

EVIDENCE-BASED

The Safe and Sound Protocol (SSP) is an evidence-based listening therapy designed to reduce sound sensitivities and improve auditory processing, behavioural state regulation, and social engagement behaviours through filtered music.

POLYVAGAL THEORY

As a practical application of Polyvagal Theory, the SSP acts as a non-invasive, acoustic vagal nerve stimulator, helping to re-tune the nervous system to better support connection, collaboration and resilience.

SPECIALITY MUSIC

The SSP involves listening to specially filtered music through headphones alongside a provider, in-person or remotely.

SAFE AND SOUND PROTOCOL (SSP)

WEBSITE FOR MORE INFORMATION

Stephen Porges and Polyvagal Theory :
<https://www.stephenporges.com>

BENEFITS

Suitable for children and adults, the SSP has demonstrated benefits for individuals with trauma, anxiety, sensory processing differences and more.

PROGRAM HIGHLIGHTS

- Activates the client's social engagement system, helping to accelerate and enhance therapeutic outcomes.
- Supports physiological state regulation, allowing for greater resilience.

PROGRAM HIGHLIGHTS

- Designed to reduce sound sensitivity, and improve auditory processing and behavioural state regulation.

PROGRAM HIGHLIGHTS

- A five-hour auditory intervention developed and patented by Dr. Stephen Porges, author of the Polyvagal Theory

SSP can be used in addition to other forms of counselling or therapies such as EMDR or Somatic Experiencing etc.

Cost:

900
Total Package for 5 sessions

SSP Website:

<https://integratedlistening.com/products/s-sp-safe-sound-protocol/>



Package Includes:

- Intake appointment
- Audio sessions with therapist
- Counselling from a Registered Social Worker during listening sessions
- Access to Unyte App for listening at home.

*You may require more sessions with the SSP facilitator depending on how your nervous system responds.

Contact:

If you are interested in participating in this protocol or want more information, please feel free to email Melissa Beer, BSW RSW @ melissabeer.rsw@gmail.com