

# Preservation and Rehabilitation as a Tool for Therapeutic Planning Shabeb Palace Case Study

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## Abstract

Historic preservation concludes the interpretation of historic events or uses that accrued in place, more broadly it is the management of change in the historic built environment, physical preservation of the historical site and installation of signs and significance of it, to bring and evolve the healthy communities we need the therapeutic planning of the city, healthy public recreation service and gives the communities sense of identity the built environment with historical building reflecting the cultural diversity and subjective sense of belonging, then we can use preservation and rehabilitation of historical building to healing and therapeutically the built environment in the city.

**Keywords:** Space therapy, therapeutic planning, preservation, communities, healing.

## 1. Introduction

This paper introduces the way of preservation and rehabilitation of the historic buildings and sites as a tool of therapeutic planning in the city, the term of therapeutic planning focuses on reestablishing trust and good will with communities historically by planning in order to better serve them as the city continues to evolve, the following describes the importance of space therapy as approach to analysis leading to the design of city, neighborhoods, as body and this body needs to healing. Meaning of healing is beyond the curing of symptoms, but focusing on the needs of communities (people), physical and psychological needs, preservation as way of therapy and reparative city concentrates on the relationship between people (communities) and the historic environment which represents the tool of enhancement the sense of place (identity) and belonging (psychological therapy), this paper address the statement of problems in zarqa city center especially historical area (shabeb palace), and represents the approach of space therapy to solve it.

### 1.2 Objectives

This research aims at explaining the idea of preservation and therapeutic planning of city: a way forward for rehabilitation. The basic objectives of this research are as follow:-

- studying the role and the importance of space therapy and therapeutic planning of city.
- studying the role of preservation as a tool for therapeutic planning of city.
- studying the practice of preservation (shabeb palace) as a case study and practicing 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 and theories related to this topic were analyzed.

- Data Analysis

Author got the figures and facts in this paper by reproducing and collecting information, statistics, searching for literature about therapeutic planning and introducing the case study (Al Azhar Park), And descriptive approach, site visit and take photos.

## 2. Space Therapy:-

Treatment intended to relieve or heal a disorder, as a word it was used in the classical Greece of the fifth century B.C, and in the mid 19th century fig (1):- - from modern Latin therapia, 'healing', from therapeutic 'minister to, treat medically', Borrowed from physiotherapy, psychoanalysis, as applied to architecture, remind us of twofold nature: - The first manifested through its Mechanics (practice, treatment), The other manifested through its qualities (performance). Fig (3).

The meaning of space therapy represented as a tool or approach to analysis leading to the design of city, neighborhoods, as body and this body needs to healing. Meaning of healing is beyond the curing of symptoms.

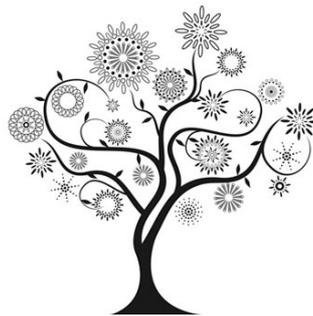


Figure 1. Human therapy 2014, therapy tree

### 2.1 Space therapy focuses on

Towns, neighborhoods, and houses as bodies, each made of parts cohering to Make up a pulsating Organism , Space therapy invites designer to be humble, to empty themselves of their preconception and to be responsive and also to be accurate and precise regarding what they observe and what they facilitate see fig (2) , 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 , The aim of space therapy is to unify the practical aspects of architecture as the service with the more existential ones relation to people and their will being, perceptions and emotions (Lorenzo ostuni 2001) , The word therapy in architecture and planning means: - the built environment as away of serving as will as provide service and activity can be performed not only in different ways but also in different level (Bianca,L.2007) .

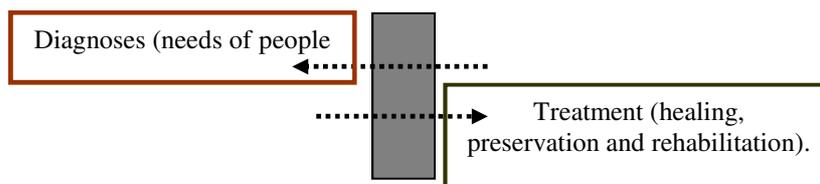


Figure 2. Body of architecture



Figure3 City of Dearborn, Dearborn Intermodal Rail Passenger Station, Dearborn, Michigan.

