

PORTFOLIO

# DESIGN PSYCHOLOGY OF RESIDENTIAL SPACES

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LARISSA del río  
ESPACIOS PARA EL CAMBIO

## PROFILE LARISSA DEL RIO

*“As a Psychologist, I have put together Clinical Psychology with Interior Design. I am a Pioneer of this new practice of Psychology called “Design Psychology” which consists of improving the relationship of the individual and the space he/she inhabits.*



### **STUDIES AND TRAJECTORY**

- Psychologist graduated from the University of Los Andes (Colombia).
- Spanish Psychologist (Autonomous University of Barcelona – Spain).
- Master in Brief Strategic Psychotherapy. (Brief Strategic Therapy Center – Italy. Training with the well-known Psychologist Giorgio Nardone).
- Postgraduate studies in Ericksonian Hypnosis (Erickson Institute Madrid – Spain).
- Postgraduate studies in Applications of Ericksonian Hipnopsychotherapy (Fundació Universitat de Girona (Spain).
- Academic Bachelor: Marymount School (Colombia).

### **TRAINING IN DESIGN PSYCHOLOGY**

- Master in Architecture and Interior Design (Dmad Madrid – Spain)
- Design Psychology (Toby Israel – US) and House Coaching (Kirsten Steno Denmark)
- Interior Design training at Salle College (LCI Colombia)
- Creator of the Methodology of Counseling in Design Psychology: “How to know yourself as a witness to your own outside sacred refuge.”
- Extensive experience in the integration of knowledge based on Psychology to develop recommendations for the design of places and objects which support the desired psychological, cognitive, emotional and physical experiences.



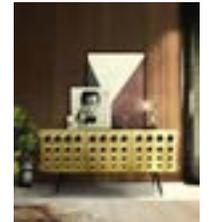
# WHAT IS DESIGN PSYCHOLOGY?

## **IT IS THE INTEGRATION BETWEEN PSYCHOLOGY AND INTERIOR DESIGN, ARCHITECTURE AND DECORATION**

### **PURPOSE:**

- To identify the interaction of people with their environment they inhabit
- To establish the emotional, psychological and lifestyle connection between people and spaces
- To Establish the influence of objects and decoration elements such as colors, shapes, textures, sounds, smells and lighting in people's lives
- To Positively modify behaviors or moods through physical changes

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# WHERE DID THIS PROJECT COME FROM?

1

From the need to understand that spaces impact and affect the lives of people, their families and vice versa

2

From the desire to help people to be happy in their spaces, in order to contribute to create harmonious and cheerful spaces, to facilitate human relations, and to promote productivity, to fulfill dreams

3

From the commitment to generate awareness of the spaces in which we live

4

From the current need to illuminate spaces to illuminate lives, because an active / luminous space serves to revitalize people



## WHAT DOES IT SOLVE?

### **I SOLVE THE NEEDS OF:**

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Transforming their houses into homes.

Help people to be happier in the spaces they inhabit.

Helping people to get to know each other through their spaces.

To create authentic spaces that promote well-being and revitalize people.

.....

Through a perspective and methodology of Psychology, which will create spaces with greater meaning.

## TO WHOM IT IS ADDRESSED?

### **WHOEVER WANTS TO:**

.....

Create and develop spaces of greater Psychological and Emotional connection

Explore or know themselves through their spaces

Make its spaces a real experience

### **I ACCOMPANY IN DIFFERENT MOMENTS OF LIFE:**

Couples without children

Teenagers

Couples with children

Single people

Single parents

Couples who are creating a home for the first time

People who are remaking their lives or living the empty nest

Children from 11 years old and up

# HOW IS THE PROCESS?

## THROUGH 2 PHASES:

### DIAGNOSIS OF THE INTERACTION BETWEEN PEOPLE & SPACE

It establishes the relationship between people with their spaces and decorative elements.

It consists of a series of exercises and questions that guide the person to know this interaction, the Psychological and Emotional connection with the space and the intangible psychological components.

It is done in the person's home, face to face or virtually, and at the end there is a feedback of the work that will be necessary to carry out to move onto the physical transformation phase.

