



Safe and Sound Protocol (SSP) Informed Consent - Adult

INTRODUCTION

Thank you for your interest in participating in the Safe and Sound Protocol. This intervention is evidence based, which means that it has been found through research to have a positive impact on individuals who participate in it. I am hopeful it will be helpful for you as well.

The Safe and Sound Protocol (SSP) is a result of Dr. Stephen Porges' forty years of research on the relationship between the autonomic nervous system, auditory sensitivities and social emotional processes. The SSP is a five-hour sound-based intervention that has been found to calm physiological and emotional states. It was designed to reduce stress and auditory sensitivity and enhance social engagement and resilience by stimulating nervous system regulation. This is accomplished by exercising and systematically challenging the auditory system with specifically processed or filtered music.

WHAT DOES IT INVOLVE?

The SSP Core was originally designed to be delivered over 5 consecutive days for one hour per day. However, each individual is unique and I adjust the delivery of the SSP to best suit each individual client. Depending on your life experiences and/or sensitivities or if you have experienced trauma, I will suggest a few minutes, 30 minutes or one hour of listening per session. Sessions could be scheduled daily, weekly or any other timing that best supports your nervous system. We will discuss the best option for you after you complete the SSP Intake and Body Perception Questionnaire.

While listening, participants can engage in quiet activities such as colouring, modeling clay, drawing, puzzles, card games, etc. Participants may choose to simply sit quietly and listen to the music but some type of quiet activity with the hands supports the process. Rhythmic movement (rocking chair, hammock, swing) can also help sooth and help you stay regulated during the listening.

POTENTIAL RISKS

The SSP is not a passive intervention. Shifts are happening within the autonomic nervous system and the vagal nerve complex. Sometimes shifts are subtle and other times, big changes occur. Not every change is comfortable at first. Some may experience temporary discomfort such as gastrointestinal symptoms (ex., bowel changes or gas), an uptick in strong emotions or auditory sensitivity for a short time. In part, this is because the interventions are "changing" the nervous system into a more settled

state, but because this “feels” different, it can be disorienting. It is quite common to feel physically tired during and after the intervention, so getting adequate rest is very helpful. As time passes, you should settle into the new, calmer state.

There may be other risks that I cannot predict. This is why having me as a support is very important as I can offer guidance and co-regulation support during the entire listening process.

If you experience any adverse effects between our sessions, please contact me immediately so that I can offer support. The onboarding fee includes unlimited access to calls/texts between our listening sessions.

YOUR RIGHTS

Participation in this intervention is voluntary. You have the right to end your participation at any time. Your confidentiality rights are the same as in psychotherapy, with the same exceptions; reported/suspected child or elder abuse, planned harm to self or others, and in the rare case your records are subpoenaed.

FEE

There is an onboarding fee of \$300 (non-refundable). The listening sessions are the same rate as my normal psychotherapy fee: \$200/45 minutes session or \$300/75 minutes session.

I understand the risks and benefits associated with the Safe and Sound Protocol (SSP) and agree to participate.

Client Signature: _____ **Date:** _____

Print Name: _____ **Date:** _____

Therapist signature: _____ **Date:** _____