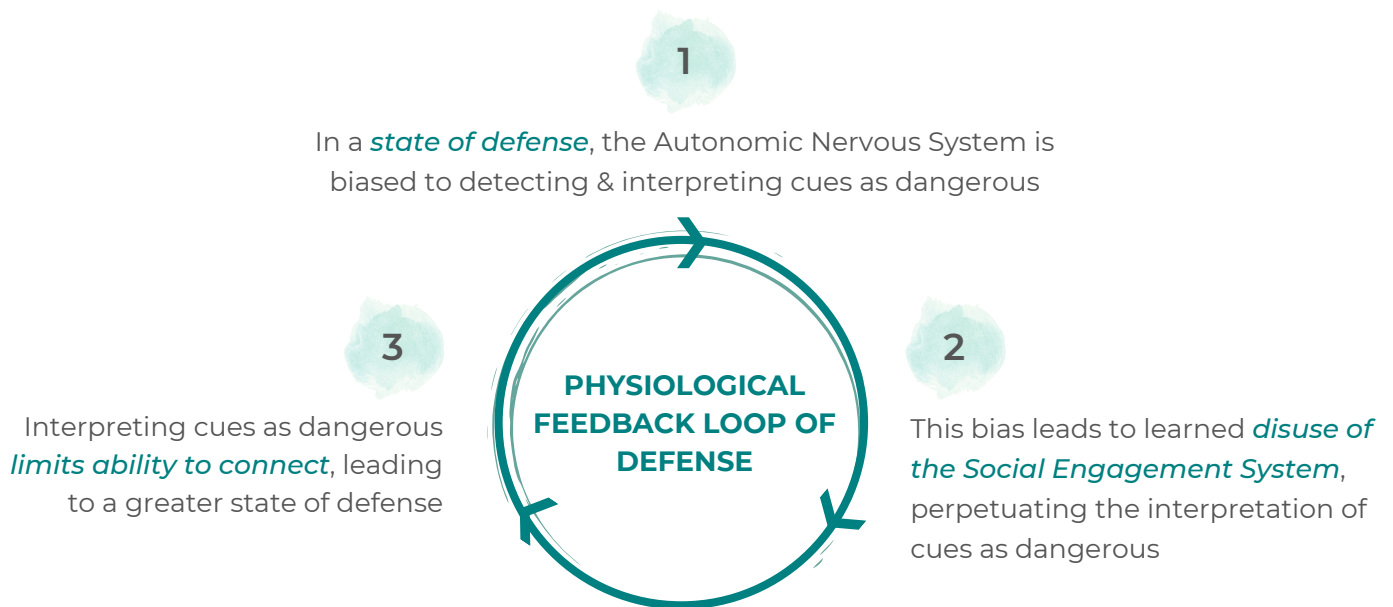


## THE SCIENCE OF SAFETY:

# The Foundation of the Safe and Sound Protocol

According to Polyvagal Theory, the nervous system is the foundation of wellness. If clients aren't progressing, it may be because their nervous system is in chronic defense. However, we cannot think our way to safety — we must start from the bottom-up.



**The Safe and Sound Protocol interrupts and redirects this feedback loop with cues of safety.**

### **The Safe and Sound Protocol is an acoustic vagal nerve simulator.**

The SSP *interrupts* chronic states of nervous system defense by stimulating the neural networks associated with listening.

The SSP uses *algorithmically filtered music focused on the frequency range of the human voice* that alters the way sounds are interpreted.

This ushers the nervous system out of a defensive (fight, flight or freeze) state and into a *socially engaged (ventral vagal) state*.

# How the SSP Works

Help your clients connect with themselves, others and the world from a foundation of physiological safety.

1

Engage the ventral vagal complex through the neural network associated with listening.



2

Shift the nervous system into safety using the SSP's algorithmically filtered music.

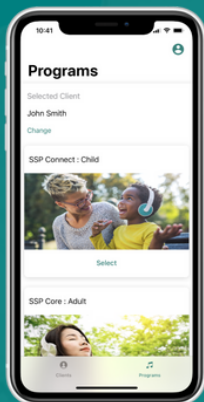


3

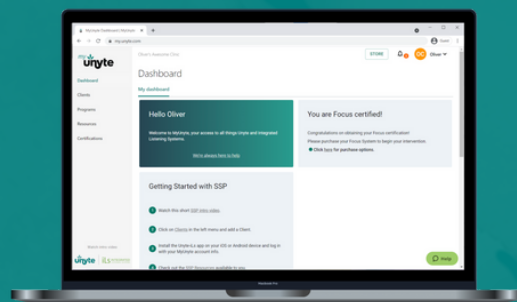
Administer therapy to a physiologically and psychologically available client.



