



SAFE AND SOUND PROTOCOL

Program Delivery, Pathways & Progression

The SSP is designed to offer flexibility while supporting your client's journey to better nervous system regulation and effective, long-lasting results. With three pathways, each with a distinct level of filtration, SSP providers have the ability to create a listening program specifically for their individual client's needs.

Learn how you can strengthen your client treatment plans with ongoing use and custom titration of the SSP pathways: Connect, Core and Balance.

SSP Pathways: Connect, Core and Balance

The SSP has three pathways using three levels of filtration to support your client's nervous system requirements. These programs allow for a customized experience through the SSP, guided by the client's needs, presentation, and desired outcomes.

SSP CONNECT

Full-spectrum music without any filtration or modification.

Many providers start clients with SSP Connect to assess their sensitivity to listening and to enhance overall readiness for SSP Core.

SSP CORE

Progressively, dynamically filtered music program.

SSP Core is the strongest and potentially most therapeutic pathway.

SSP BALANCE

Lighter filtration than SSP Core. Does not progress dynamically.

Many providers give clients access to SSP Balance following completion of SSP Core to continue or extend the benefits.

Developing a Listening Plan

SSP providers work collaboratively with clients to create a listening plan that may include one or more of the SSP pathways. With the ability to allow clients access to the SSP for a full 12 months, providers can ensure they are titrating the SSP appropriately to support their client's nervous system needs. The SSP may be listened to in small increments, such as 30 seconds per listening session, up to a recommended maximum of 30 minutes per listening session.

Supporting Other Therapeutic Modalities

The SSP can provide support to other therapeutic approaches, such as OT/SIP, EMDR and SE. Combined Delivery Guidelines for the SSP with OT/SIP, EMDR and SE are included in your SSP subscription and are covered in detail in the Foundational SSP Training and Certification.



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Listening Plans

As an SSP provider, you have the flexibility to build the right listening approach for your client — whether it's over five weeks, five months, or ongoing — based on client need and your desired clinical and practice structure. Below are examples of listening plans using two or more of the SSP pathways to support a diverse range of client needs and presentations.

Please note these are examples of listening plans. We recommend that SSP providers develop listening plans specific to their clients unique needs.



SSP Core + Balance

A child with autism and sensory sensitivity.

SSP Core

Goal: To help reduce sensory sensitivities and improve behavioral state regulation

- Delivered in person and at home with caregiver over a four-week period, in 30-minute listening sessions, repeated every six to eight weeks per year

SSP Balance

- Delivered as needed at school with a support person to enhance regulation in the classroom



SSP Connect + Core + Balance

An adult with a trauma history and mental health challenges.

SSP Connect

Goal: To develop regulatory strategies and assess readiness for SSP Core

- Delivered in person and independently over a three-week period, in five-to-10-minute listening sessions every few days

SSP Core

Goal: To enhance regulation and resilience

- Delivered in person over a 12-week period, with one-to-5-minute listening sessions, repeating every six to eight weeks per year

SSP Balance

- Delivered during breaks between SSP Core to continue and extend benefits



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Case Studies

We have learned from the SSP provider community that repeating the SSP Core program twice, multiple times, or even on an ongoing basis supports stronger and longer-lasting outcomes for many clients.

This has been demonstrated in various case studies and reports from providers. Our clinical team and experts in the healing community have created valuable resources, including delivery guidelines, a titration tool, and Success Roundtable events, to help you understand and navigate delivery and realize beneficial client outcomes.



Child with selective mutism and temper tantrums learns to communicate in new ways after the SSP

This client completed the SSP over a 10-month period using SSP Connect and Core pathways, including repeating smaller listening sessions of Hours 4 and 5 following program completion, to continue and extend the benefits.

[READ CASE HERE](#)



The SSP supports client in setting boundaries and forming positive social connections

This client completed the SSP Core program three times over the past year, each time with different positive outcomes. The provider has given the client ongoing, yearlong access to SSP Balance and SSP Connect, which the client uses as needed to regulate or for self-care.

[READ CASE HERE](#)



SSP supports social-emotional learning goals for special education students, ages 6 to 12

The SSP was delivered to a group of seven students over a 10-week school semester.

[READ CASE HERE](#)