



## The Neurobiology of Biophilia & Spatial Cognition

### Course Summary and Learning Objectives

Earn 1.0 HSW Credit (AIA)  
1.0 General LU (LEED AP)  
1.0 PXE Credit (CPXP)  
0.1 HSW Credit (IDCEC)

**T**HIS COURSE explores the neurobiology behind Biophilia's most healing attribute: a visual connection to nature, which also happens to be the feature with the most robust peer-reviewed research backing its therapeutic qualities.

We learn about the connection between the immune system and sensory processing, as well as how environmental features precipitate a neural chemistry that modulates our attraction/aversion to the environment.

The course unveils the healing potential of indoor sky illusions and how cognitive mechanisms map out our body's location in relation to our immediate surroundings, as well as to perceived connections to nature. This understanding of how distinct areas of the brain assemble our embodied sense of place provide valuable insights in the design of enclosed interiors for human wellness.

**NOTE:** Intermediate course *The Restorative Impact of Perceived Open Space* is a recommended prerequisite.



### Following this course you will be able to:

**Explain** our physiology's *waking-rest activity cycle* and how our surroundings help our psycho-physiology recharge throughout the day.

**List** the environmental patterns that trigger *somatic markers*--physiological memories that well up as emotions, which generate a powerful sense of place.

**Explain** the role distinct cortical regions play in locating our body in relation to our surroundings.

**Define** the neural pathways that trigger the release of endorphins when key environmental features are perceived, as well as their role in human wellness.

**Discuss** the implications of *hemispheric dominance* in visual processing and how the type of attention we pay alters our experience of our surroundings.

**Describe** the role that *place cells, natural environments, and memories* all play in evoking a sense of place, and how biophilic illusions enhance enclosed interiors.

This course is approved by the following organizations:



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