



## **SSP (Safe and Sound Protocol)**

by Dr. Stephen Porges

20 years of research has been done to create this system. From my perspective **SSP** is the most modern method for trauma therapy available today. It uses a passive pathway to the ANS (autonomous nervous system): the ear. Through specially filtered music the middle ear muscles are addressed in a way that calms down the ANS and supports states of peace and relaxation. This creates something like a „neural platform“ from which active therapies are more effective and changes in the nervous system are more easily possible.

It is the practical implementation of the polyvagal theory by Dr. Stephen Porges. The only thing that is necessary is to listen to the music. This means it costs even less energy than for TRE®, in fact none ;-)

The results that have been reported are remarkable: the examinations showed that profound changes have occurred not only with dysregulated nervous systems caused by trauma but also with autism spectrum disorder and even with Down's syndrome.

For me it is the greatest joy to being able to use this system. There are two variations of music available: one for children and one for adults. For children the system can be used from 18 months of age.

As with traumatised people by calming down an activation is possible and because it has deep effects on the ANS the system can only be purchased by professionals.

It is a short time intervention of 1 hour on 5 consecutive days. It is meant as a supplement to other therapies, not for sole usage.

During these 5 days all exiting, stimulating experiences should be avoided, especially activities with loud noises (concerts, movies, etc.) and those with intense interaction or physical demands. It is absolutely necessary not to overstimulate the nervous system.

A repetition of the intervention is only needed if symptoms reoccur, for example caused by difficult circumstances. The general recommendation is to wait 6 months before working again with the **SSP** system.

**SSP** is a smooth and safe method. Like TRE® it does not focus on content and memory, but rather on a state change of the autonomous nervous system.

The work of Dr. Stephen Porges and his polyvagal theory cannot be overestimated. I talk about this all the time. This theory is a revolutionary key to understanding human beings.

[https://www.youtube.com/watch?v=MYXa\\_BX2cE8](https://www.youtube.com/watch?v=MYXa_BX2cE8)  
<https://stephenporges.com/>  
<http://integratedlistening.com/ssp-safe-sound-protocol/>



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