

TRAUMA-INFORMED DESIGN CEU OVERVIEW

IDCEC: #CEU-123129
PROVIDER: ARCADIA | ENCORE
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1 CEU-IDCEC CREDIT HOUR

WHAT'S INSIDE

This course offers a thoughtful look at how interior environments can support healing and well-being through the lens of trauma-informed design. Rooted in research and shaped by real-world application, the presentation begins with an overview of trauma—what it is, how it affects the brain and body, and why it matters in the context of the built environment.

Participants will explore the guiding principles of trauma-informed care and how these translate into meaningful design strategies. From material selections and spatial layout to lighting and acoustics, every decision plays a role in fostering a sense of safety, dignity and empowerment. The course concludes with a case study that illustrates how trauma-informed principles come to life in practice, offering clear takeaways for applying this approach across a wide range of environments.



CONTENT OUTLINE

Foundation of Trauma and its Impact - A concise overview of trauma's evolving definition, historical context and the science behind how it affects the brain and behavior. **(10 min)**

Principles of Trauma-Informed Care - Introduces the six core principles that shape trauma-informed thinking—laying the groundwork for how we interact, support, and design. **(10 min)**

From Care to Design - Translates those principles into design practice, showing how thoughtful choices can support safety, empowerment, and well-being. **(15 min)**

Case Study: Rise Early Learning Center - A real-world example of trauma-informed design in action, highlighting how big-picture values show up in the smallest details. **(15 min)**

Summary and Q&A (10 min)