

Back in the saddle

– A clinic for horse-assisted therapy

A building called the «Horse Clinic» used to be part of the Norwegian School of Veterinary Science at Adamstuen in Oslo, Norway, and was in the period 1927 - 2020 used as a hospital for horses. Today it is left empty. There are no definite plans for the Horse Clinic going forward. The building is listed with the highest level of legal protection in Norway.

This thesis investigates if today's protection in its way of preserving this building and preventing anyone from tearing it apart, also preserves its history and original purpose of taking care of horses. It further investigates whether the building could be upgraded to recreate its original use while simultaneously maintaining the building's mass as well as the history behind it. The thesis concludes that it is possible to preserve the building's mass while at the same time, with some adjustments, recreating the program and maintaining its original use. By doing so, we may take care of the building in a way that also takes care of its history. From its original use of being a hospital for horses, it transforms into a hospital for people with mental health issues that are treated with horse-assisted therapy.

Horse-assisted therapy, also called Equine-assisted therapy, has been used by therapists for many decades and includes activities with horses in the treatment of human physical and mental health. The purpose of Horse-Assisted therapy is not recreational riding for leisure, but rather it focuses on moment-to-moment opportunities for people to practice self-awareness, emotional accessibility, and constructive relational skills (Kern-Godal et al. 2016)¹.

So, the question that arises is how make use of a listed building on its own premise. Investigating the relevance of protection codes; is it the history that is most important? Or is it the physical building itself? Then comes the question of the purpose of the building. Can the building itself be separated from its use, or not? I believe a building can change over time, but if the purpose is to protect what have been in the past, you should protect its content somehow.

¹ Kern-Godal A, Brenna IH, Kogstad N, Arnevik EA, Ravndal E., (2016). Contribution of the patient-horse relationship to substance use disorder treatment: Patients' experiences. *Int J Qual Stud Health Well-being* 11, 31636. doi: 10.3402/qhw.v11.31636

From my point of view, the building should be used with a program that takes care of the stables and the history of the horses. Can one justify having horses and making the space for them in a city center that is not very suitable? If you look around, you will see that many groups of people could benefit from the presence of having horses nearby, such as, children, students, elderly, etc. And some people also require professional treatment. What would be more suitable for the Horse Clinic than to become a clinic for people with mental health issue, where the horses are used for treatment? In other words, a clinic that offers horse-assisted therapy. Historically, the area where the building is located today has previously hosted various mental health clinics before it became the Norwegian School of Veterinary Science. The adjacent park still goes by the name «Idioten», which used to be a local saying referring to the people nearby struggling with mental health issues. In this project, I'm combining the local history of mental health institutions, and the building's history of horses into a clinic for horse-assisted therapy.

Technically and constructional wise, I will now explain how the "reconstruction" in this project takes place: I'm lifting the roof in-between the two slats to more than the double of the existing height. There are existing pillars in the middle of the room that will be replaced with new ones almost attached to the existing walls, creating space for the horse-assisted therapy. In addition to this it is placed an outdoor riding space nearby when bigger space is needed. Allowing for this additional space, while at the same time making some adjustments to the inner walls for the new program of the clinic, may enrich the building. It will preserve the historic function of the building and maintain the original mass with the value that brings, illustrating that even a listed building like the Horse Clinic needs to be taken care of beyond the current preservation codes.

The building's interior walls will be adjusted; however, the main change will be the removal of the existing space between the two slats to make room for horse-assisted therapy.

Fifteen curved trusses in Glued Laminated Timber ("GLT") support the roof, where the weight falls in a total of sixteen pillars. On every second roof truss, the forces go down into pillars on each side, while the other halves of the trusses have a curved GLT beam, which lies across the trusses (between each pillar), which in turn takes both weight and stiffens the construction laterally. About half of the roof is of glass, the other half is made of stiffening wooden boards which are again covered with galvanized metal. As the existing roof is demolished and a new construction is added, the existing interior and exterior will be incorporated into one same room.

The intention is to keep it this way, to clarify the change from a purely historical point of view. The new large room will have an interior consisting of an old interior and exterior brought together to form a new interior.

The height of the roof is barely below the ridges of the existing roofs next to it, except on the south side of the building where you can catch a small glimpse of the construction because the ridge of the existing roof steps down towards the street.

On the north side, the new construction will be most prominent. Here again the intention is for the gable wall to be less dominant, with the current entrance part being partially retained. This implies that the project presents a restoration of the original entrance from 1927 rather than a reconstruction of the current situation, because the garage that is now removed is not original as it was built in year 1927. The gable wall itself is made of brick, which is in line with the existing building mass, especially when all the building's trusses are made of wood and the outer walls are made of brick.

