



Designing for Healing, Dignity, & Joy

Promoting Physical Health, Mental
Health, and Well-Being Through
Trauma-Informed Design

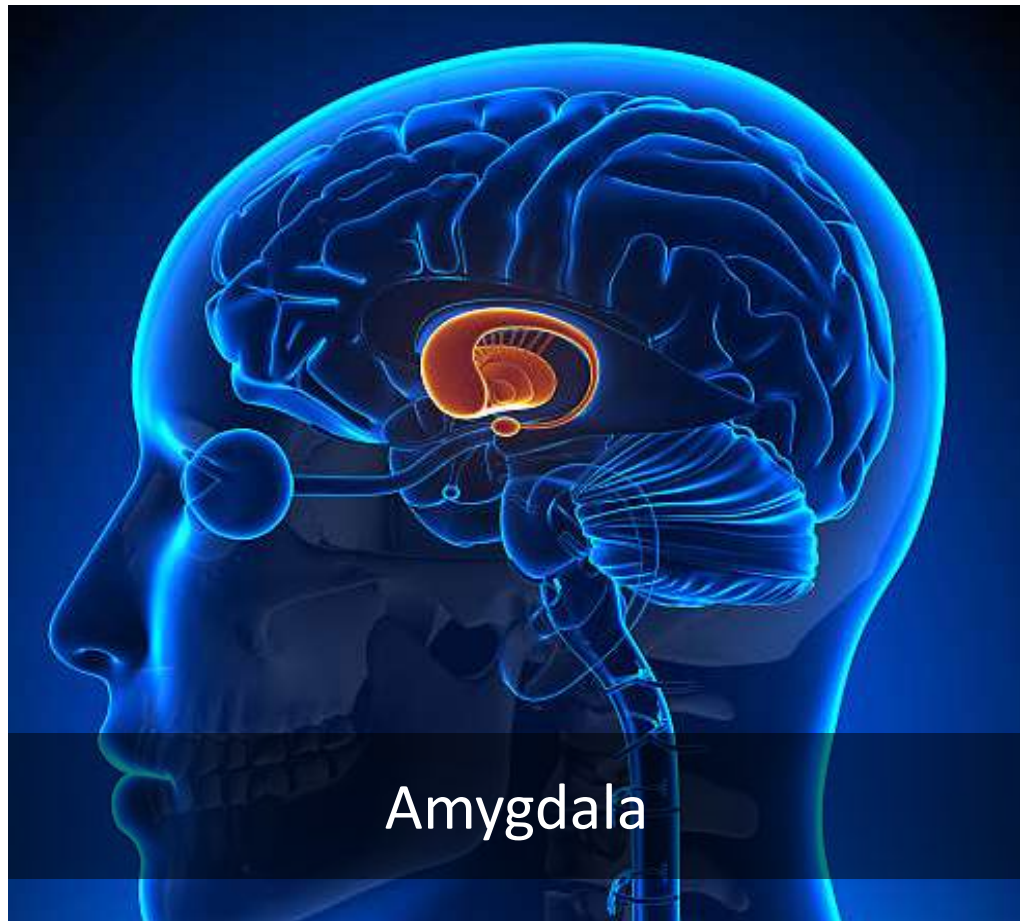
Shopworks Architecture

Group 14 Engineering

**University of Denver
Center for Housing and
Homelessness Research**

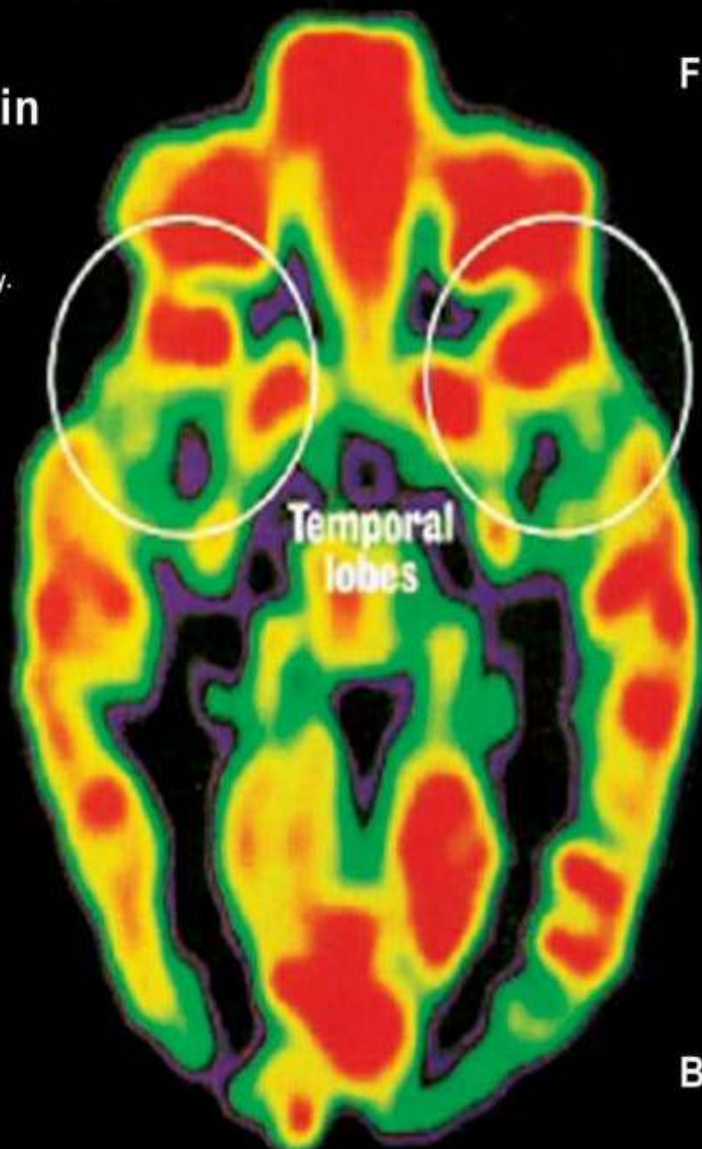
Bryn Mawr College

