

## **Safe and Sound Protocol (SSP)**

### **Informed Consent - Adult**

#### **INTRODUCTION and BENEFITS**

The Safe and Sound Protocol (SSP) is a result of Dr. Stephen Porges' decades of research on the relationship between the autonomic nervous system, auditory sensitivities and emotional processes. The SSP is a sound based therapy that reduces stress and enhances social engagement and resiliency by providing cues of safety via specifically filtered music. Clients report feeling more at ease, which positively affects a host of physical, mental, and emotional states. You can learn more about the SSP and its specific benefits by visiting the official Unyte/SSP website here: <https://www.whatisthessp.com/>.

#### **WHAT IS INVOLVED?**

The SSP is three 5 hour protocols (Connect, Balance, and Core), and is delivered via an electronic app. You will need a set of over-the-ear headphones (non noise-cancelling) through which to listen. You can choose to be seated or to lie down while listening; engaging in light activities such as drawing, doing puzzles, etc. is also fine. As the purpose of the SSP is to support your feeling safe, you are encouraged to use any items that will make your experience more comfortable (pillows, blankets, etc.).

The SSP is quite potent, and I offer different listening packages: a 30 day Self-Guided option and a 120 day Private Course option. Each package begins with a 90 minute session where we discuss how your nervous system currently responds to stressors and practice some listening together. In the 120 day package, we will also learn and practice some regulation tools, and set goals and a listening schedule. You will then follow the listening schedule at home, providing regular feedback so that we may adjust the schedule to fully support feelings of safety.

A Group Listening package option is also available, currently via a trusted colleague's website. All package costs and their included elements are available on my website (<https://www.bodhisattvabodywork.com/trauma-treatment-therapist/safe-and-sound-protocol-ssp>).

#### **RISKS**

It can be helpful to think of the SSP as a medication, and each listening session as a dose of that medication. As your nervous system responds, you may experience digestive changes, increased strong emotions, more auditory sensitivity, and other physical and emotional side effects. As I receive your feedback, we will adjust your listening schedule to minimize any discomfort.

*The SSP may be considered a Somatic Intensive.* It's best to select a time period which avoids extra external stressors (traumatic anniversaries, beginning a new job, etc.), and to keep unnecessary activities and stress to a minimum during treatment. It is quite common to feel physically tired during and after the listening sessions, so getting adequate rest and practicing additional self-care is very helpful.

There may be other risks that I cannot predict. If you experience any adverse effects, please contact me immediately so that I can offer support.

## **YOUR RIGHTS**

Participation in this intervention is voluntary. You have the right to end your participation at any time, but no refunds will be made.

Your confidentiality rights are the same as in a counseling relationship. You have a right to and will receive complete confidentiality. Disclosures will only be made in the case of reported child or elder abuse, planned harm to self or others, or if ordered by a court of law.

## **RESPONSIBILITIES**

The SSP is not a stand-alone intervention and is recommended to be used in conjunction with other physical and/or psychotherapies. A safe home environment and access to a support system are necessary, and you should have a baseline level of comfort in feeling sensations and emotions in your body. The SSP is not appropriate for any of the following: suicidal ideation, bipolar disorder, concussions, severe eating disorders, or depression.

Because of the potency of the SSP, it is very important that you select the appropriate package. Those with sensitive nervous systems, those new to somatic work, and/or those who prefer more guidance during the process should select the 120 day Private Course package. Those who already possess extensive somatic education, experience, and resources may be comfortable with the 30 day Self-Guided package.

As a certified SSP Provider, and as a SSP client myself, I have learned the value of moving at an appropriate pace. Depending on your trauma history, your listening “dose” may only be a few minutes at a time, with days between listening sessions. *It is very likely that the complete fifteen hours of the SSP will not be accessed during your initial package subscription; you will still be receiving the many benefits.* Less is truly More.

**I understand the risks and benefits associated with the Safe and Sound Protocol (SSP) and agree to participate according to the outline given above.**

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Client Signature and Date

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Therapist Signature and Date