### 2.2 Therapeutic planning:-

Therapeutic or reparative planning: - city planning that focuses on reestablishing trust and good will with communities historically by planning in order to better serve them as the city continues to evolve (Gender and Hillar, 2007). Therapeutic planning Method represented in 1974 Based on the common analogy between the city and the human body, Urban Therapy suggests taking this metaphor one step further and applying different therapy procedures on the “sick” city, Needless to say, the Urban Therapy Strategy does not aim to cure the city, it rather tries to Show that therapy methods implemented by people can enrich the toolbox of city planning Therapists, physicians and alternative medicine specialists could be Involved in urban Creative processes and inspire and stimulate architects, Designers and urban planners to react differently to the city. See Fig (4). - Urban therapeutic term proposed by Gender and Hillier (the word of therapy evokes an essential quality of community organization and social planning which enables citizens to speak the unspeakable (Bianca, L, .2007).

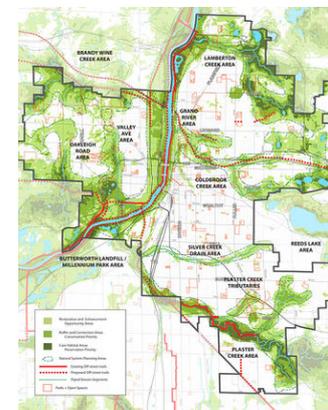


Figure 4. Infrastructure plan rapids green grand, Grand Rapids Michigan.

### 2.3 Preservation as a Tool for Therapeutic Planning:-

Historic preservation: - interpretation of historic events or uses that accrued in place, more broadly it is the management of change in the historic built environment, concludes, Physical conservation of a building or landscape Installation of signs and markers that explain the site significance, Planners today are preoccupied with the idea of healthy communities, good health is often designed in neighborhoods through Public recreation facilities, accessible food markets and multi model streets (physical health of the community).

### 2.4 Psychological Health is more important

planners through The built environment gives the communities a sense of "place" identity" and the interpretation of space inhabited by a specific community fig (5) , then the changing in the physical characteristic of place can heart the future relationship between those communities and city , In the power of place Hayden states " memory is inevitably going to involve issue of isolation and exploration as well as connectedness choosing to engage the difficult , we can use the past to connect to a more livable future , communities attach deep emotion to places connected to their history ". "Peter marries in his book loss of change" (The preservation of historic buildings and landscape has been acknowledged as beneficial the public good and an element in community building ,the term of preservation using as a tool for the healing and creating the sense of place ( identity ) , and the built environment with historical building reflecting the cultural diversity and subjective sense of belonging , then we can use preservation and rehabilitation of historical building to healing and therapeutically the built environment in the city .