Trauma and the Brain



Healthy Brain

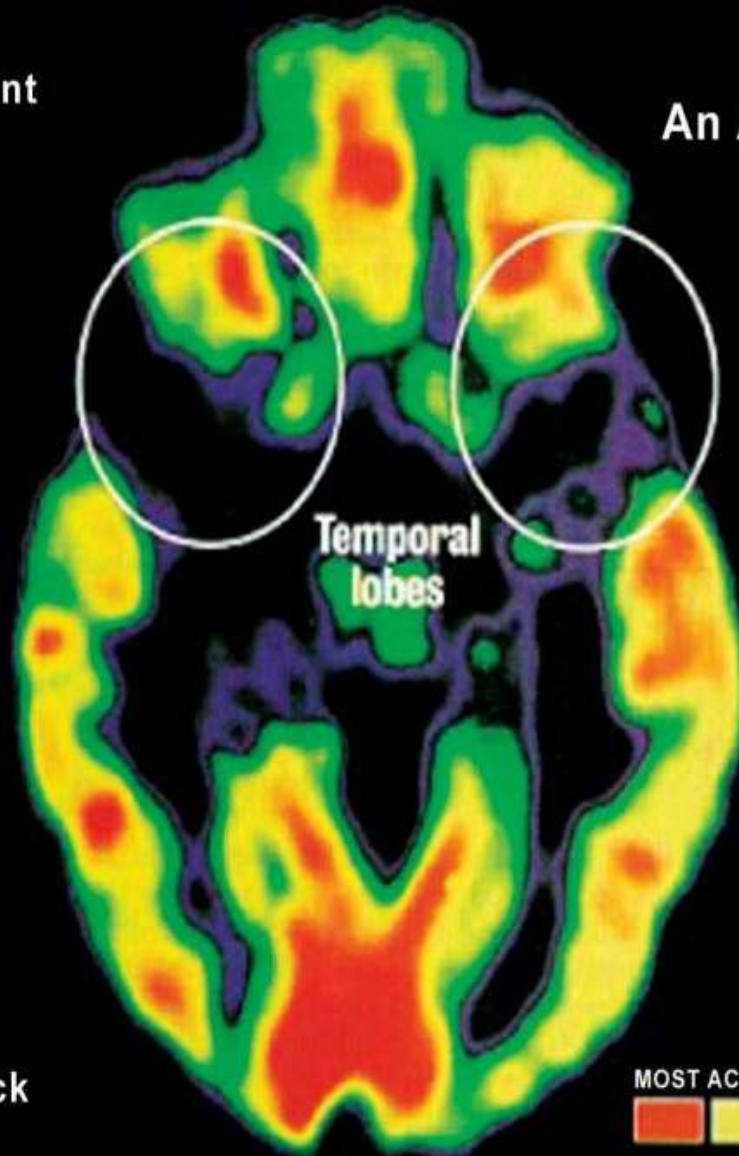
This PET scan of the brain of a normal child shows regions of high (red) and low (blue and black) activity. At birth, only primitive structures such as the brain stem (center) are fully functional; in regions like the temporal lobes (top), early childhood experiences wire the circuits.



