

Key Points

- The SSP is a research-based therapy showing significant results in just five days in the following areas:
 - Social and emotional difficulties
 - Auditory sensitivities
 - Anxiety related challenges
 - Trauma related challenges
 - Inattention
 - Stressors that impact social engagement
- Involves one hour of vocal music per day for five consecutive days
- May be implemented by a therapist or self-administered at home with a safe person present.



Safe and Sound Protocol

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What is the SSP?

Emotional and physiological state are critical to how we approach the task at hand. When a person has better state control, they can be more socially engaged and more open to therapy. Better state regulation improves therapeutic outcomes.

This non-invasive five-day intervention was developed by Dr Stephen Porges on the basis of nearly four decades of research on the relationship between the autonomic nervous system and social-emotional processes.

It involves listening to music that has been processed specifically to retune the nervous system to introduce a sense of safety and the ability to socially engage. This allows the person to better interpret human speech and the emotional meaning of language. Once interpersonal interactions improve, spontaneous social behaviors and an enhanced ability to learn, self-regulate and engage are often seen.

How does it work?

The Safe and Sound Protocol is designed to stimulate nervous system regulation by exercising and systematically challenging the auditory system with specifically processed music.

The music trains the auditory pathways by focusing on the frequency envelope of human speech. As a person learns to process these speech-related frequencies, they improve the functioning of two cranial nerves that are important for promoting overall social behaviour. The Facial Nerve helps the person focus on human voice and tune out irrelevant frequencies, whilst the Vagus Nerve enables self-soothing and autonomic regulation.



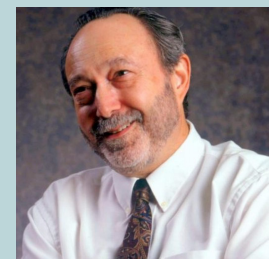
The Intention

The Safe and Sound Protocol is intended primarily to accelerate the effectiveness of other interventions by preparing the client's emotional and physiological state.

Following successful completion of the SSP, individuals should be better able to focus in school, therapy, and everyday life and experience a calmed emotional and physiological state. Skills such as attention, state regulation and the ability to engage socially should be improved.

For more information and to read the research, please visit:

<https://integratedlistening.com/ssp-safe-sound-protocol/>



Dr. Stephen W. Porges