

THE SAFE AND SOUND PROTOCOL (SSP) FOR ADULTS

The Safe & Sound Protocol (SSP) is a practical application of Polyvagal Theory, designed to reduce sound sensitivities and improve auditory processing, behavioral state regulation, and social engagement behaviors through specially-filtered music.

YOUR ROLE

Listen to the SSP as guided by your provider. Keep an open mind and honest conversation with your provider regarding your thoughts, feelings, sensations, and overall experience. Notify your provider of any discomfort during or after listening. Surround yourself with a supportive environment, which may include people, pets, or things that provide a sense of safety.

YOUR PROVIDER'S ROLE

Your SSP Provider will support you throughout your SSP experience. Have a conversation with your Provider prior to starting the SSP to discuss the plan for listening.