Front

An Abused Brain

This PET scan of the brain of a Romanian Orphan, who was institutionalized shortly after birth, shows the effect of extreme deprivation in infancy. The temporal lobes (top), which regulate emotions and receive input from the senses, are nearly quiescent. Such children suffer emotional and cognitive problems.



Back





Trauma “Wears a Groove” in the Brain



**Dr. Ming Kuo
1990s
Chicago
Public Housing**

Residents with views of nature have:

- Decreased mental fatigue
- Reduction in domestic violence and aggression
- Better performance on measures of attentional functioning
- Lower drug and crime rates
- Improved management of life issues and increased ability to cope
- Increase trust of neighbors and feeling of community, and
- Children have better concentration and self-regulation

TID Research Process

1,500+

participants interviewed

45+

sites impacted

2,500+

people trained



TID FRAMEWORK



SAFETY



COMFORT

CONNECTION

THE ELISABETTA

The Elisabetta | Denver, Colorado, USA

CHOICE



Different spatial experiences for different stress responses.



FIGHT



FLIGHT



FREEZE



BUILDING DESIGN



EXTERNAL FACTORS



PROPERTY MANAGEMENT



SERVICES & PROGRAMS

KNOW

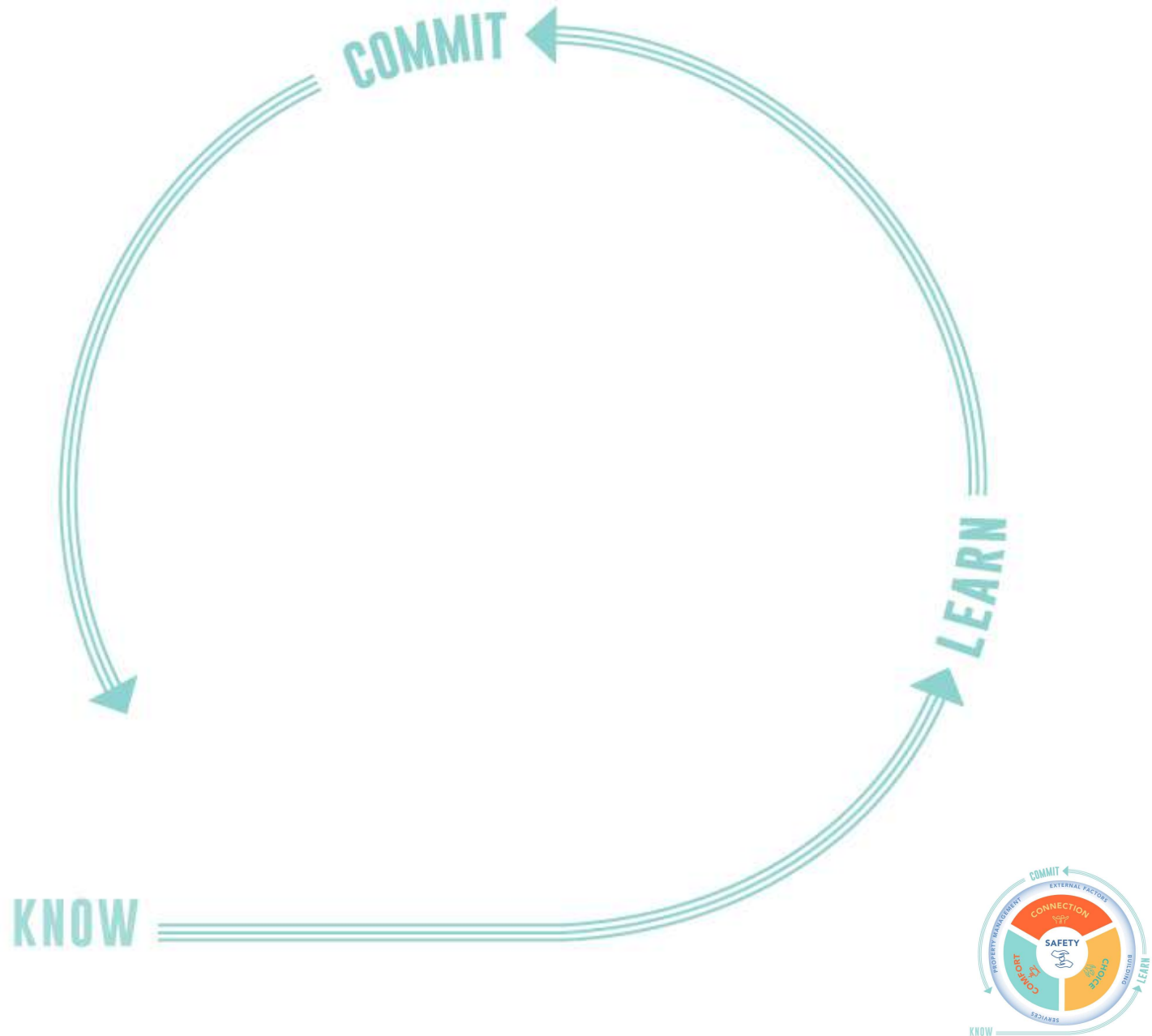
who you are designing for, local histories, how they are/are not represented by decision-makers.