Diploma project

Autumn 2022

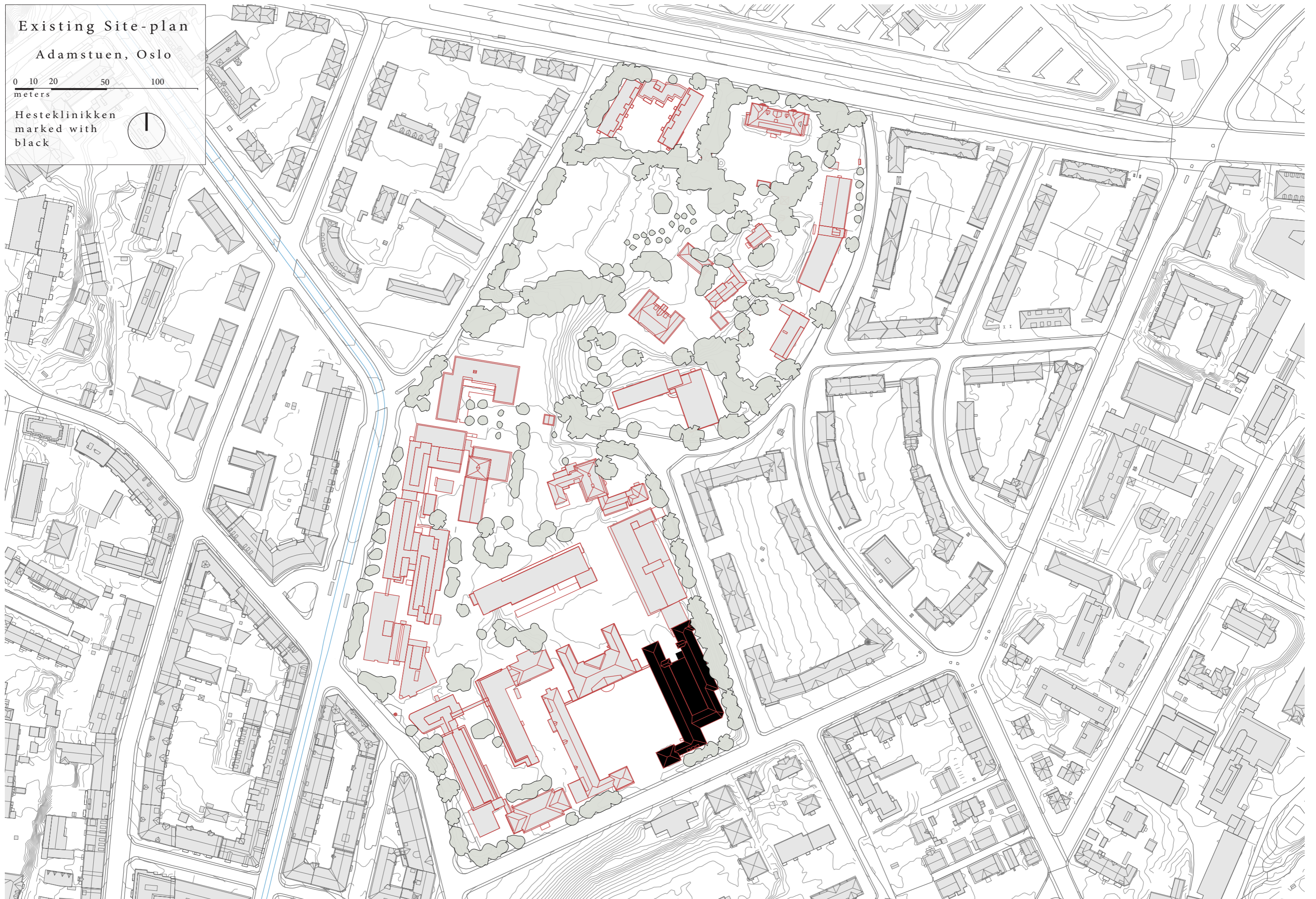
Søren Ruud Dingstad

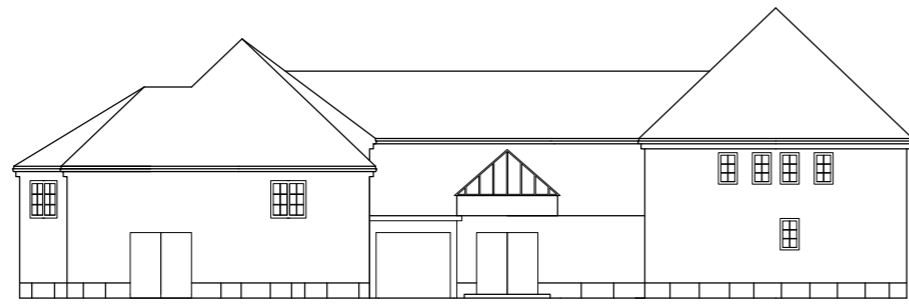
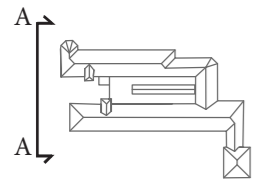
Existing Site-plan

Adamstuen, Oslo

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meters

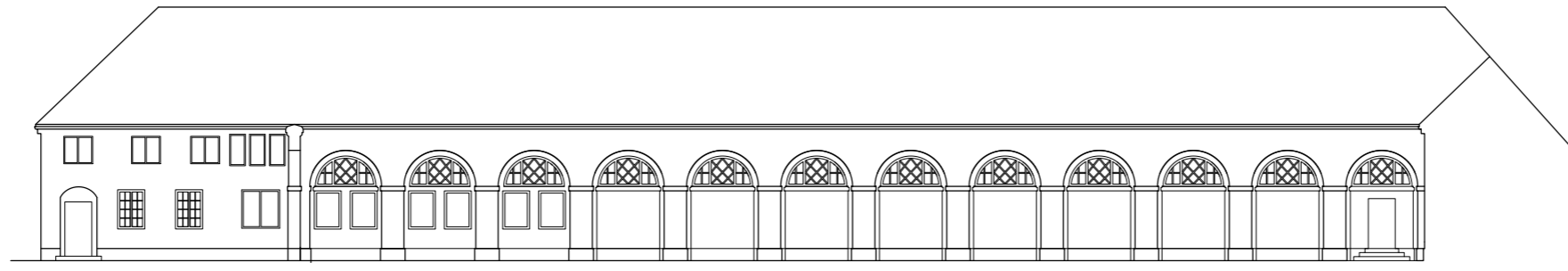
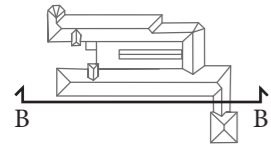
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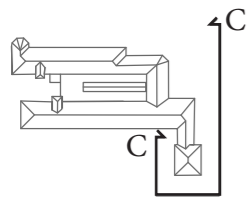


