Cultivating Safety with Clients

Use Deb Dana's three Cs of safety as trustworthy guides before starting your clients on their Safe and Sound Protocol (SSP) journey.

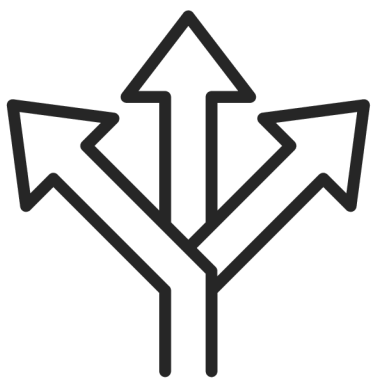
CONTEXT



- Anticipate and allow ample time for questions
- Normalize and provide context for dysregulation that may briefly accompany SSP delivery

CHOICE

- Offer a choice between the SSP playlists
- Give a client the choice of what activities to do before, during and after a listening session



- Ask caregivers their communication preferences post-listening (form, email, in-session)

CONNECTION



- Create rapport through email before meeting
- Use invitational, non-directive language
- Invite clients into a deeper connection with themselves by exploring and celebrating their strengths and noticing their physical sensations as important messages from their bodies
- In an SSP remote group listening setting, invite attendees to co-create safety for each other by having their materials ready, choosing a private space to limit background distractions, and being mindful of what they share with the group

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