LEARN

by listening to and believing those with lived experience.

COMMIT

to ongoing learning, advocating for equity, doing your own work.



Implementing a Four-Phased

Trauma Informed Design Process

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PHASE ONE: Vision Alignment & Learning



PHASE TWO: Pre-Occupancy Evaluation

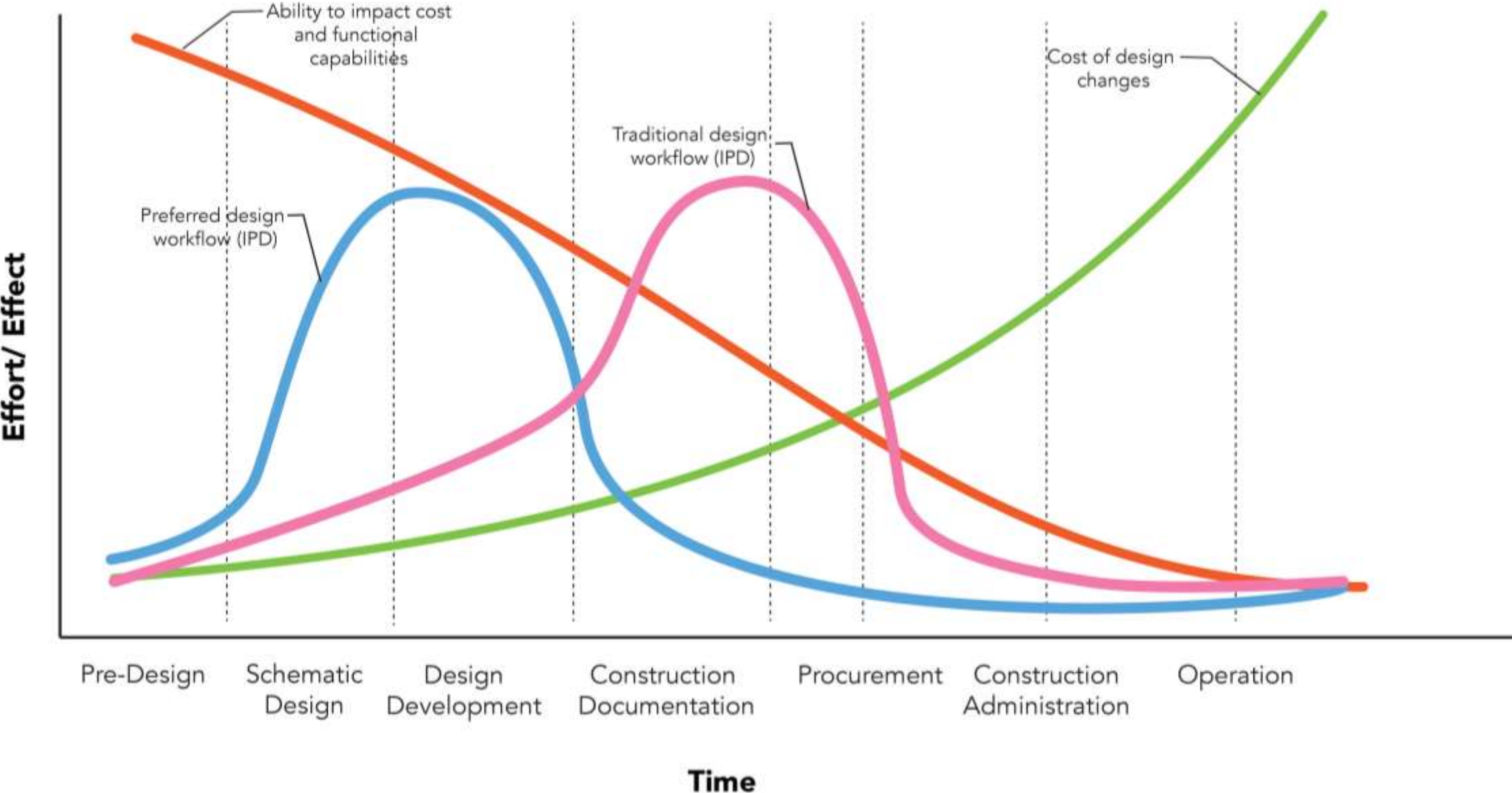


PHASE THREE: Design/Collaborate/Refine

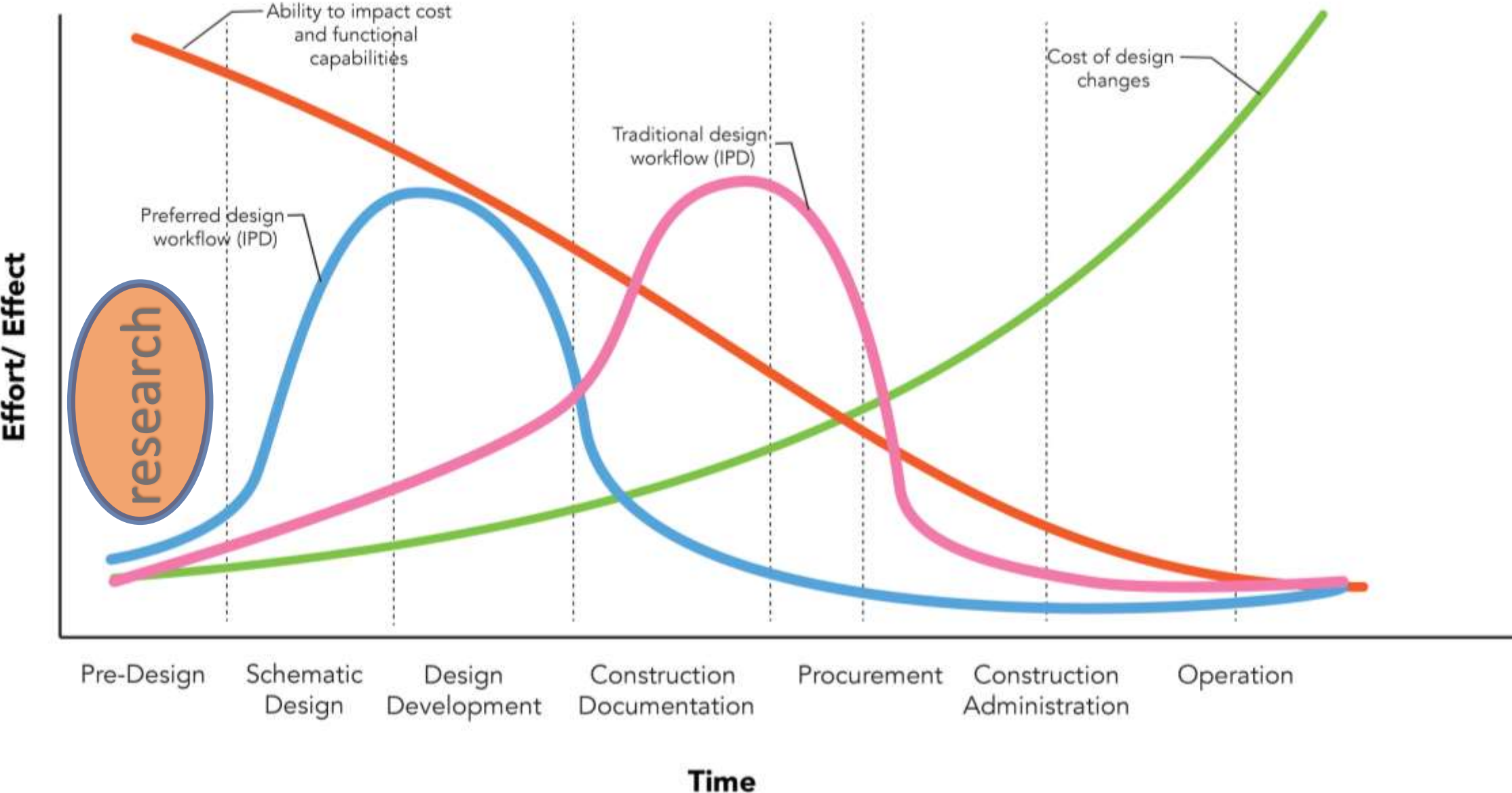


