



Safe and Sound Protocol

Your pathway to regulation, connection, and reflection

If you find it difficult to regulate your emotions, engage socially with others, or think clearly and attentively, this program may be for you.

The Safe and Sound Protocol or SSP is a scientifically-founded listening therapy based on the Polyvagal Theory (The Science of Feeling Safe). It makes use of specially-filtered music to help the nervous system get out of fight, flight, or freeze states and into the state of calm and safety. In this state, you can feel, think, and connect with others better.

The SSP is often used alongside other therapies to help enhance outcomes. It can be used to start the therapeutic process or to move ongoing therapy along by helping individuals relax their defenses and become engaged and devoted in therapy.

Who might benefit from SSP?

Adults, teens, and children who struggle with:

- Anxiety
- Emotional Difficulties
- Trauma and PTSD
- Social Difficulties
- Stressors that affect social engagement
- Sleep
- Behavioral Regulation and Resilience
- Inattention and Focus
- Auditory Sensitivities
- Reading and Auditory Processing
- Speech and Language



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The Three Pathways of SSP

The full SSP program consists of three pathways, each including 5-hour music playlists for either children or adults.

- 1 SSP Connect is a gentle, slow introduction to SSP to prepare your system for connection and establish familiarity with the unfiltered music and sounds that you will go deeper with in SSP Core. Starting with Connect before doing Core is helpful for those with trauma, sound sensitivity, and highly dysregulated systems.
- 2 SSP Core is the original 5-hour listening program that consists of specially-filtered music designed to awaken and exercise the nervous system.
- 3 SSP Balance is used after Core to integrate its benefits and maintain a sense of calm and grounding.

- The SSP journey starts with an intake session with a certified SSP provider, who will determine the pathway/s you will take and the length and frequency of the listening sessions.
- The SSP may be conducted through face-to-face or remote delivery



Our program facilitators are qualified professionals who have SSP certification



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