



SAFE AND SOUND PROTOCOL STEPS

Step 1: Decide if the SSP is right for you

-View the following video to learn more about the Safe and Sound Protocol



-View the video to learn more about the Safe and Sound Protocol

-Visit the SSP website for more information. Follow the link:

<https://integratedlistening.com/polyvagal-theory/>

Step 2. Consider the cost:

\$ 165 - one hour preparatory session (required for all)

+

\$169 - one month subscription cost (required for all)

+

*\$165 x (# of sessions needed) - (only as needed)

Total: \$334 (and up depending on client need)

One time subscription fee gives you access to the SSP music for one month.

In some instances, folks with significant trauma may need more support during this process. If you need hour long sessions to process, this will be billed at my normal hourly rate.

*Most clients pay \$334. Only rarely do clients find they need more support through this process.

Step 3. Find the right time to do the SSP

You will spend 15-30 minutes a day for 10-20 consecutive days completing the SSP. Be sure that your current life circumstances support this degree of commitment.

You will want to be conscientious about selecting a month where there is not travel, medical procedures or other time commitments that might make that consistency hard for you to achieve.

Step 4: Download the free Unyte-ILS app

For google:

https://play.google.com/store/apps/details?id=com.unyte.ils&hl=en_US&gl=US&pli=1 <https://apps.apple.com/us/app/unte-ils/id1514807633>

For Apple: <https://apps.apple.com/us/app/unte-ils/id1514807633>

Please Note: You will not be able to access the App until Carrie gives you access at your intro session.

Step 5. Procure the appropriate headphones and dongle or headphone connector

Headphone Recommendations:

- Over-the-ear headphone
- Not bass-boosting
- Not on the ear or ear buds
- Not noise cancelling

One pair (\$16.99 at the time of this writing) that meets the above criteria used by a previous client of the SSP: https://www.amazon.com/gp/product/B075LT8YLR/ref=ox_sc_act_title_1?smid=ATVPDKIKX0DER&th=1

Please note that the above pair is not recommended by Mend Therapy. We recommend you use any pair that you have available that also meets the criteria above. The link is simply to make it easy for clients who do not already have a pair that meet the recommended criteria.

Step 6. Schedule 1hr SSP Prep Session with Carrie

Find the scheduling button on the home page of our website www.mendmn.com, click Carrie's picture and look for Safe and Sound Protocol Preparatory Session button. Select the date and time that works best for you. It is best if you can come to that session prepared with headphones and App already downloaded to make best use of our time.

Step 7. Fill out Assessments Before Listening (Optional)

There are a number of assessments that I recommend you fill out. You will fill these out before and after the SSP program. The benefit of completing these assessments is that the comparison of your results can give you a sense of the effect of the SSP Program on your nervous system. This assessment will also be used to help me understand and assess the general value people find in the SSP, so that I can make decisions about continued use of the SSP in my practice. Your participation in this will help others that come after you, should you decide to complete them.

These assessments are completely optional. Do what is best for you!

Step 8. Choose a Program

CORE:

The SSP Core program is the program you learned about on the SSP website. This is the program you will want to choose for optimal benefit provided you don't have any negative response to the listening. It is the program with the highest degree of filtered music titrated over time for maximum benefit.

If you are doing the Core Program, it is recommended that you listen to the music according to the listening time schedule that you and I decided on at your prep meeting. For most people, the recommendation will be listening for 30 minutes every day for 10 days.

The Core Program requires that you listen to the music in order, without fast forwarding or rewinding. It is recommended that you keep the volume at the level you select at the beginning of each listening session. You will proceed through the program one half hour at a time, beginning the second hour after you have finished the first and so on until hour 5 is complete.

BALANCE:

If you decide you need a gentler program, feel free to use the Balance program either in the beginning to test out your response to gently filtered music or after the Core Program to further enjoy your monthly subscription.

There is no need to listen to the Balance program in order. Feel free to rewind or fast forward as you wish.

Step 10. How to do the SSP

Ideally, you will want to find time in your day that is free from distraction, where you can find some calm and quiet in your household. Anything that might make your listening time more relaxed and enjoyable is welcome. You might try using a weighted blanket, lighting candles, snuggling with your dog, anything at all that feels supportive.

The SSP is inviting your nervous system to find some peace, so you are encouraged to do whatever is supportive at generating a sense of relaxation in your space.

If, however, it is difficult for you to find calm and quiet in your space, don't let the perfect be the enemy of the good. Doing the SSP imperfectly is better than not doing it at all.

If you are someone who feels more relaxed when moving, then please be encouraged to listen to yourself and your individual needs. Move if it feels good. Listening to yourself and your body is an important part of this process.

Some people with histories may decide it's best to do the SSP with a loved one nearby should they need some support, so finding a month where that additional support might be possible is also important in your

Some people with significant trauma histories may decide it's best to do the SSP with a loved one nearby, should they need some support, so including this option into your planning might be important. Your loved one will need to be prepped by you about when and when not to intervene and how, based on your particular needs and what feels most

Step 11: Check-Ins with Carrie (Beginning, Middle and End)

After your first listening session, at the mid-point of the Core Program, and after your last day of listening to the Core Program, please send me a text at (612) 729-0448 with a quick check in about your experience. I want to be sure you are not having any adverse experience with the Core Program, so please be sure and let me know if you are experiencing any negative sensations, thoughts, emotions, etc. resulting from your listening.

At any time in the program if you are feeling like the listening is having any kind of adverse effect, please contact me that same day. This is extremely rare, but we would want to make changes to your schedule if this is the case, so please let me know before continuing.

Making sure you have a positive experience requires good communication from you as, most of the time, the listening program is happening outside of sessions. You are responsible for communicating with me about your experience. If you feel you are unable to do this, completing the SSP outside of sessions is not for you.

Step 11: Final Assessments

Complete the same assessments you did before the listening.

Step 12: Notice the Results

Congratulations! You completed the SSP!

Now it's time to simply enjoy the benefits of the work you've done. Like a lot of change, results can be subtle. It can be hard sometimes to recognize shifts at the nervous system level, but it can be so helpful to notice when change has happened. Be on the look out for reactions and responses that in the past may have been different, harder than they are now. Perhaps there are some well known triggers that feel gentler, perhaps you feel more open to self, other, the world at large, maybe you can notice a generally warmer, more optimistic sense of being. Integration of the SSP will continue for weeks after your last listening session, so you might notice that as well. Enjoy it!

The SSP is now a tool in your toolbox. If there are ever times in the future when things get hard or you simply feel you might benefit from a reboot, feel free to begin the process all over again. It is recommended that folks wait at least 6-8 weeks between completions of the Core program. Balance can be used whenever.

If you are someone who has found good benefit and support from the listening and would like continued support, month to month subscriptions for the Balance Program are possible. Speak with Carrie about this option if this is something you are interested in.