## HOW THE SSP IS DELIVERED



The client experiences the SSP through over-the-ear headphones in-clinic or remotely, connected via the Unyte-iLS app.



The clinician manages client access, tracks listening and accesses resources on the MyUnyte Platform.

# Efficacy of the SSP

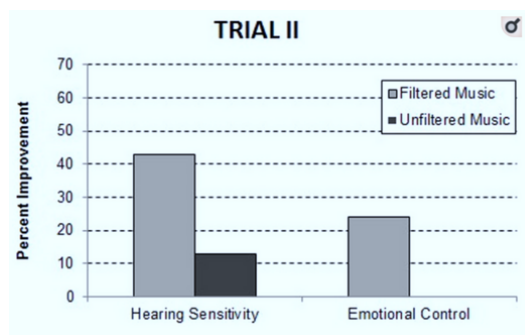
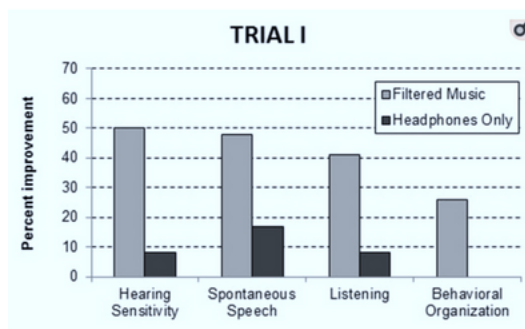
The SSP is supported by a strong and growing base of clinical evidence.

## CLINICAL TRIALS

Two sequential randomized controlled trials showed significant improvements in autonomic nervous system regulation, including:

- Increased auditory processing
- Reduced auditory sensitivity
- Improved emotional control
- Vagal regulation of the heart

Source: Porges, et al (2014). Reducing auditory hypersensitivities in autistic spectrum disorder: preliminary findings evaluation the listening project protocol (SSP). *Frontiers in Pediatrics*, 2(30), 1-10. <http://doi.org/10.3389/fped.2014.00080>



## RESEARCH IN DEVELOPMENT



Jacek Kolacz, PhD, with Spencer Psychology

- Adults with trauma in an outpatient, mental health setting



Dr. Katja Kovacic, Children's Hospital of Wisconsin

- Adolescents with Ehler Danlos Syndrome: GI, pain, and autonomic dysregulation



Steve Toll, ComForCare

- Older adults with Parkinson's Disease addressing facial affect, vocal prosody



Les Aria, PhD with SpineZone

- Adults with chronic back pain



Dr. Gunter Frank, Olympic Center Heidelberg, Germany

- Olympic athletes, measuring cortisol, HRV and muscle tension

# Impact on Clinical Practice

Therapy is more effective when a client is settled on a foundation of safety. The Safe and Sound Protocol helps cultivate that safety from the bottom-up.



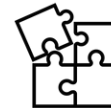
Providers report the SSP “opens up” their clients and relaxes their defenses, improving accessibility.

As a result, clients often experience quicker progress, becoming more engaged and devoted in therapy.



Ultimately, the SSP helps to accelerate results and improve therapeutic outcomes.

Once integrated, the SSP often becomes an essential piece of a clinical approach.



3,500+  
trained  
clinicians

2,700+  
active  
clinicians

300,000+  
listening  
sessions

“[The SSP] has allowed me to work with clients, children and adults, through a very short period of time and *achieve results that normally would take me six months* or more in a regular therapeutic process.

I see *trust*, I see *connection*, I see *safety* being kindled at a level that the therapeutic process can flow without barriers.”

— Ana do Valle, OTR, SEP —



Unyte-iLS' mission is to guide every person to train their nervous systems to be more aware, regulated and resilient. We create evidence-based nervous system solutions that help clinicians transform the lives of their clients. Our solutions regulate the nervous system from the bottom-up, informed by Polyvagal Theory.

Learn more about our offerings at [integratedlistening.com](https://integratedlistening.com)