### TRANSFORMATION

1

#### CONCEPTUAL TRANSFORMATION

In this stage, the psychological concept is realized for the later adaptation of the space.

Psychology tools are implemented according to the case.

2

#### PHYSICAL TRANSFORMATION

In this stage, we proceed to implement and adapt the physical changes required in the space.

They can be **SMALL PROJECTS, MEDIUM or LARGE SCALE PROJECTS**, according to the needs of the client.

This stage is in charge of the Interior Designers, Architects or Decorators, who will develop the final Project based on the Psychological concept.

# WHAT IS THE METHODOLOGY?

The methodology explores the three versions of houses, and **PSYCHOLOGICAL TOOLS** are implemented to achieve the greater objective (**IDEAL HOUSE**).

## **IDEAL HOUSE**

Beyond being a house is a home, it recreates the harmonious interaction between people, objects and spaces, it is the result of the integration of the three versions of houses: Past / Present / Future



### **HOUSE OF THE PAST**

It represents the house of the past that has already been inhabited.

It provides a view of moments and experiences of personal history, that people wants to preserve or transcend.

### **HOUSE OF THE PRESENT**

It is the house that has a high level in terms of quality, beauty and contribution to the development of functional relationships.

Evocates warmth, rest and shelter.

### **HOUSE OF THE FUTURE**

It is the house with the potential to become an Ideal House.

It is the house in which we would like to live for a long time and motivates to create new dreams.



## WHAT ARE THE BENEFITS?

1

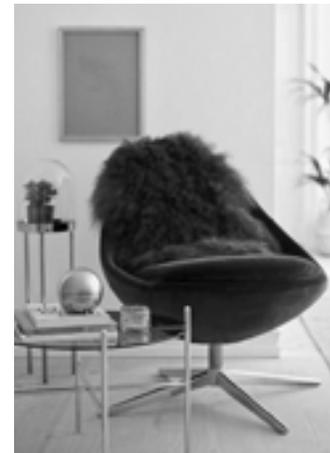
People can have the perspective of a professional psychologist which may determine the interaction between people and space.

2

People can make the intangible tangible: know the unconscious components behind the choice of objects and spaces.

3

People will learn tools that can be replicated in other environments or spaces.



4

The final project will be the result not only of physical changes, but personal or internal changes, that will help improve human relations.

# WHO GUARANTEES HER WORK?



**Alex Pinilla**

Publicist and Broadcaster. Voice of brands and television channels  
(Nat Geo, Fox, MasterCard Visa, Mc Donald's, and Coca Cola).

*“The Design Psychology session is very intimate, different, revealing and above all creative”.*

That the premise is to make conscious why things are, where they are, is a very nice letter to make everything around us vibrate with everything that we are and not go against. I liked her guidance and accompaniment, and how with Larissa I discovered and put phrases to each feeling, or to each unknown or each thing I was discovering. It seems to me very important to begin to take into account more conscious about each space of the house to relate adequately with them”.

*“I received the dose of courage I needed to realize what I did not see for myself: it was given to me by my own space.”*

I proved that my room contains as much of me as I do of it. My findings were so impressive that I could say that establishing a communication with my own space allowed me to listen to what I was hiding from myself, that is why I recommend Larissa's Counseling in Design Psychology.



**Catalina Escobar**

Creator of the Juanfe Foundation. Social Businesswoman  
recognized worldwide.

*“The Design Psychology is a fantastic experience.”*

My experience with Larissa was very interesting because she does an exercise of cohesion of personal space with the vision that the person has. She leads the person to deepen the coherence of thought and physical space.

*“As Jung said, I see that what Dr. Larissa Del Rio does is to make the unconscious conscious, and that is what Design Psychology proposes from where she works”.*

It is a very interesting dynamic, very useful for everyday life. I think it is very important for each person to be aware of people's activities in their spaces, and how interesting to be able to make our spaces according to the personality of each person.



**Gloria Echeverry**

Emmy Award winner Journalist and Writer.



**Andrés Pereira**

Clinical Psychologist. President of the ASCHC, APCHT, National  
delegate of the SIHC.

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