PHASE FOUR: Post-Occupancy Evaluation

The MacLeamy Curve



The MacLeamy Curve













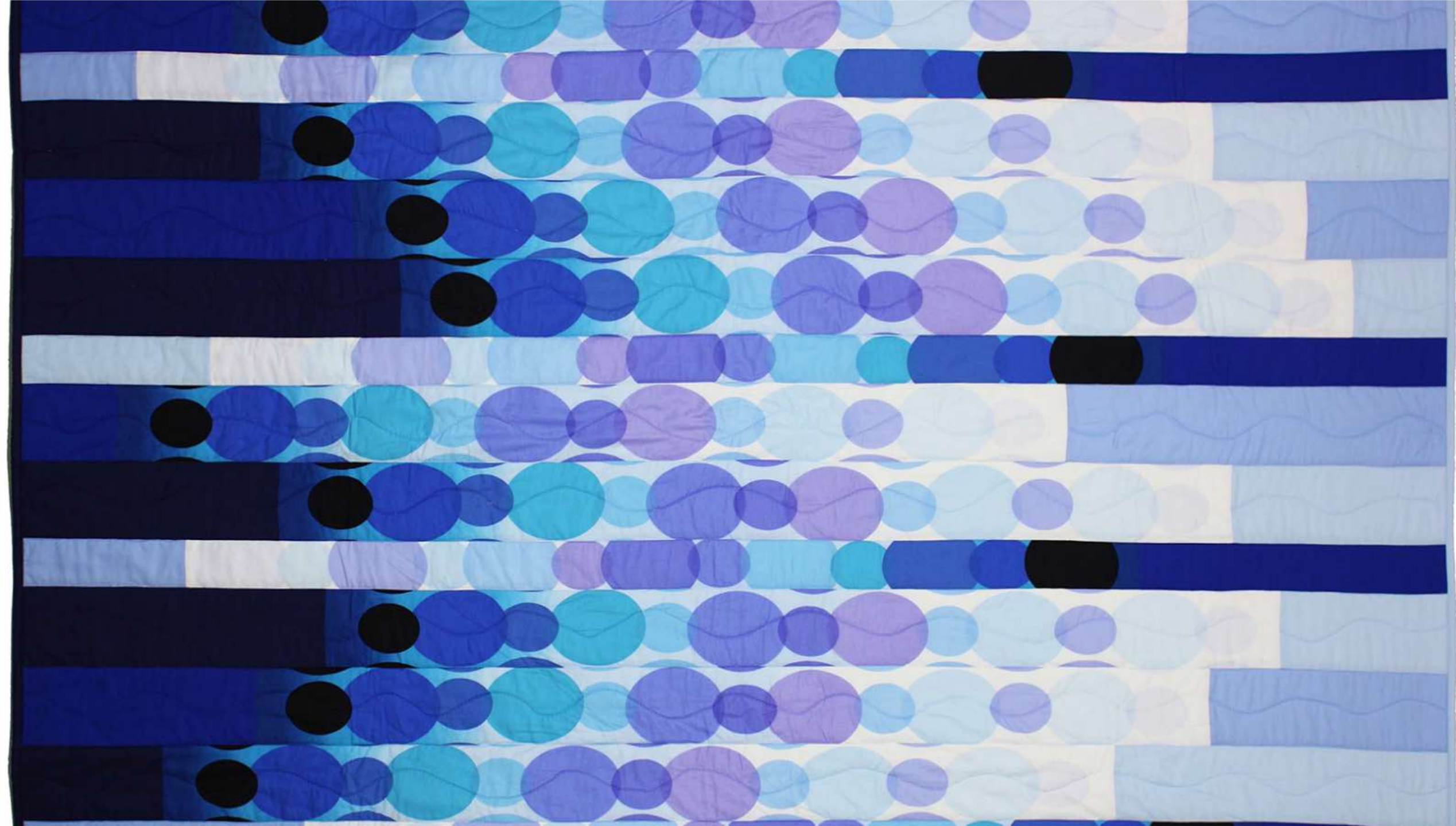




Welcome home
WHERE MEMORIES ARE MADE,
TEARS ARE SHED, LOVE IS FELT