Elevation A-A

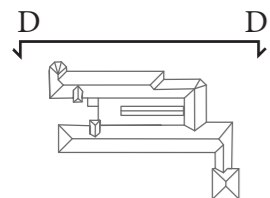
Elevations of the existing building



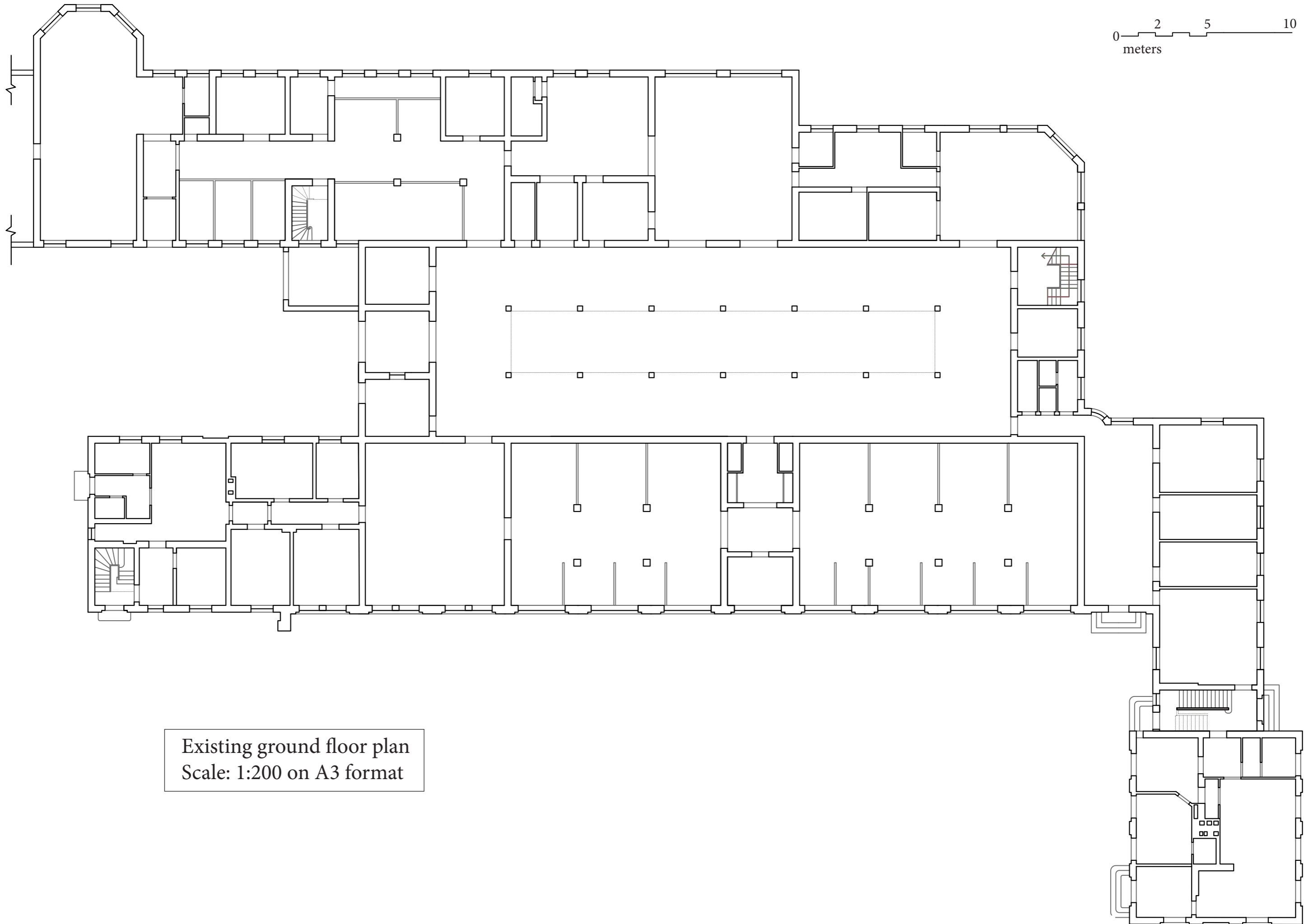
Elevation B-B



Elevation C-C



Elevation D-D