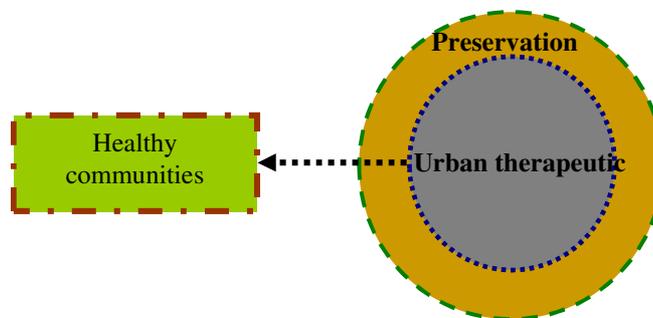


Figure 5. The relation ship (preservation, urban therapeutic

### 3. Preservation as a tool for therapeutic planning strategies:-

- Rehabilitation (historical buildings and the neighborhood where it locate, rehabilitation not the site alone but of the entire neighborhood, Emphasize the relationship between the historical building and other public service, Creating the green areas to connect the site to market places, Concentration on the communication between communities and site through efforts the open spaces for the children's and adults, Creating meeting (place of social activity), Reducing the fragmented, disordered and defective of the historical site in urban fabric, pleasuring for walking to create (inhabitants) experience (sense of place), and Creating buffer zone around the historical site to engage safety paths for the pedestrians, giving the site chance to breath (normally) through rebalance the suffocating elements such as the traffic artery, and redesign the street system and create possibilities for pedestrian circulation and pedestrian activities , Creating the (peace maker) through (Calibrate the arriving to the site ,Departing the flow to rescue the site from being junction ) , Enhancing the significance of the historical site (Generation the guides or elements to create the significance of the historical site and monologue between the main elements in the built environment , Restoring the integrity of the physical body of the site, Coordination based on particular hierarchies of view, between the Varsity of institutions, Ministry of Tourism and Municipality), Creating the historic memory of the past for inhabitants as a soci- cultural Memory, Rehabilitating the physical integrity of the urban fabric, and rehabilitating the psycho- existential integrity too, by concentration on the emotional sensation between people and place.

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

##### Introduction:-

The origins of Al-Azhar Park project date 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. A I - A zhar Park, Cairo, 2014

##### - Why Cairo city:-

Population pressures, the housing low quality, 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. It is one of the lowest proportions in the world fig (7).



Figure 7. Cairo City (general view)

##### - Site selection:-

Central location in Cairo city (the derelict Darassa site) a 30- hectare (74 acre), 500-year-old mound of rubble in the inner city, between the eastern edge of The 12th Century Ayyubid city and the 15th Century Mamluk “City of the Dead”. Fig (8).



Figure 8. Darassa Site (early view)

##### - Al Azahar 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:- The Royal Palm Promenade, Geometric Garden , Southern lookout , Children’s play area , Children’s amphitheatre and stage , Northern lookout plaza and kiosk , Water cascade garden , Lake , Orchard , Playing fields ,Historical wall promenade and amphitheatre

##### - 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: -

Socioeconomic development of the neighborhood, a detailed survey of the local population’s socioeconomic needs was made and a series of meetings were then held to determine the community’s own 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 centre, restoration and re-use land marks Buildings fig (12).

#### 4.1 Conclusions:-

- None of the aspects of development can be treated in isolation from the others. An environmental problem cannot be treated in isolation from the surrounding social issues.
- There is a need for a broker between local communities and Government authorities on issues that is important to residents.



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

- This can take a number of forms, such as brokering Agreements on methods of restoration and bridging differences between communities and government authorities.
- Historic monuments can be vibrant and important parts of community life rather than a drain on resources.
- Through adaptive re-use monuments and cultural assets can be returned to their original function as integral parts of daily life.
- In the case of Al Azhar Park, the strategies which were created, it's confirmed on the therapeutic planning strategies.



Figure 11. Restoration landmarks in Darab Alahmar Neighborhood



Figure 12. Housing rehabilitation in Darab Alahmar Neighborhood



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

### 5. Zarqa City:-

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

- The first settlements in the city was established in 1902 by Chechen immigrants who were displaced from the wars between the Ottoman and Russian empires, they settled along Zarqa River.



Figure 14. Jordanian military in zarqa

- In 1905 the railway of alhijaz station turned zarqa into an important hub (Ottoman period) at that time the Ottoman governor allowed the Chechen immigrants to own lands which they settled on.
- In 1926, Zarqa became the base for the military force that controls the eastern Section of Jordan, fig (14).
- In 1928 the new Jordanian government issued a decree to establish the first municipal council for Zarqa.
- In 1940 more than 50% of Zarqa's population migrated from the West Bank following the Six Day War.

