



Safe and Sound Protocol

How can we help the nervous system get out of a defensive (fight, flight or freeze) state and into a socially engaged (ventral vagal) state? The SSP music can do that.

What is the SSP?

The Safe and Sound Protocol (SSP) is a listening therapy designed to help regulate the nervous system. The music of the SSP is unlike any other. Each track has been filtered through a patented algorithm highlighting specific sound frequencies similar to the human voice. As one listens to the music of the SSP, the highlighted frequencies send cues of safety to retune the nervous system.

The Science

The Safe and Sound Protocol (SSP) was designed by Dr. Stephen Porges based on research known as the Polyvagal Theory. According to Polyvagal Theory, the autonomic nervous system (ANS) is the foundation of our well-being. The ANS is always asking the question, "Am I safe?" The ANS 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. This is where the Safe and Sound Protocol comes in. The SSP music works to interrupt this feedback loop, redirecting it with cues of safety to help regulate your nervous system.

The Process

The SSP involves listening to five hours of specially filtered music through headphones independently or alongside a provider, in-person or remotely. Suitable for all ages, the SSP has demonstrated benefits for individuals with trauma, anxiety, sensory processing differences, and more.

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.

For More Information on the Safe and Sound Protocol (SSP) Contact:

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