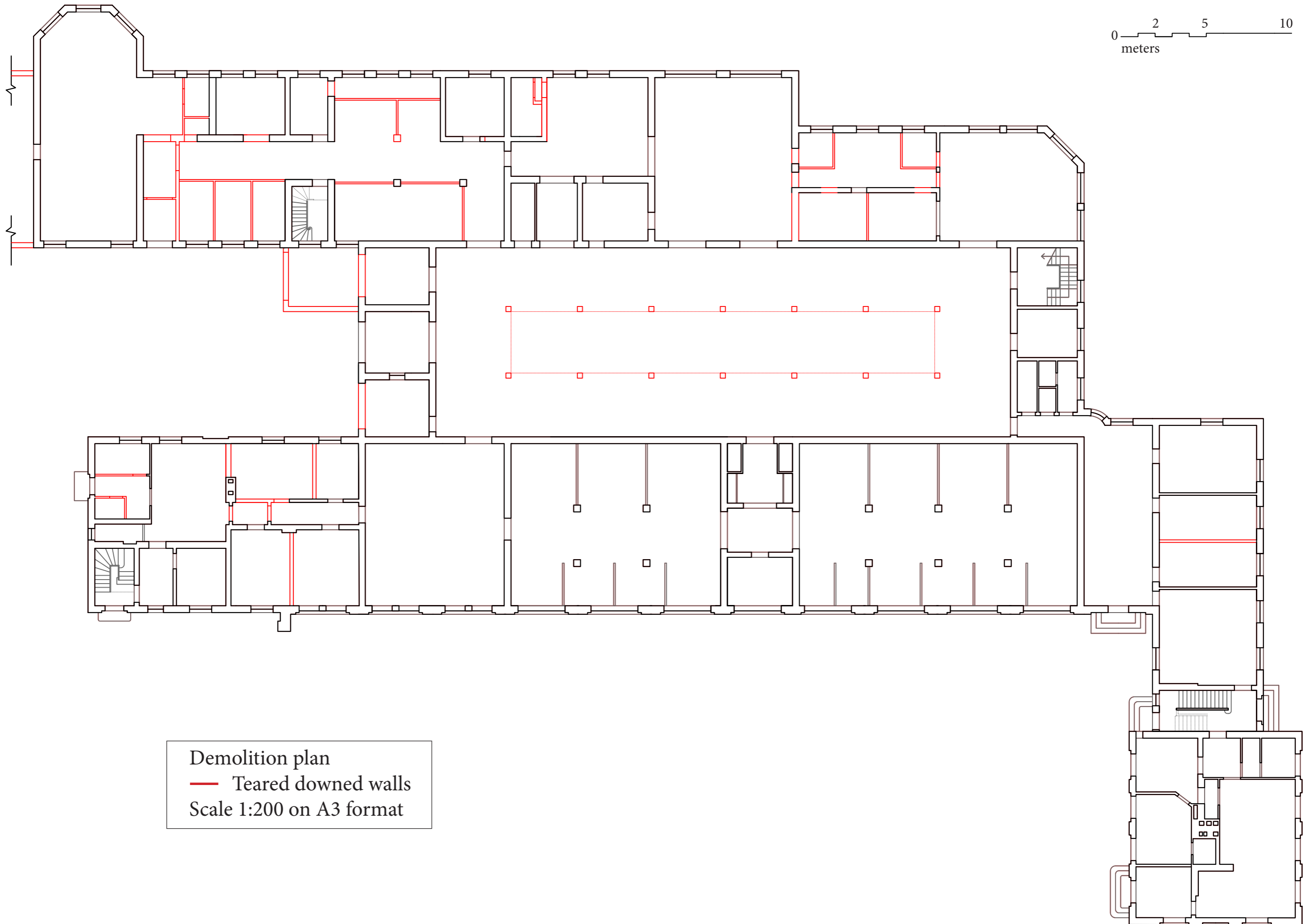


Existing ground floor plan
Scale: 1:200 on A3 format

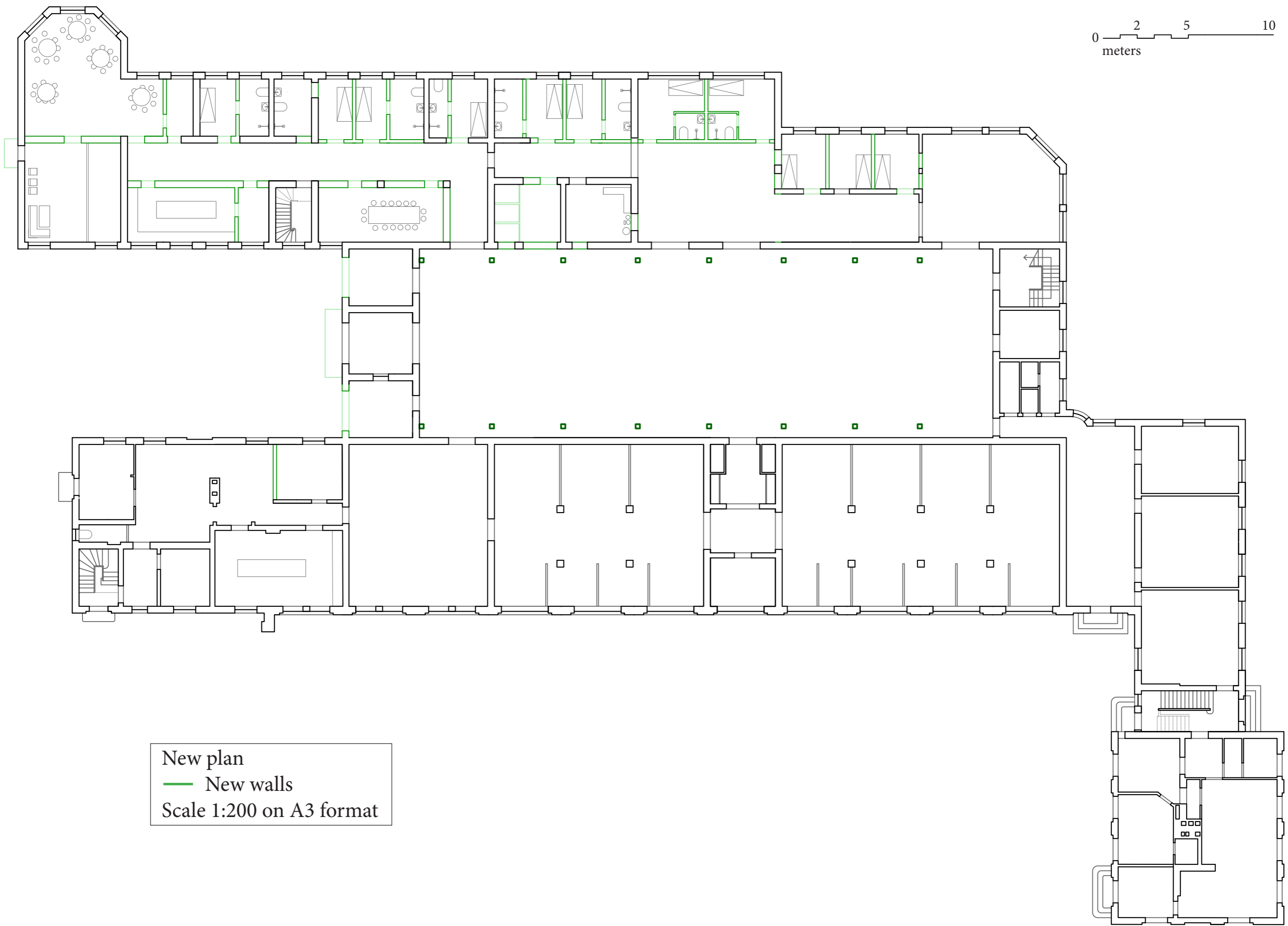
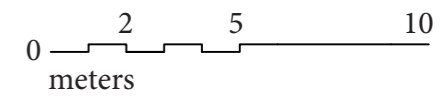


