

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 autonomic nervous system.

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

The music of the SSP is unlike any other.

Each track has been filtered through a patented algorithm that highlights specific sound frequencies that are similar to the human voice.

As you listen to the SSP, these highlighted frequencies send cues of safety to retune your nervous system, which can help you feel more settled, engaged and balanced.



Over 100,000 Helped

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



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

Suitable for children, adults and families, with multiple playlist options to choose from, including classical and popular music.

Ask your provider about the Safe and Sound Protocol, or visit [WhatistheSSP.com](https://www.WhatistheSSP.com) for more information.



Are you stuck in survival mode?

Your nervous system may be dysregulated.

Do you ever feel...



Challenges connecting with others, loneliness, and anxiety



Trouble with concentrating, mental clarity, or creativity



Difficulty falling and staying asleep, or sleeping too much



Difficulty with digestion, eating or swallowing



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

Now, imagine if you could feel...



Better able to respond to stress

Respond to difficult situations and move past them, instead of *reacting* and getting “stuck.”



More emotional regulation

Be more in control of emotions, and move through temporary setbacks with more ease.



More social connection and deeper relationships

Engage with others more comfortably, and create deeper, more meaningful relationships.

Regulate your nervous system with listening therapy.

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

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



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