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What is the Safe and Sound Protocol (SSP)?

- ▶ The SSP is a research-based therapy showing significant results in just five days in the following areas:
 - ▶ Social and emotional difficulties
 - ▶ Auditory sensitivities
 - ▶ Trauma-related challenges
 - ▶ Inattention
 - ▶ Emotional dysregulation (depression, anxiety, anger)
 - ▶ Stressors that impact social engagement
- ▶ It is an auditory intervention designed to help people learn to attain a grounded state where they feel safe, connected, calm and social.
- ▶ Has been effective with children, adolescents, and adults of all ages.

How does it work?

- ▶ Based on Dr. Porges' Polyvagal Theory, the program is derived from nearly four decades of research on the relationship between the autonomic nervous system and social-emotional processes.
- ▶ It is designed to stimulate nervous system regulation by exercising and systematically challenging the auditory system (i.e., exercise the middle ear muscles and connected cranial and vagus nerve) with a proprietary algorithm of processed music.



What are the Benefits?

- ▶ Following successful completion of the intervention, individuals have experienced a calmed emotional and physiological state.
- ▶ Studies indicate that skills such as attention, state regulation, and the ability to engage socially will be enhanced.
- ▶ Couples can shift their autonomic state responses in their experiences with each other. Similar shifts have been demonstrated between parents and children.
- ▶ Evidence suggests the SSP will increase engagement, and thus outcomes, of other therapeutic interventions.
- ▶ Participants have reported improvements in physiological conditions such as migraines, chronic fatigue, gastrointestinal irregularities, and chronic pain now understood to be linked to trauma.

How is it conducted?

- ▶ Listening sessions are completed in a series of time-based segments that may be consecutive days or spaced to match your current state of autonomic functioning.
- ▶ Total listening time is 5 hours.
- ▶ While listening to the auditory system through headphones, the client may participate in calm, quiet individual or socially engaged activities.
- ▶ Client is coached to build interoception and awareness of neuroception during session, as well as integration of cognition, emotion, and felt state.
- ▶ SSP is offered as part of a Therapy Enhancement service for clients working with other providers in complementary treatment modalities. The SSP and trauma-informed experiential exercises are completed in a base progression of seven sessions.

For more technical information, visit:
<https://integratedlistening.com/ssp-safe-sound-protocol/>

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