Site plan
1:600 – on A3
0 5 10 20 50
meters

0 2 5 10
meters

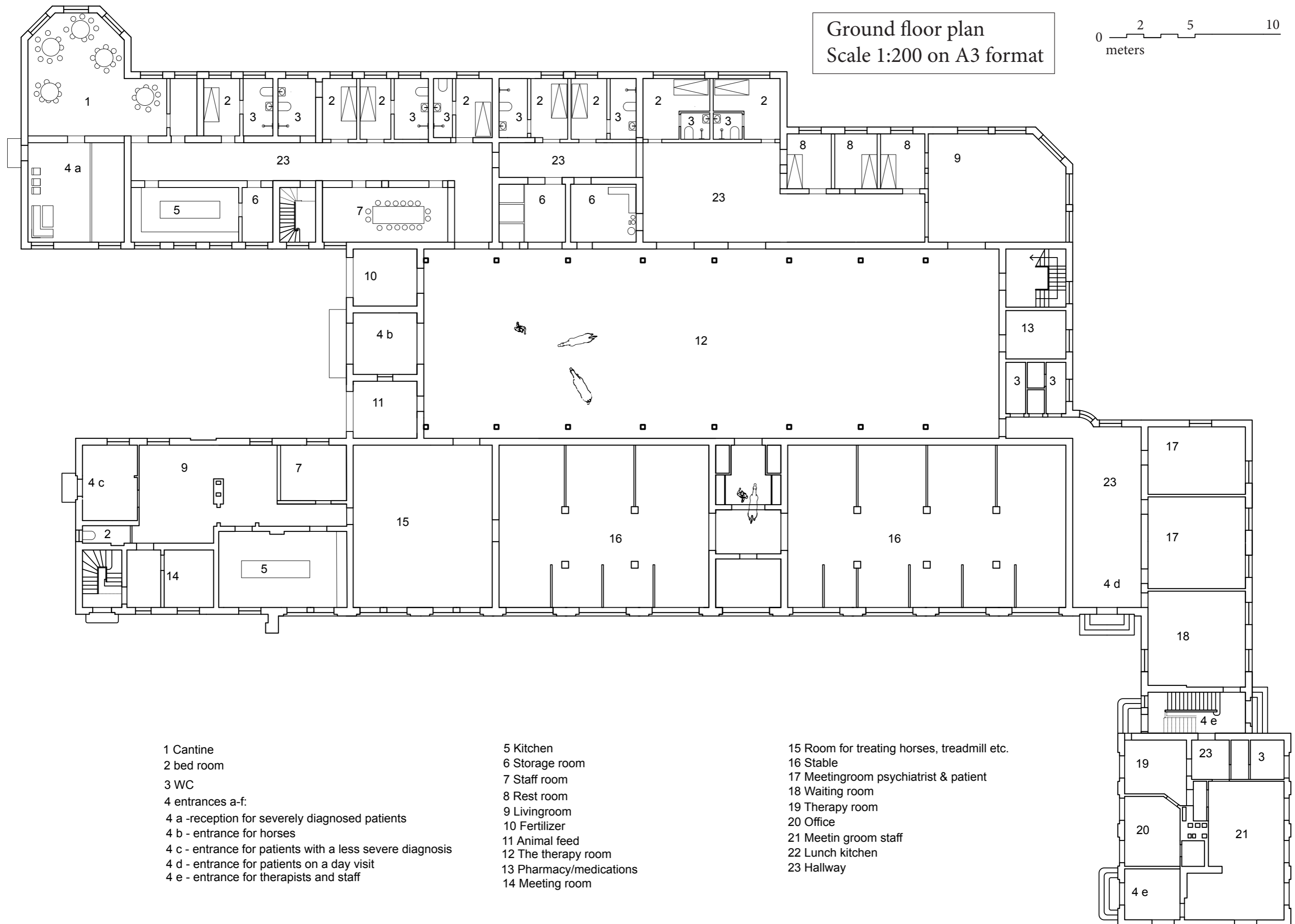
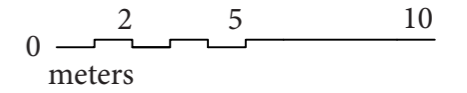


