both children and adults. This includes creating meeting places for social activities and reducing the fragmentation, disorder, and defects of the historical site within the urban fabric.

Encouraging walking can enhance the inhabitants' experience and sense of place, while creating buffer zones around historical sites can provide safe paths for pedestrians. This allows the site to "breathe" normally by rebalancing suffocating elements such as traffic arteries, redesigning the street system, and creating opportunities for pedestrian circulation and activities.

Enhancing the significance of the historical site involves generating guides or elements that highlight its importance and fostering dialogue between the main elements of the built environment. Restoring the physical integrity of the site is essential, as is coordinating based on specific hierarchies of view among various institutions, such as the Ministry of Tourism and the Municipality.

Creating a historic memory for inhabitants serves as a socio-cultural memory, while rehabilitating both the physical integrity of the urban fabric and the psycho-existential integrity by focusing on the emotional connections between people and places.

4. Al - A zhar Park, Cairo and the Revitalization of Darb AL–Ahmar

The origins of the Al-Azhar Park project date back to 1984, when the Aga Khan Award for Architecture organized a conference on the subject of "The Expanding Metropolis: Coping with the Urban Growth of Cairo., fig (6).



Figure 6. Al - A zhar Park, Cairo, 2014

- Why Cairo city

Population pressures and low housing quality meant that Cairo city needed more green space. One study found that the amount of green space per inhabitant was roughly equivalent to the size of a footprint, making it one of the lowest proportions in the world. fig (7).



Figure 7. Cairo City (general view)

- Why Site selection

The central location in Cairo city, known as the derelict Darassa site, is a 30-hectare (74 acres) area that consists of a 500-year-old mound of rubble in the inner city. It is situated between the eastern edge of the 12th Century Ayyubid city and the 15th Century Mamluk “City of the Dead.” Fig (8).

- Al Azhar Park features

Most features of the Park were based on the traditional use of public spaces in Islamic contexts. This legacy can be seen in a variety of styles from different periods and different regions:



Figure 8. Darassa Site (early view)

The Al-Azhar Park project includes various features such as the Royal Palm Promenade, Geometric Garden, Southern Lookout, Children's Play Area, Children's Amphitheater and Stage, Northern Lookout Plaza and Kiosk, Water Cascade Garden, Lake, Orchard, Playing fields, Historical wall promenade, and amphitheater. It offers a diverse range of spaces for different activities and enjoyment.

- Restoration of the ayyubid wall:-

Ayyubid Wall (north and west of the Park) are being restored by:

The Supreme Council of Antiquities, the restoration of a 1.5-kilometer stretch of the eastern Ayyubid wall, which started in 1999, is to continue until the end of 2007.



Figure (9) Ayyubid wall Restoration

- The development of Darb Al Ahmar neighborhood: -

The socioeconomic development of the neighborhood involved conducting a detailed survey of the local population's socioeconomic needs. Following this, a series of meetings were held to determine the community's development priorities.

Through consultations with the residents, a list of priorities emerged, including training (communities) fig (10), sanitation, Housing rehabilitation fig (11), a need for microfinance, rubbish collection, Primary Health care, and a community center, restoration and re-use land marks Buildings fig (12).



Figure 10. Training courses (communities) in Darab Alahmar Neighborhood

4.1 Conclusions

- None of the aspects of development can be addressed in isolation from one another. An environmental issue cannot be separated from the surrounding social problems.
- There is a necessity for a mediator between local communities and government authorities regarding matters that are significant to residents.
- This mediation can take various forms, such as facilitating
- Agreements on restoration methods and reconciling differences between communities and government authorities.

- Historic monuments can play a lively and essential role in community life instead of being a burden on resources.
- Through adaptive reuse, monuments and cultural assets can be restored to their original roles as vital components of everyday life.
- In the case of Al Azhar Park, the strategies developed are based on therapeutic planning principles.



