

SAFE & SOUND PROTOCOL (SSP)



SSP is a music therapy that helps create positive connections between the body and brain, improving the nervous system's capacity to cope with stress.

What to Expect:

Five hours of filtered music split into 'listening sessions' of no more than 30 minutes.

- **Virtual:** Online and remote listening, mainly client-directed
- **In Person:** as part of therapeutic intervention, i.e. OT or Play Therapy
- **Hybrid:** guided by practitioner and self-directed, in-person or online

SSP CAN BENEFIT

- Sensory Processing
- Emotional Dysregulation
- Anxiety Disorders
- Post-traumatic Stress
- Digestion & Sleep
- Autism Spectrum Disorder
- Misophonia

COST: R1500 for SSP package plus practitioner fee to be pre-agreed with coach or therapist.

unyte | iLS Certified Practitioners

Occupational Therapist **Nicky** 084 571 5030

Play Therapist **Neda** 072 128 2308

Parent Coach **Bev** 083 645 5157

For more info: ssp@resiliencehub.co.za

