



A Western Approach to Trauma Informed Design: From the Parking Lot to Meeting Spaces

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COLLECTION EDITED BY D. S. Nicholas

COLLECTION

Human-Centered Design
Studies

EDITION

1st edition

MARKET

College/higher education
and Professional and
scholarly

This course reading...

- Connects trauma-informed care with design principles for real-world impact.
- Merges psychology, architecture, and neuroscience for a comprehensive perspective.
- Provides strategies to create environments that support recovery and well-being.
- Ideal for architects, designers, and healthcare professionals.

Can the spaces we inhabit truly help us heal from trauma?

In *A Western Approach to Trauma-Informed Design*, author **Dak Kopec** examines how trauma, resulting from distressing experiences, can leave individuals feeling helpless or threatened by activating the body's stress response. This release of neurochemicals like Adrenaline, Cortisol, and Dopamine disrupts equilibrium for up to four weeks. Our environment, filled with visual, auditory, and tactile stimuli, can trigger or worsen trauma. These stimuli may reactivate stress responses, heightening emotional distress. Trauma-Informed Design works alongside trauma-informed care to create healing environments that reduce triggers and foster recovery.

This book explores human-centered design, making it ideal for architects, designers, healthcare professionals, and mental health practitioners. It offers insights into trauma psychology, neuroscience, and design to support healing and well-being.

Dak Kopec Architectural Psychologist & UNLV Professor, is an award-winning author promoting diversity and equity.

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