

## **Safe and Sound Protocol (SSP) Informed Consent - Adult**

### **INTRODUCTION and BENEFITS**

The Safe and Sound Protocol (SSP) is a result of Dr. Stephen Porges' decades of research on the relationship between the autonomic nervous system, auditory sensitivities and emotional processes. The SSP is a sound based therapy that reduces stress and enhances social engagement and resiliency by providing cues of safety via specifically filtered music. Clients report feeling more at ease, which positively affects a host of physical, mental, and emotional states. You can learn more about the SSP and its specific benefits by visiting the official Unyte/SSP website here: <https://www.whatisthessp.com/>.

### **WHAT IS INVOLVED?**

The SSP is three 5 hour protocols (Connect, Balance, and Core), and is delivered via an electronic app. You will need a set of over-the-ear headphones (non noise cancelling) through which to listen. You can choose to be seated or to lie down while listening; engaging in light activities such as drawing, doing puzzles, etc. is also fine. As the purpose of the SSP is to support your feeling safe, you are encouraged to use any items that will make your experience more comfortable (pillows, blankets, etc.).

*I offer the SSP as a 90 day listening package.* The SSP is quite potent. To begin, we will have a 90 minute intake session where we discover how your nervous system currently responds to stressors, learn some regulation tools, set goals and a listening schedule, and practice some listening together. You will then follow the listening schedule at home, providing regular feedback so that we may adjust the schedule to fully support feelings of safety.

The package cost is available on my website (<https://www.bodhisattvabodywork.com/trauma-treatment-therapist/safe-and-sound-protocol-ssp>). It includes one 90 minute intake, education, and listening session; a secure end-to-end encrypted account with access to your Personal SSP Dashboard; SSP Connect, Core, and Balance app access for 90 days; all practitioner remote monitoring; email support; two 15 minute Zoom consultations to answer questions and assess progress; and a post treatment 30 minute follow-up appointment.

Clients who purchase the SSP package may include monitored listening as part of their paid in-office sessions at no additional charge.

### **RISKS**

It can be helpful to think of the SSP as a medication, and each listening session as a dose of that medication. As your nervous system responds, you may experience digestive changes, increased strong emotions, more auditory sensitivity, and other physical and

emotional side effects. As I receive your feedback, we will adjust your listening schedule to minimize any discomfort.

*The SSP may be considered a Somatic Intensive.* It's best to select a time period which avoids extra external stressors (traumatic anniversaries, beginning a new job, etc.), and to keep unnecessary activities and stress to a minimum during treatment. It is quite common to feel physically tired during and after the listening sessions, so getting adequate rest and practicing additional self-care is very helpful.

There may be other risks that I cannot predict. If you experience any adverse effects, please contact me immediately so that I can offer support.

### **YOUR RIGHTS**

Participation in this intervention is voluntary. You have the right to end your participation at any time, but no refunds will be made.

Your confidentiality rights are the same as in a counseling relationship. You have a right to and will receive complete confidentiality. Disclosures will only be made in the case of reported child or elder abuse, planned harm to self or others, or if ordered by a court of law.

### **RESPONSIBILITIES**

Because of the potency of the SSP, it is very important that you follow the listening schedule we establish together. Depending on your trauma history, your listening sessions may only be a few minutes at a time, with days between listening sessions. We will discuss your reactions during our check-ins, and make adjustments as needed.

As a certified SSP Provider, it is my responsibility to monitor your listening progress. I reserve the right to disconnect app access to the SSP if I feel it necessary to support your safety. *It is very likely that the complete fifteen hours of the SSP will not be accessed during your 90 day subscription; you will still be receiving the many benefits. Less is truly More.*

**I understand the risks and benefits associated with the Safe and Sound Protocol (SSP) and agree to participate according to the outline given above.**

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Client Signature and Date

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Therapist Signature and Date