

Benefits of SSP:

Evidence based research indicates individuals may notice improvements in:

- Eye contact
- Facial expressivity
- Self-regulation and resilience
- Memory and learning
- Compassion
- Improved sleep patterns
- Reduced auditory sensitivity
- Improvements with social skill
- Vocal prosody



WHR ALLIED HEALTH

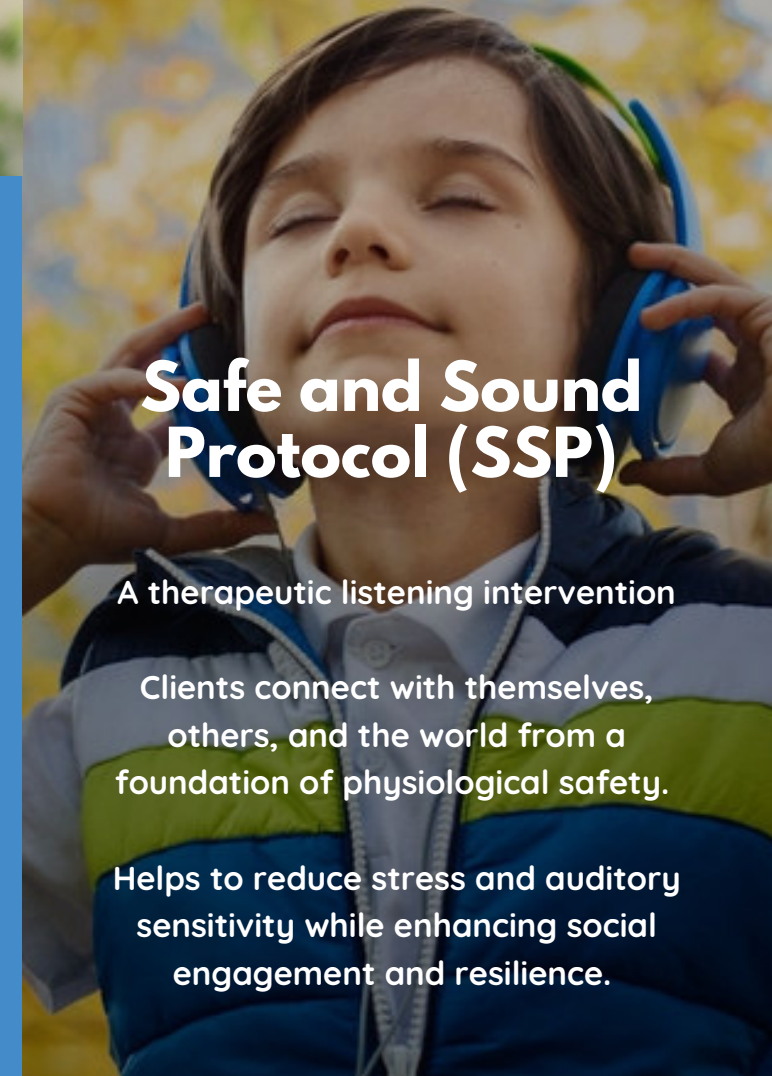
How to access

If you, or someone you are caring for are interested in completing SSP please get in touch

Give us a call at 03 5261 9037
or 0431 556 720

iLS INTEGRATED
LISTENING SYSTEMS

WHR ALLIED HEALTH



Safe and Sound Protocol (SSP)

A therapeutic listening intervention

Clients connect with themselves, others, and the world from a foundation of physiological safety.

Helps to reduce stress and auditory sensitivity while enhancing social engagement and resilience.

What is SSP?

- **SSP is based on Dr. Porges' Polyvagal Theory. This theory focuses on what is happening in the body and the nervous system and explains how our sense of safety, danger, or threat can impact our behaviour.**
- **The SSP uses filtered music to stimulate the Vagus nerve through listening. It provides cues of safety to help shift the nervous system into our Ventral Vagal state and to consistently feel safe and calm.**
- **The SSP is designed to prime the nervous system. It helps the nervous system to better receive, process, and respond to the cues and signals from the world around us.**
- **By building these foundational systems, clients are then better able to engage socially and complete higher executive functional skills.**

Who may benefit from the SSP?

SSP can be beneficial for those who may experience:

- **Social and emotional difficulties**
- **Auditory and other sensory sensitivities**
- **Auditory processing difficulties**
- **Anxiety and trauma related challenges**
- **Inattention**
- **Reactivity**
- **Difficulties in regulating physiological and emotional state**
- **Depression**
- **Difficulty sleeping**
- **Low resilience**

How is SSP delivered?

- **Typically, over 5 consecutive days for 1 hour of listening each day**
- **Whilst completing quiet, relaxing activities. It is important that the nervous system is allowed to stay in a state of "Rest and Digest" and not become overstimulated. No talking is encouraged to allow the client to focus on listening.**
- **Via MP3 listening device, using over the ear headphones.**
- **A person of safety (often a care giver/parent) is in attendance while the listener is completing their listening. This helps provide cues of safety to the listener.**