

The Safe and Sound Protocol

Think, feel, and connect better through nervous system regulation.



The Safe and Sound Protocol (SSP) is a powerful listening therapy designed to help regulate the nervous system, so you can better connect with yourself, others and the world around you.

Humans need social connection.

Subconsciously, your nervous system is always looking for cues of safety from other people through things like body language, facial expression or tone of voice.

But if you have a harder time interpreting these cues of safety due to past experiences or the way you take in information, your brain and body can misinterpret these cues, limiting your ability to connect in a meaningful way.

How does the SSP work?

Through the specially filtered music, the SSP sends cues of safety to your nervous system, building the foundation for awareness, embodiment and resilience.



Benefits of nervous system regulation



Improved response to stress

When our nervous system is regulated, it's easier to sleep, eat, digest, concentrate, communicate, and participate in meaningful relationships with others. We can better *respond* to difficult situations and move past them instead of *reacting* and getting “stuck” in them.



Better emotional regulation and resilience

Become attuned to and more in control of emotions, so you can move through temporary setbacks with more flexibility and ease.



More social connection and deeper relationships

By activating the part of your brain that allows us to be more social, affectionate and connected, the SSP can help shift you into a state where you are more comfortable and at ease engaging with others, leading to deeper and more meaningful relationships.

Works alongside you, wherever you are on your healing journey.



Supports many symptoms and conditions

The SSP may be helpful in reducing symptoms and supporting overall health and resiliency for people seeking support for:

- Depression and anxiety
- Neurodevelopmental differences, such as autism, hyperactivity and attention
- Learning difficulties
- Sensory processing differences
- Trauma history
- And more



Listen from almost anywhere

You can listen to the music of SSP either in person with your certified provider or remotely from the comfort of your own home, allowing for flexibility and ease. Your provider will collaborate with you on a listening plan that works for you.



Works with other therapies

It can also be combined with and is supportive of other therapies

"[After the Safe and Sound Protocol], I feel like I could finally connect with myself, recognize and accept who I actually am, and all of a sudden know what my needs are."

— Client, 30, who presented with hypersensitivity and anxiety

What to expect from your experience



Your Role

As the listener, all that is required of you during a session is to simply listen to the music and to let your provider know of feelings or sensations, whether emotional or physical, that may arise.

Your provider may also have you engage in light activity during your listening sessions, such as stretches, breathing exercises, or drawing. Be sure to stay in close communication with your provider, so they can adjust your listening plan to suit your needs.



Your Provider's Role

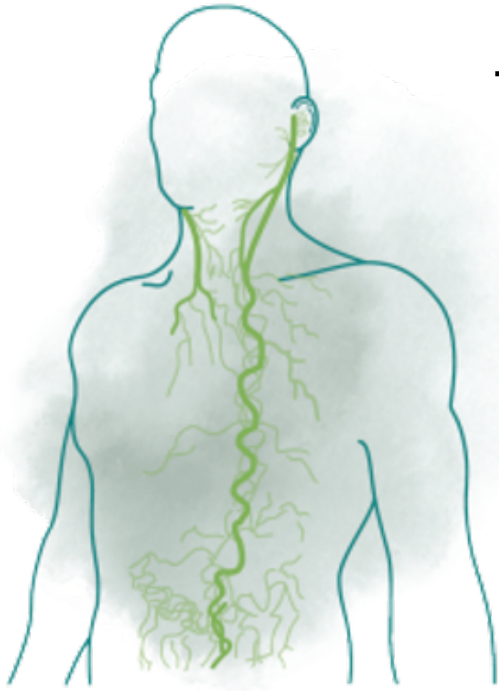
Your certified provider will be your guide along your SSP journey. They are trained to make sure that you are ready even before you start listening to the music, and will recommend an individualized listening plan for you. They will provide education, answer all your questions and prepare you for all that you may experience once you begin.

During the listening, they will monitor your progress and make sure you are not completing the program too quickly or too slowly. They will support and work with you to find the right pace and conditions for the optimal listening experience for you.

Discover the science behind the Safe and Sound Protocol

The Safe and Sound Protocol (SSP) was designed by Dr. Stephen Porges based on decades of research that is now known as the Polyvagal Theory.

To understand the science behind the SSP, it can help to first understand our own body and the nervous system.



The Autonomic Nervous System

Our involuntary bodily functions, such as breathing, heart rate, and digestion, are regulated by the autonomic nervous system, which has two parts that work together to help us ebb and flow through life: the sympathetic and parasympathetic nervous systems.



Parasympathetic Nervous System

The parasympathetic nervous system is classically called the "rest-and-digest" state, which helps us heal, recover and conserve energy when we feel safe.

(Keep in mind that your "fight-or-flight" state and your "rest-and-digest" state may look different from someone else's.)



Sympathetic Nervous System

You can think of the sympathetic nervous system as a mobilization system that would support our "fight-or-flight" responses.

It functions like a gas pedal, mobilizing internal resources in response to danger. When this happens, you might feel an increase in your heart rate, fast and shallow breathing, tension in your neck and shoulders, and anxiousness.

Your autonomic nervous system is always asking the question, "Am I safe?"

But what if it's tuned to feel unsafe?

According to Polyvagal Theory, the autonomic nervous system is the foundation of our well-being.

Through Dr. Porges' Polyvagal Theory, we now understand that the vagus nerve — an essential component of the parasympathetic nervous system — has two structural pathways with different functions.