Demolition plan
— Teared down walls
Scale 1:200 on A3 format



New plan
— New walls
Scale 1:200 on A3 format

Ground floor plan
Scale 1:200 on A3 format

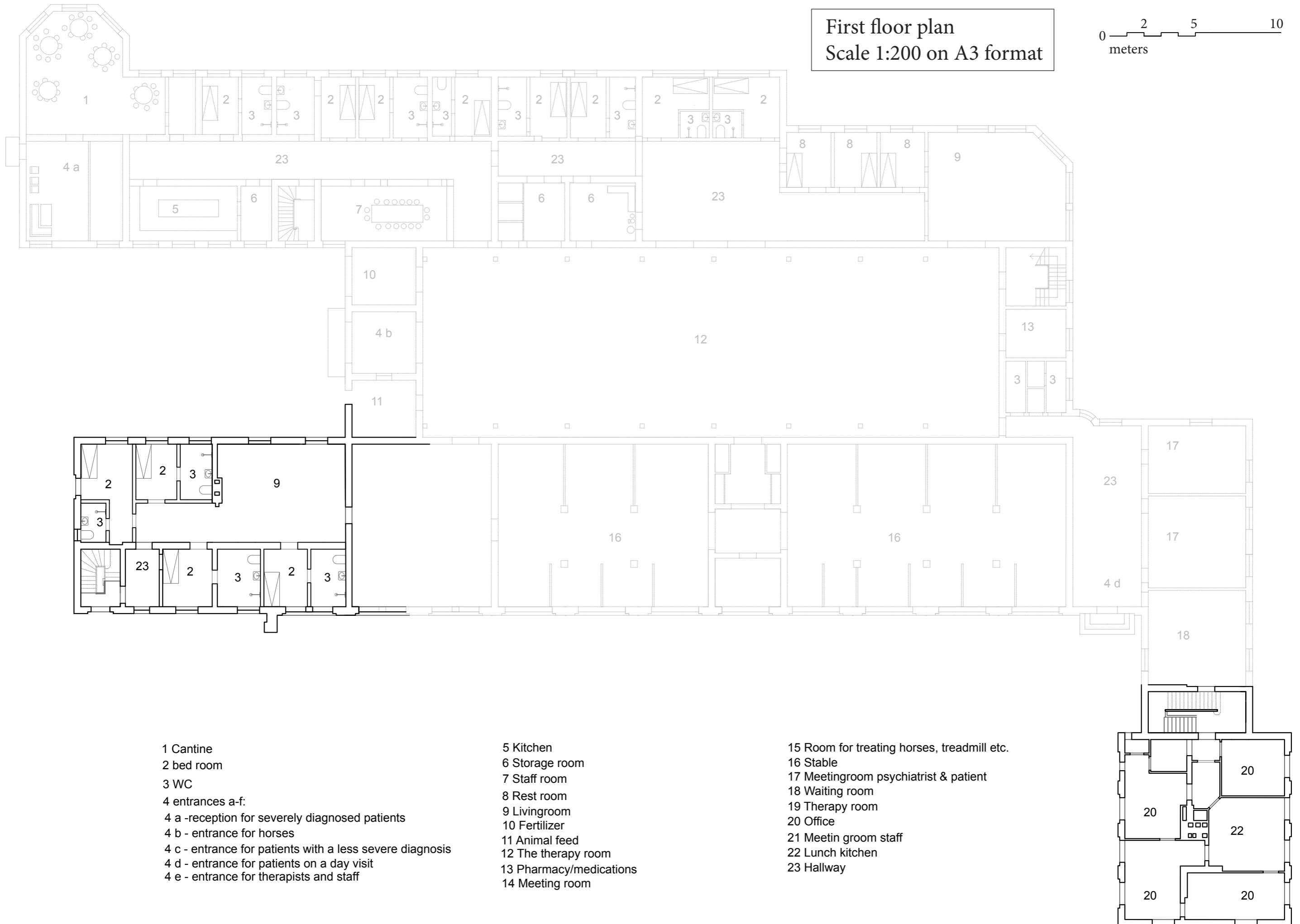
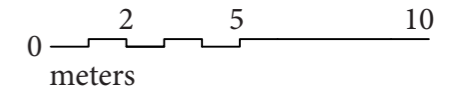


- 1 Cantine
- 2 bed room
- 3 WC
- 4 entrances a-f:
- 4 a -reception for severely diagnosed patients
- 4 b - entrance for horses
- 4 c - entrance for patients with a less severe diagnosis
- 4 d - entrance for patients on a day visit
- 4 e - entrance for therapists and staff

- 5 Kitchen
- 6 Storage room
- 7 Staff room
- 8 Rest room
- 9 Livingroom
- 10 Fertilizer
- 11 Animal feed
- 12 The therapy room
- 13 Pharmacy/medications
- 14 Meeting room

- 15 Room for treating horses, treadmill etc.
- 16 Stable
- 17 Meetingroom psychiatrist & patient
- 18 Waiting room
- 19 Therapy room
- 20 Office
- 21 Meetin groom staff
- 22 Lunch kitchen
- 23 Hallway

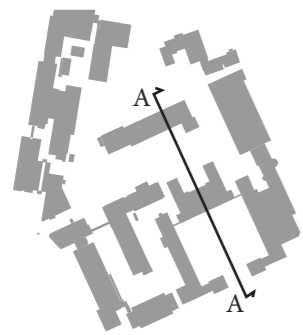
First floor plan
Scale 1:200 on A3 format



