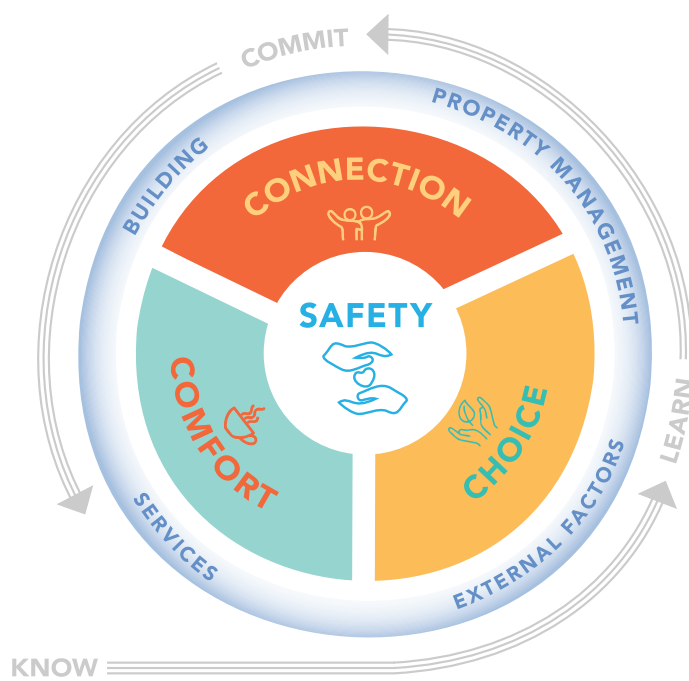


# Our Trauma-Informed Design Work

In 2018, Shopworks Architecture, Group14 Engineering, and the Center for Housing and Homelessness Research at the University of Denver formed a partnership to explore trauma-informed design (TID). **TID describes the creation of secure, connected, healthful physical spaces that are mindful of potentially harmful and ideally restorative design elements.** Today our work centers around the understanding that most people have experiences of trauma, and our buildings must attend to that diversity of experience. TID approaches are directly informed by the principles of trauma-informed care, an evidence-based practice commonly implemented in affordable housing and service settings. Our research team has interviewed over 1,500 end users (largely individuals living in affordable housing, navigating the shelter system, and working in these spaces), leading to the creation and ongoing testing of our Trauma-Informed Design Framework. Additionally, we have developed several open-source materials, including our 4-Phase TID Manual and 3-Part TID Training Series, which can be accessed on our website: [shopworksarc.com/tid](http://shopworksarc.com/tid)



Find additional resources  
at [shopworksarc.com/tid](http://shopworksarc.com/tid)

## Framework

The data we've collected over the last few years has consistently confirmed that **TID IS NOT A ONE-SIZE FITS ALL SOLUTION.** It's not possible to create a comprehensive checklist that meets the unique needs of diverse individuals and communities. Through our conceptual TID framework (pictured below), we sought to identify high-level constructs that broadly inform the TID decision-making process and highlight that TID must be embedded within an intentional design process to be fully and distinctively realized on a project.

At the center of the framework lies **SAFETY**—both real and perceived—as it relates to the physical, psychological, and emotional. Safety serves as the primary value and focus of trauma-informed design, without which it is difficult to imagine experiencing the other attributes. Around safety, **COMFORT**, **CHOICE**, and **CONNECTION** are the additional core principles that directly influence one's experience in the built environment. The quality and extent to which these TID principles are realized is dependent upon the larger context of the building, which includes the **BUILDING** itself, onsite **SERVICES**, **PROPERTY MANAGEMENT**, and, of course, **EXTERNAL FACTORS** such as a global pandemic.

The TID framework is held and guided by an ongoing process we refer to as **KNOW—LEARN—COMMIT**, which describes the responsibility of design professionals to seek understanding of who they are building for, where they are building, and how their personal values and perceptions may impact the decision-making process. This framework embodies a holistic approach to building design that acknowledges the various systems at work and centers the end user's experience and input in the design process.



**SW**  
SHOPWORKS  
ARCHITECTURE

**Group14**  
ENGINEERING

**DU** UNIVERSITY OF  
DENVER

**BRYN MAWR**  
COLLEGE

# Check out our Publications



## Designing for Healing, Dignity, and Joy (v2): Iterating on the Trauma-Informed Design Framework

This paper provides an overview of our research team's work to date with a focus on our Trauma-Informed Design Framework. This is not a checklist—rather, a compass for designing spaces that support the somatic regulation, recovery, and restoration of end users.



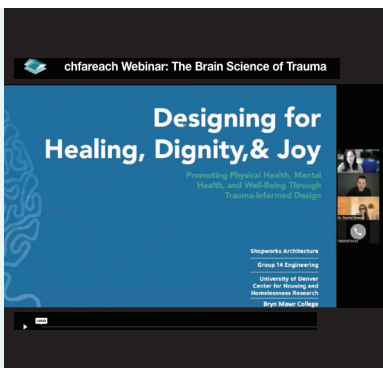
## Trauma-Informed Design Process

This paper provides an overview of our four-phase Trauma-Informed Design Process, summarizing the goals and activities at each phase. Two case studies are included to illustrate how the four phases were implemented on housing developments with unique attributes. Additionally, this paper outlines key learnings resulting from the process on each project.



## Trauma-Informed Design Manual

This step-by-step manual guides housing development teams through the 4-Phase Trauma-Informed Design Process, outlining specific objectives, activities, and additional resource materials for each phase. Detailed questions are provided to support teams carrying out pre- and post-occupancy assessments in housing.



## Trauma-Informed Design Training Series

A four-part training series intended to educate Housing Development Teams (architects, non-profits, developers, property managers, etc.) on trauma, trauma-informed care, biophilia, and our Trauma-Informed Design Framework. The series walks participants through our four-phase TID Process and lessons learned on Shopwork's buildings. The final session provides an overview of a trauma-informed property management approach, developed by our colleagues at POAH (Preservation of Affordable Housing).



## Architectural Principles in the Service of Trauma-Informed Design

This pamphlet focuses on ways to design a building to help regulate the body and support therapeutic approaches. It offers a primer on the body-space-trauma relationship, outlines organizing principles for trauma-informed architecture, provides examples of built work, and showcases narratives that inform amenities that residents and staff may need.

Find these resources and more at [shopworksarc.com/tid](https://shopworksarc.com/tid)