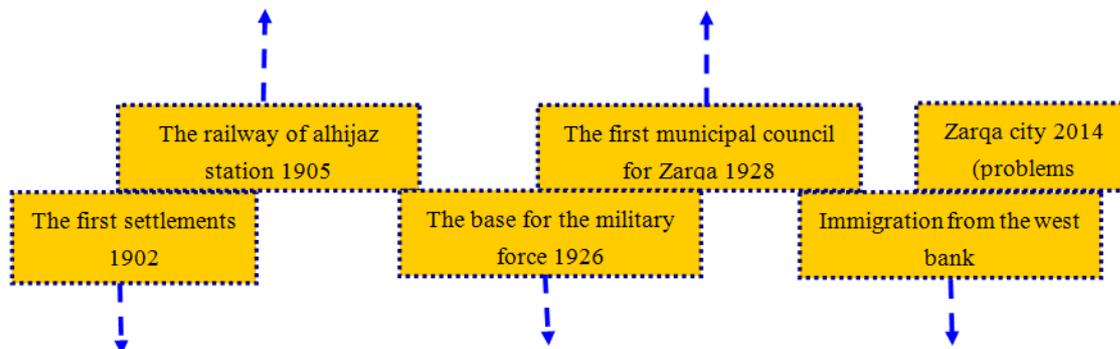


Figure 15. Time line history of zarqa city

#### 5.1 Zarqa location:-

Zarqa lies to the northeast of the capital Amman and is considered the second largest city in Jordan in terms of population fig (16), where the figure was 838,250 inhabitants in the year 2004, comprising 15.5% of Jordan's population (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:-

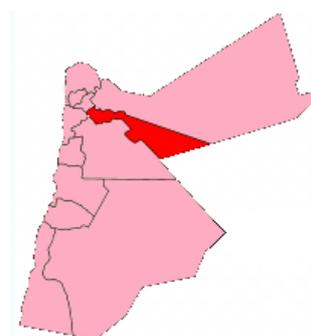


Figure 16. Location of zarqa city

- 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.
- Zarqa's existing neighborhoods are plagued with extreme levels of air pollution due to the proximity of heavy and medium industrial factories to both north and south of the city, this situation has become the increase of solid waste, acid rain,



Figure 17. Traffic congestion in city center of zarqa city

Carbon dioxide spread and others (Abu- Ghazalah 2008).

- No buffer zone around industries is planned; it is not clear whether climatic constraints have been taken into consideration at different stages in the designing of neighborhoods in Zarqa City.
- In the city of Al-Zarqa is limited the area of cultivated land. The green area declined, open spaces and recreational spaces fig (17).

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



Figure 18. Traffic congestion in city center of zarqa city

### 6. Shabeb palace:-

Historical back ground:-

Thick - walls, Vaulted chambers, raw ruins, roman calligraphy and etchings, this and more awaits exploration in shabeb (Castle, forest, palace, this not - to - be - missed hilltop fortress is sure to Capture not only the imagination, but also to help visitors learn More about the rich culture and ancient history between its walls, Shabeb palace northern in Jordan (about 30 miles northeast of Amman) in zarqa city fig (19).

Construction History of the palace unspecified and under debating :- ( hypothesis of history and location: - shabeb palace was built in 2 th B.C by shabeb bin tuba alhомуire as forest in order to be defensible center

because of the importance of palace location in that time fig (20) , Its purpose was military roman forest , in Islamic period (Umayyad and ottoman its purposes as pilgrim station ) , Shabeb palace was built in (529-569) AD by Al Hareth Algasanee; it held's up on the ruins of roman forest , Shabeb palace was built in 64 B.C as a roman forest .



Figure 19. Shabeb palace (zarqa down town)

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 zarqa city center , shabeb palace represents the only one historical building in the city center which faces the statements of problems, preservation the shabeb palace and neighborhood and the commercial district ( commercial path ) .

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 would give dignity to the area with rehabilitation of the historical roots and link the neighborhood to the historical background of its contemporary inhabitants.
- Creating circumscribed area for pedestrian movement.
- Creating the integrity of the site: - provides spaces with open green area, open amphitheater, small cultural center, and re- use of the castle as a museum, and linking the historical site to the commercial path and sport zone.
- Creating parking around the site or re- design of the old bus station.
- Creating the system of screens to give information about the city event and defining about the historical buildings.
- Coordination based on particular hierarchies of view, between the Variety of institutions, Ministry of Tourism, and Municipality.
- Reducing the fragmented, disordered and defective of the historical site in urban fabric.
- Creating buffer zone around the historical site to engage safety paths for the pedestrians.
- Creating the historic memory of the past for inhabitants as a soci- cultural memory.

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