



GRACE COUNSELING, INC.

*Rooted in Truth. Guided by Grace.*

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

A 4-Month Nervous System Regulation Coaching Experience

The Safe & Sound Protocol is a structured, neuroscience-based listening intervention designed to gently support vagus nerve regulation. Through guided pacing, personalized monitoring, and professional oversight, this program supports emotional regulation, reduced anxiety, and increased capacity for connection.

### **What's Included**

- 45-Minute Intake & Nervous System Assessment
- Guided First 5 Minutes of Listening Together
- Personalized Listening & Pacing Plan
- Two 30-Minute Coaching Sessions Per Month (8 Total)
- Email Support (Mon–Fri, 24–48 Hour Response)
- Full Access to the 5-Hour SSP Core Program
- Ongoing Regulation Monitoring & Adjustments

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Program Length: 4 Months

### **Call for Pricing Information**

Additional months may be added if continued support is desired. Extension fees will be discussed at that time.

This is a coaching program and not psychotherapy. SSP is not a substitute for medical or mental health treatment. Participants are screened for appropriateness, and medical clearance may be required.

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