

# SAFE & SOUND PROTOCOL

## ..... A PORTAL FOR SOCIAL ENGAGEMENT .....

At Total Communication Pte Ltd, we offer the Safe and Sound Protocol (SSP) program developed by Dr. Stephen Porges. This evidenced-based program is aimed at calming psychological and emotional states of individuals that in turn aids effective communication and accelerate or enhance subsequent therapy.

The SSP is 5-day therapeutic listening program that lasts an hour each day. It is non-invasive and involves listening to music that has been processed specifically to retune the nervous system. This especially benefits children or adolescence with one or more of the following behavioral symptoms:

- | High anxiety levels
- | Difficulty in reading facial expressions or social cues
- | Pays more attention to external noises than ongoing conversation
- | Difficulty in regulating emotions
- | Attentional difficulties
- | Gets frustrated easily - Fight or Flight mode



## ..... EVIDENCED - BASED THERAPY .....

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 with specifically processed music.

[MORE RESEARCH](#)



# SAFE & SOUND

## PROTOCOL

### ..... ENHANCES SOCIAL ENGAGEMENT AND ATTENTIONAL ISSUES IN CHALLENGING CHILDREN .....

The music trains the auditory pathways by focusing on the frequency envelope of human speech. As the child learns to process these speech-related frequencies, they improve the functioning of cranial nerves that are responsible for promoting overall social behavior.

It also reduces hearing sensitivities and improves the ability to process emotional meaning in communication. The goal of SSP is to "calm" the child's nervous system so that the child can be more socially engaged.

Following successful completion of the intervention, individuals will be better able to focus in school, therapy, and everyday life and experience a calmed emotional and physiological state.

Only trained professionals are allowed to conduct the program and child's overall behavioral improvement is most apparent when program is coupled with therapy.



### CHILDREN HAVE OFTEN SHOWN IMPROVEMENT IN THE FOLLOWING AREAS:

- 1 Social and emotional difficulties
- 2 Auditory sensitivities
- 3 Anxiety and trauma related challenges
- 4 Inattention
- 5 Stressors that impact social engagement

Full Intervention: 5 days

..... 1 hour for each day / session .....

For children Ages 3 and up

Program + Therapy: \$190 per session

