

Safe and Sound Protocol (SSP) Precautions

The Safe and Sound Protocol is a powerful tool for supporting nervous system regulation. Because of its potency, temporary adverse responses may occur. Promote safety and efficacy for your clients by following the guidelines, manuals, and directions presented in this training. Repeated here, for clarification, are the important precautions:

- **“Less is More.”**
 - The SSP cannot be delivered too slowly, but it can be delivered too quickly.
 - Observe your client; their autonomic responses are an important guide to titration of the listening.
- **"Safe before Sound."**
 - Support your clients in creating a safe environment.
 - Consider your own autonomic regulation and how it impacts your client.
 - Use co-regulation to promote safety and therapeutic impact.
- **Do not “power through” the listening or allow your client to do so.**
 - Support your client in pausing, taking breaks, adding in movement and regulation exercises, and/or discontinuing a listening session if discomfort is felt or observed.
- **Due to being at higher risk for adverse responses, avoid or take extreme caution delivering the SSP to:**
 - Clients experiencing uncontrolled seizures
 - Clients taking antipsychotic drugs
 - Clients diagnosed with Bipolar Disorder or have a family history
 - Clients demonstrating self harm behaviors and/or at risk of suicide

If you are not a licensed clinician with experience working with these conditions, please refer to a qualified provider.
- **Request help if you are uncertain about how to proceed.**
 - Do not hesitate to submit a Case Consultation Request (found in MyUnyte resources), seek support from a colleague, or refer your client to a qualified provider if you are concerned about their response.
- **Do not complete the SSP alone.**
 - Co-regulation is an integral part of SSP delivery and impacts its efficacy.
- **Always supervise your client's participation in the SSP.**
 - Monitor your client's listening in the MyUnyte dashboard and check in regularly when a client is listening independently.
- **The SSP is not a stand-alone therapy or a quick fix.**
 - Changes initiated by the SSP must be reinforced by continued therapy and supportive social engagement. If the client is not continuing therapy directly with you, ensure that appropriate support is in place.