Stephen W. Porges, Ph.D., is the author of the Polyvagal Theory and creator of the Safe and Sound Protocol. He is Distinguished University Scientist at Indiana University, where he is the founding director of the Traumatic Stress Research Consortium, as well as Professor of Psychiatry at the University of North Carolina, and Professor Emeritus at the University of Illinois at Chicago and the University of Maryland.

He served as president of the Society for Psychophysiological Research and the Federation of Associations in Behavioral & Brain Sciences and is a former recipient of a National Institute of Mental Health Research Scientist Development Award.



When we don't feel safe

When we don't feel safe, our autonomic nervous system responds by taking action. In this state, you might notice anxiety, fast breathing, and feeling hot or quick to anger.

If the feeling that we are not safe does not go away, another branch of the parasympathetic nervous system will shut us down. In this state, you might notice extreme fatigue, difficulty with digestion or feelings of depression. This is our body doing its best to conserve our resources to keep us alive.

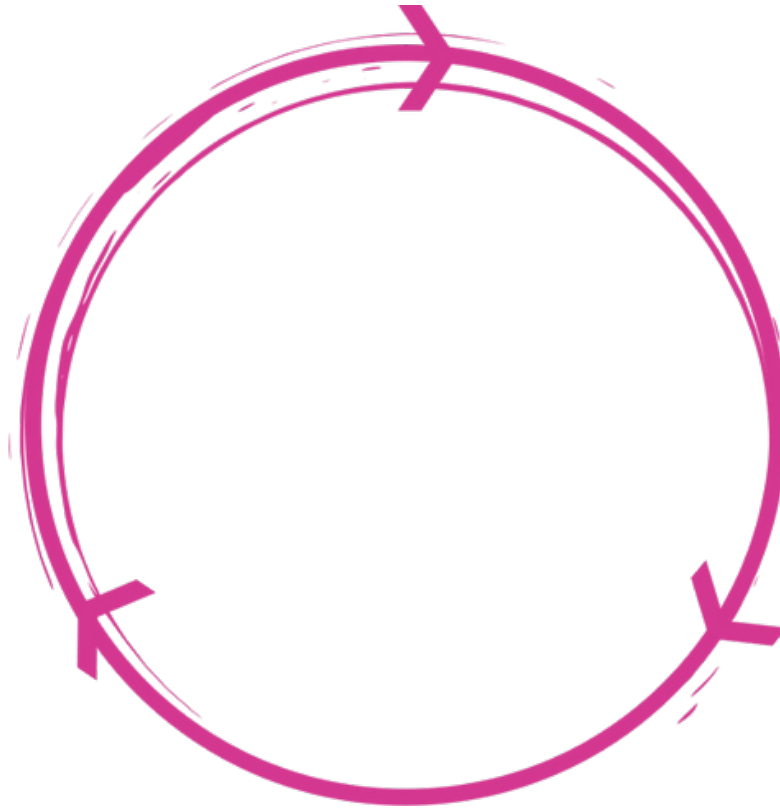


When we feel safe

When we feel safe, one branch of the parasympathetic nervous system supports our ability to connect socially with others, to better access our higher brain functions and to have balanced, efficient and healthy bodily systems. In what Polyvagal Theory calls the "Social Engagement State," we feel calm, connected and more resilient to life's challenges.

The autonomic nervous system is constantly taking in and responding to cues from other people, our environment, and even inside our bodies, that tell us if we are safe. The more often our nervous system feels unsafe, the easier it is to get stuck.

So, what could it look like to "get stuck?"



Autonomic Feedback Loop

1

Cues from other people, the environment, and from inside your body tell your nervous system it is not safe.

2

Your nervous system mobilizes ("fight or flight") or shuts down in response.

3

Because your nervous system feels unsafe, it becomes harder to "tune in" to cues of safety.

What does dysregulation look like?

The autonomic nervous system regulates many of our essential bodily functions. When the autonomic nervous system is challenged to access a "safe" state, you may notice one or more of the following symptoms:



Difficulty with digestion, eating or swallowing



Difficulty with falling and staying asleep, or sleeping too much



Rapid or shallow breathing, changes in heart rate and blood pressure



Challenges connecting with other people, feelings of isolation or loneliness, and anxiety



Trouble with concentrating, mental clarity, or creativity

This is where the Safe and Sound Protocol comes in.

When you listen to the SSP, the music is working to interrupt this feedback loop, redirecting it with cues of safety to help regulate your nervous system.

Through nervous system regulation, you are then better equipped and more ready to respond more effectively to life's challenges, access higher learning and cognition, and build positive social relationships.

Over 100,000 Helped

Used in 70+ countries, those who've gone through the SSP report improvement and support with anxiety and other conditions.

In-Person or Virtual Listening

The option for delivery in-person, remote or a hybrid mix offers flexibility to make the SSP work around you.

Safe and Effective for All Ages

Works with Other Therapies

The SSP acts passively on the autonomic nervous system, meaning that beyond listening, you do not have to “do” anything to experience the benefits.

Backed by Real World Evidence

Research showing the positive impact of the Safe and Sound Protocol has been published in peer-reviewed academic journals including the Harvard Review of Psychiatry, Frontiers, and more.

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This information is regarding general health and wellness, and is not intended to provide medical advice. The Safe and Sound Protocol (SSP) is not an FDA-approved therapy or treatment. The FDA has not reviewed these statements or claims. We encourage you to consult with your medical provider regarding recovery from health conditions.

**For more information or to book your Safe and Sound Program,
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