AND REFUGE IS FOUND.
You belong here



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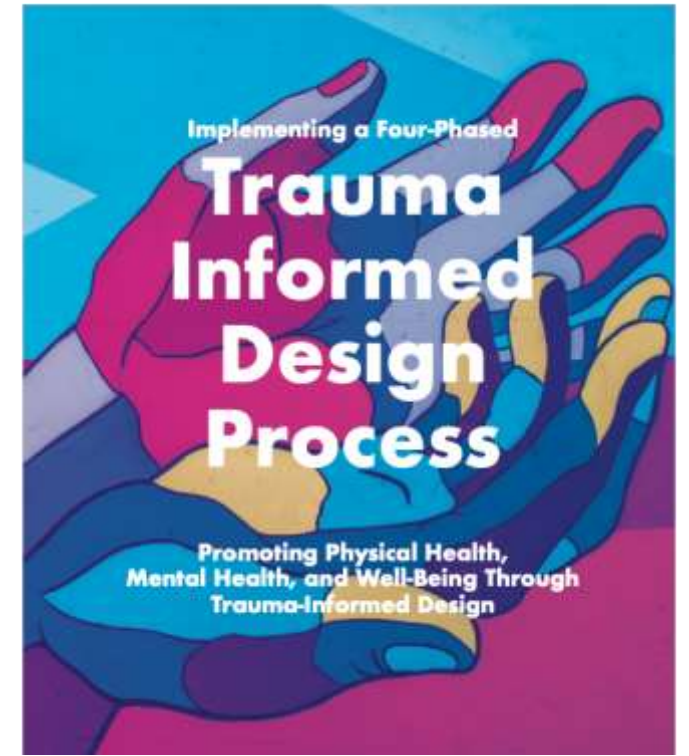
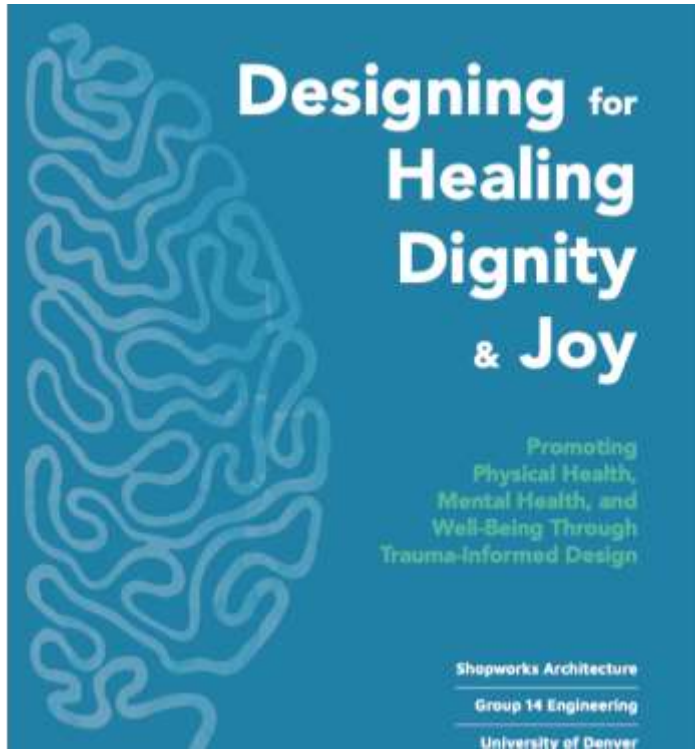






FARRINGTON





Shopworksarc.com/tid