

## Why Nervous System Regulation is Essential for Our Well-being

The autonomic nervous system regulates essential bodily functions. When we feel in danger, this system kicks in to protect us by engaging what are commonly known as the “fight/flight” or “freeze” responses.

You may be able to identify when your autonomic nervous system is in a defensive state if you notice difficulties with:

- |   |   |
|---|---|
|  Breathing      |  Digestion         |
|  Sleep          |  Concentration     |
|  Mental clarity |  Social connection |

## Benefits of Nervous System Regulation

### Improved response to stress.

Better *respond* to difficult situations and move past them instead of *reacting* and getting “stuck” in them.

### Ability to access higher learning and cognition.

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 the 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.

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*“[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.”*

*“I truly believe that the **SSP resets the nervous system**, and has my son feeling safe rather than being in constant fight or flight.”*

*“I am extremely thankful for the **SSP** and the reduction in depression, anxiety, and intrusive thoughts it has given me. I am able to enjoy life again and experience calmness. I have motivation to change my lifestyle, and I’m even optimistic about the future.”*

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Scan the QR code to learn more about the science of the SSP, or visit [WhatIsTheSSP.com](https://www.WhatIsTheSSP.com).



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.

\*Learn more and see full results at [integratedlistening.com/resources/real-world-evidence](https://integratedlistening.com/resources/real-world-evidence)



# Safe and Sound Protocol (SSP)

Think, feel and connect better through nervous system regulation.





## Five hours of music. Long-lasting impact.

The Safe and Sound Protocol (SSP) is a powerful and innovative listening therapy designed to reduce hearing sensitivity and help regulate the autonomic nervous system.

This process helps build the foundation for awareness, embodiment and resilience.

**Beyond listening, you do not have to “do” anything to experience the benefits of the SSP.**

### How It Works

The music of the SSP has been specially filtered to highlight frequencies of sound that typically make us feel safe.

These types of frequencies can be found in everyday sounds, such as:

-  **Talking, laughter**
-  **Water flowing**
-  **Musical instruments**
-  **Wind, leaves rustling**

Some people’s nervous systems have a harder time interpreting safety on their own. This can include (but is not limited to) individuals who:

- Have experienced difficult life events
- Live with an illness or injury
- Have sensory, learning or developmental differences

**The SSP helps restore this ability by sending “cues of safety” directly to the nervous system, so you can feel more calm, engaged and balanced.**

### Safe and Effective for All Ages and Families

The SSP has helped over 100,000 children, adolescents and adults in more than 70 countries worldwide.

Uniquely, many families experience the SSP together and in support of one another.

### Supports Many Symptoms and Conditions

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

- Trauma history
- Depression and anxiety
- Autism, hyperactivity and attention
- Chronic pain
- Chronic health conditions
- Sensory and auditory processing
- And more



### Backed by Decades of Research

The SSP’s effectiveness has been proven in a wide range of clinical studies, including clinical trials involving children and adults with autism.

Real-world evidence has also shown significant improvements in the following areas after the SSP:\*

**85%** of clients with anxiety symptoms reported improvement post-SSP

**81%** of clients with depression symptoms reported improvement post-SSP

**87%** of clients with trauma-related symptoms reported improvement post-SSP

**84%** of clients experiencing challenges with psychosocial functioning reported improvement post-SSP

### Works with Other Therapies

The SSP can be combined with and is supportive of other therapies that you may already be engaged in, such as:

- Occupational, physical and speech therapy; play therapy; and sensory integration therapy
- Mental health and trauma therapies, such as EMDR, Somatic Experiencing, and Internal Family Systems (IFS)
- Talk therapy (CBT, DBT, MCBT, etc.)
- Body work, yoga and other somatic approaches

### Multiple Playlists to Choose From

Genres include popular, classical instrumental, and ambient music, offering both vocal and non-vocal, trauma-sensitive options. The playlists are suitable for all ages.

### Listen From Almost Anywhere

You can listen to the music of the 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 meets your needs.

The SSP is a therapist-led listening therapy. Speak to your provider to see whether the SSP may be an option for you in your healing journey.

### Your SSP Provider’s Contact Information:

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