Figure11. Restoration landmarks in Darab
Alahmar Neighborhood



Figure 12. Housing rehabilitation in
Darab Alahmar Neighborhood



Figure 13. Al Azhar Park, Ayybid wall, Darab Al Ahmar neighborhood site

5. Zarqa City

Historical Background: - the city of Zarqa was established by immigrants from the Caspian Sea religion at the beginning of the 20th century:-

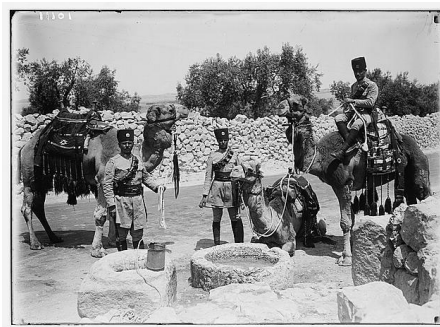


Figure 14. Jordanian military in zarqa

- The initial settlements in the city were founded in 1902 by Chechen immigrants who had been displaced due to the wars between the Ottoman and Russian empires, and they settled along the river.
- Zarqa River.
- In 1905, the Alhijaz railway station transformed Zarqa into a significant hub during the Ottoman period. At that time, the Ottoman governor permitted the Chechen immigrants to own the lands where they settled.
- In 1926, Zarqa became the headquarters for the military force that oversees the eastern section of Jordan.
- In 1928, the newly established Jordanian government issued a decree to create the first municipal council for Zarqa.
- By 1940, over 50% of Zarqa's population had migrated from the West Bank following the Six-Day War.

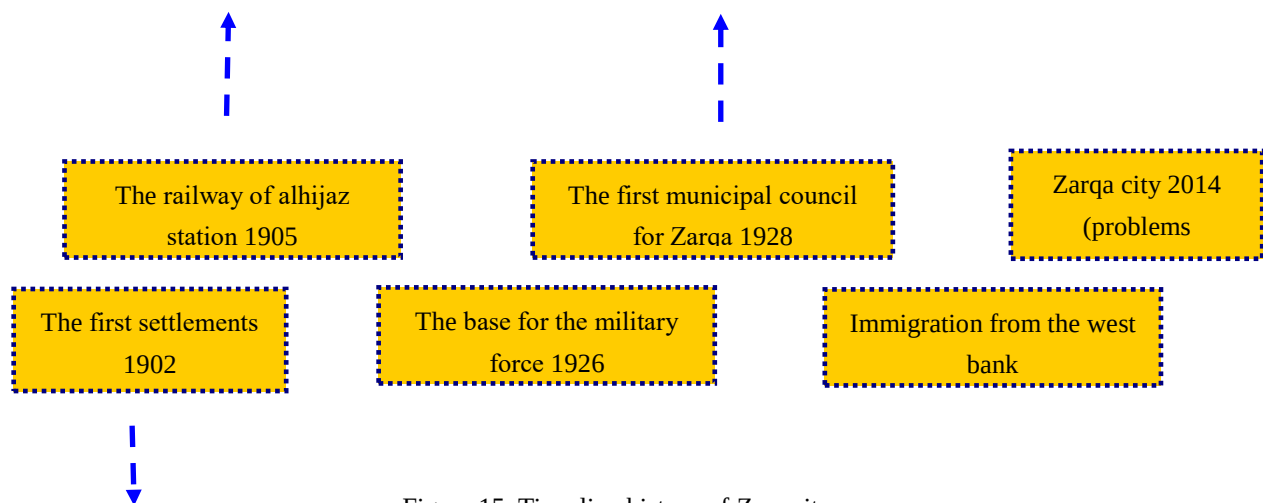


Figure 15. Time line history of Zara city

5.1 Zarqa location

Zarqa is located to the northeast of the capital, Amman, and is regarded as the second largest city in Jordan by population. In 2004, its population was recorded at 838,250 inhabitants, which accounts for 15.5% of Jordan's total population.

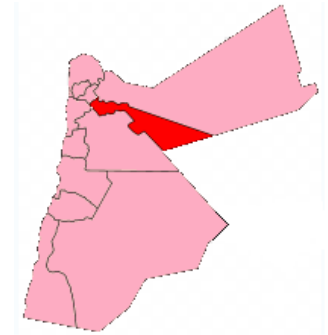


Figure 16. Location of zarqa city

(Statistical Department of Jordan, 2005).

Zarqa is a hilly city, and a branch of the Zarqa River runs through its center dividing the city into two parts, East, and West "Zarqa Municipality, 1992".