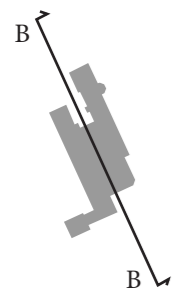
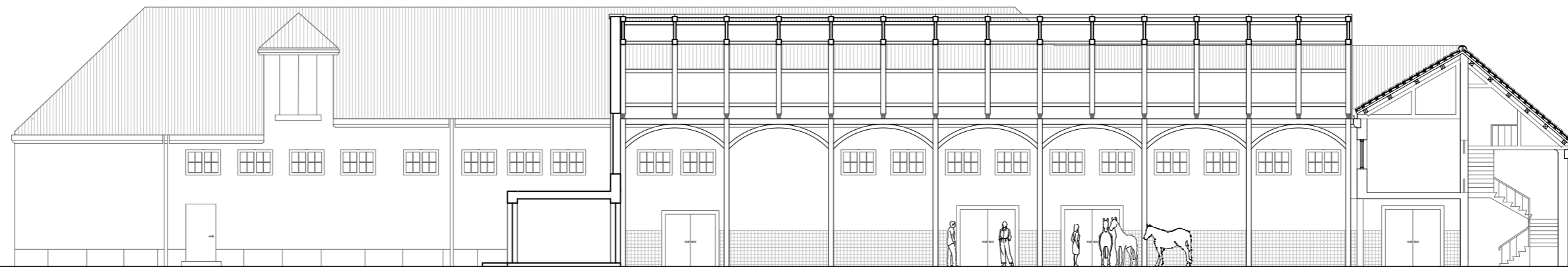
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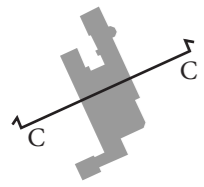
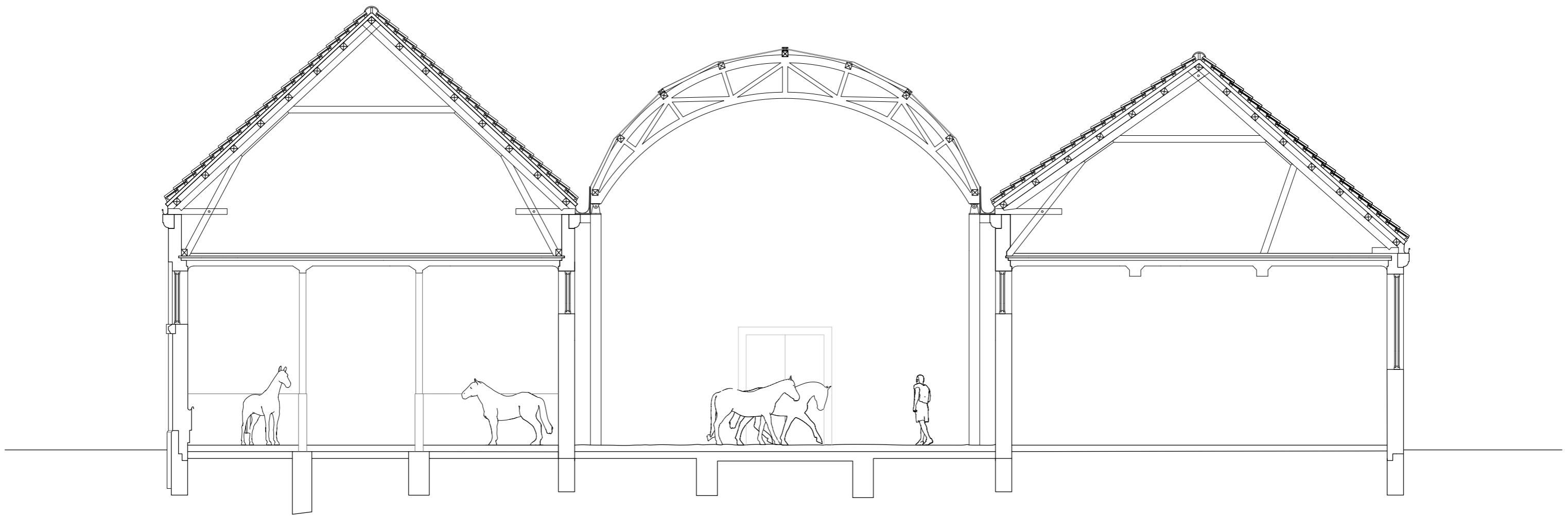
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Section A-A
of the outdoor riding space & the Horse Clinic