Zarqa City faces a major problem in its urban planning and design

Zarqa became the base for the military force that controls The eastern section of Jordan, this resulted in the foundation of A large number of unplanned housing groups for soldiers and their families.



Figure 17. Traffic congestion in city center of zarqa city

Zarqa's existing neighborhoods suffer from extremely high levels of air pollution due to the proximity of heavy and medium industrial factories to both the north and south of the city. This situation has led to an increase in solid waste, acid rain, the spread of carbon dioxide, and other environmental issues.



Figure 18. Traffic congestion in city center of zarqa city

(Abu- Ghazalah 2008).

- There is no buffer zone planned around the industries, and it is unclear whether climatic constraints have been taken into consideration at different stages in the design of neighborhoods in Zarqa City.
- In the city of Al-Zarqa, the area of cultivated land is limited. The green areas have declined, along with open spaces and recreational spaces. fig (17).

The old part of the city center has a missing hierarchy in its roads. The city also has uncontrolled zones for vehicle movement that cause traffic congestion, as well as an increased number of accidents. fig (18).

6. Shabeb palace

Historical back ground:

Thick walls, vaulted chambers, raw ruins, Roman calligraphy and etchings—this and more await exploration



Figure 19. Shabeb palace (Zarqa down town)

in Shabeb. This not-to-be-missed hilltop fortress is sure to capture not only the imagination but also help visitors

learn more about the rich culture and ancient history within its walls. Shabeb Palace is located in northern Jordan, about 30 miles northeast of Amman, in Zarqa City. fig (19).

The construction history of the palace is unspecified and under debate. The hypotheses about its history and location suggest that Shabeb Palace was built in

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the 2nd century B.C. by Shabeb bin Tuba Alhomuire as a defensible center due to the importance of its location at that time. Its purpose was as a military Roman fortress. During the Islamic period (Umayyad and Ottoman), it served as a pilgrim station. Shabeb Palace was built between 529-569 AD by Al Hareth Algasanee and stands on the ruins of the Roman fortress. It is also said that Shabeb Palace was built in 64 B.C. as a Roman fortress.

Historical significance:

- Base for supplying forces in roman and Islamic period.
- As a defensive military Fortress.
- Monitoring of the enemies' movements in roman and Islamic period.

- Location significance:

Shabeb Palace is located in the center of Zarqa city and represents the only historical building in the city center that faces challenges related to preservation, including the Shabeb Palace and its surrounding neighborhood, as well as the commercial district (commercial path).

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Architectural significance:

Forest or castle Thick walls, 1.5 m (exterior walls)



Figure 21. As defensible space small openings, (arrows)



Figure 20. Shabeb palace (Zarqa down town)



Figure 22. Groin vault, can be thought of as the intersection of two barrel vaults

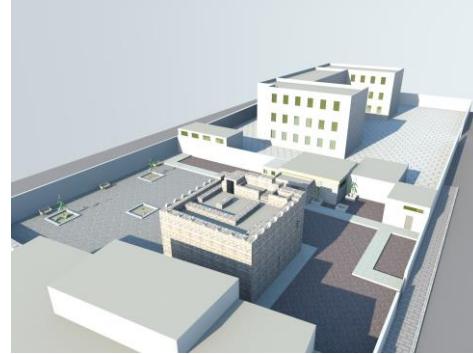


Figure 23. Different view for the shabeb palace castle

Conclusion:

- * Creating an environmental identity that honors the area by rehabilitating its historical roots and connecting the neighborhood to the historical background of its contemporary inhabitants.
- * Establishing designated areas for pedestrian movement.
- * Ensuring the integrity of the site by providing spaces that include an open green area, an open amphitheater, a small cultural center, and repurposing the castle as a museum, while linking the historical site to the commercial path and sports zone.
- * Developing parking solutions around the site or redesigning the old bus station.
- * Implementing a system of screens to provide information about city events and to highlight historical buildings.
- * Coordinating efforts based on specific visual hierarchies among various

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institutions, including the Ministry of Tourism and the Municipality.

- * Reducing the fragmentation, disorder, and defects of the historical site within the urban fabric.
- * Creating a buffer zone around the historical site to ensure safe pathways for pedestrians.
- * Fostering the historic memory of the past for residents as a form of sociocultural memory.

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