Long section B-B
of Hesteklinikken
Scale 1:200 on A3 format

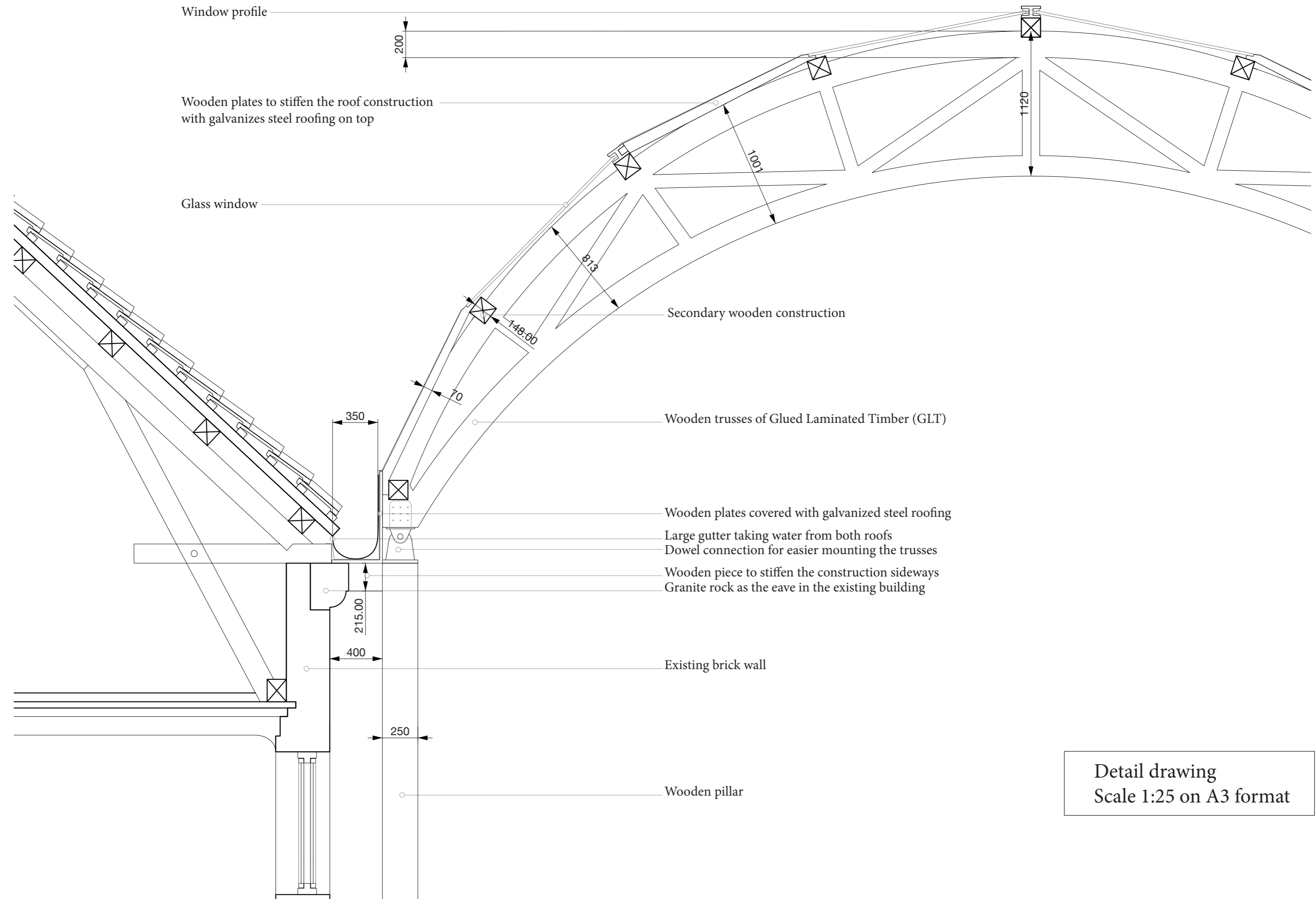


Cross section C-C
of Hesteklinikken
Scale 1:100 on A3 format



Model photo;

showing the added construction that make space for horse-assisted therapy in-between the two existing building slats.



Detail drawing
Scale 1:25 on A3 format



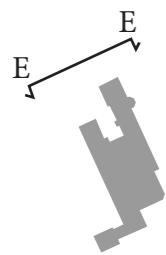
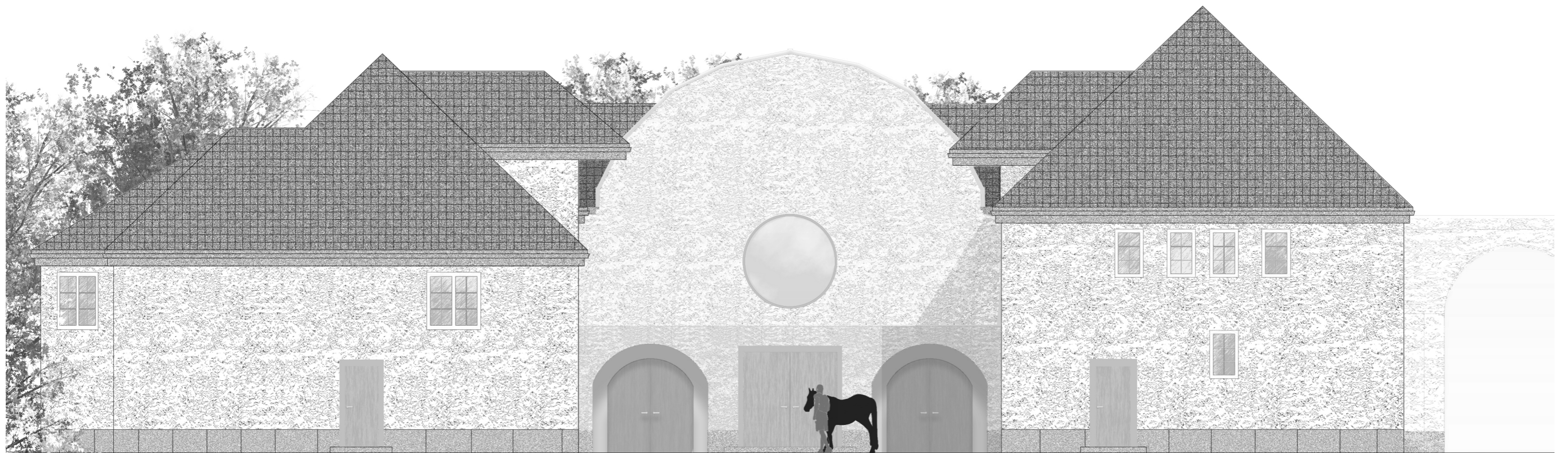
The walls of the building are made out of brick and has a finish of lime plaster with a cement mix. This caricaristic round shaped circles are kept as an old exterior but as an interior inside.

Where the height of the earlier roof was. Everything underneath is existing interior. Everything above is existing exterior, although that exterior is incorporated into this large room.

Yellow tiles are kept in the new room.



A drawing illustrating the view from the street "General Birchs gate", where you see a glimpse of the new construction.



Elevation E-E
Scale 1:100 on A3 format