

Safe and Sound protocol (SSP)

What is SSP?



- SSP is an auditory program using special music.
- The program is designed to target and calm the central nervous system
- It aims to enable an individual to respond better to the challenges they face.

Who all can benefit from SSP?



- Individuals with
 - Past traumas,
 - Illness or
 - Developmental challenges like autism, sensory processing disorders, ADHD etc.
 - Depression
 - Anxiety
- It is suitable for kids and adults

What challenges in Autism can SSP address?



- Difficulties in sleep,
- Gut issues,
- Difficulty in paying attention,
- Difficulty in managing behaviours,
- Getting stressed or anxious easily,
- Sensory issues,
- Speech and communication,
- Social interactions, etc

How does SSP work?



- SSP music exercises muscles of the middle ear and helps the ear drum to support better understanding of human voice.
- It stimulates the social engagement system which involves:
 - Face muscles to show expressions
 - Sound of your voice
 - Understanding sounds and what people are saying
 - Turning your head towards what you hear

How does SSP work?



- By conveying a sense of safety through specially non- filtered (SSP connect) and filtered music (SSP core and SSP Balance), the SSP activates a system of muscles and nerves that support social engagement.
- This helps other therapies and learning be more effective.

How to get started?



- It involves 5 hrs of listening to music
- SSP music is played over wired, over the ear headphones.
- Duration of listening each day, ranges from 5 mins to 30 mins depending upon how much your child can tolerate at a time.
- It can be done as a home based program

How to get started?



- To initiate the process for your child, we kindly request you to submit an inquiry via email.
- We will then send you the required form.
- Once you fill the form, send it back to us.
- Based on the form details, the particular music is selected.
- Following completion of music we tend to see that the child may show disorganisations 4 to 6 weeks post that, following which we see a spurt of improvements.

Disorganisations



- The term “**disorganization**” post SSP refers to a temporary period of adjustment where the child may exhibit changes in behavior, mood, or sleep patterns.
- This is a **normal part** of the process as the child’s nervous system is adapting to new sensory experiences.
- It can vary greatly from one individual to another.
- We will guide you throughout the listening journey so you know how to proceed

During the program...



- Being emotionally supportive is important when your child is doing SSP and helps them to feel safe.
- For SSP to be effective we need to ensure a secure environment for our children.
- Children may go through different emotional states leading to the need for more love and support

Benefits of SSP



Parents report:

- Improvement in eye contact
- Increased verbal language
- More facial expressions
- Increased initiation on child's part
- Coming and asking for things what the child wants
- Using gestures to communicate

Benefits of SSP



- More control on excitement and emotions
- Sitting tolerance is increased
- Learning ability is improved
- Better response to changes in routines
- Looking when instructions are given
- Responding faster to name call

Benefits of SSP



- Improved language abilities like:-
 - Story telling
 - Better conversations with friends and teachers
 - Sharing about events and activities done at school
 - Interested to play with peers more
 - More emotionally connected to parents
 - Greet people
 - Responding to WH questions

Important note:



- While SSP can bring about many positive changes, it is not a standalone therapy and needs to be used along side other therapies for better effectiveness and generalization.
- We have found that Sensory based programs incorporating primitive and postural reflexes along with auditory interventions are most effective.

How to proceed?

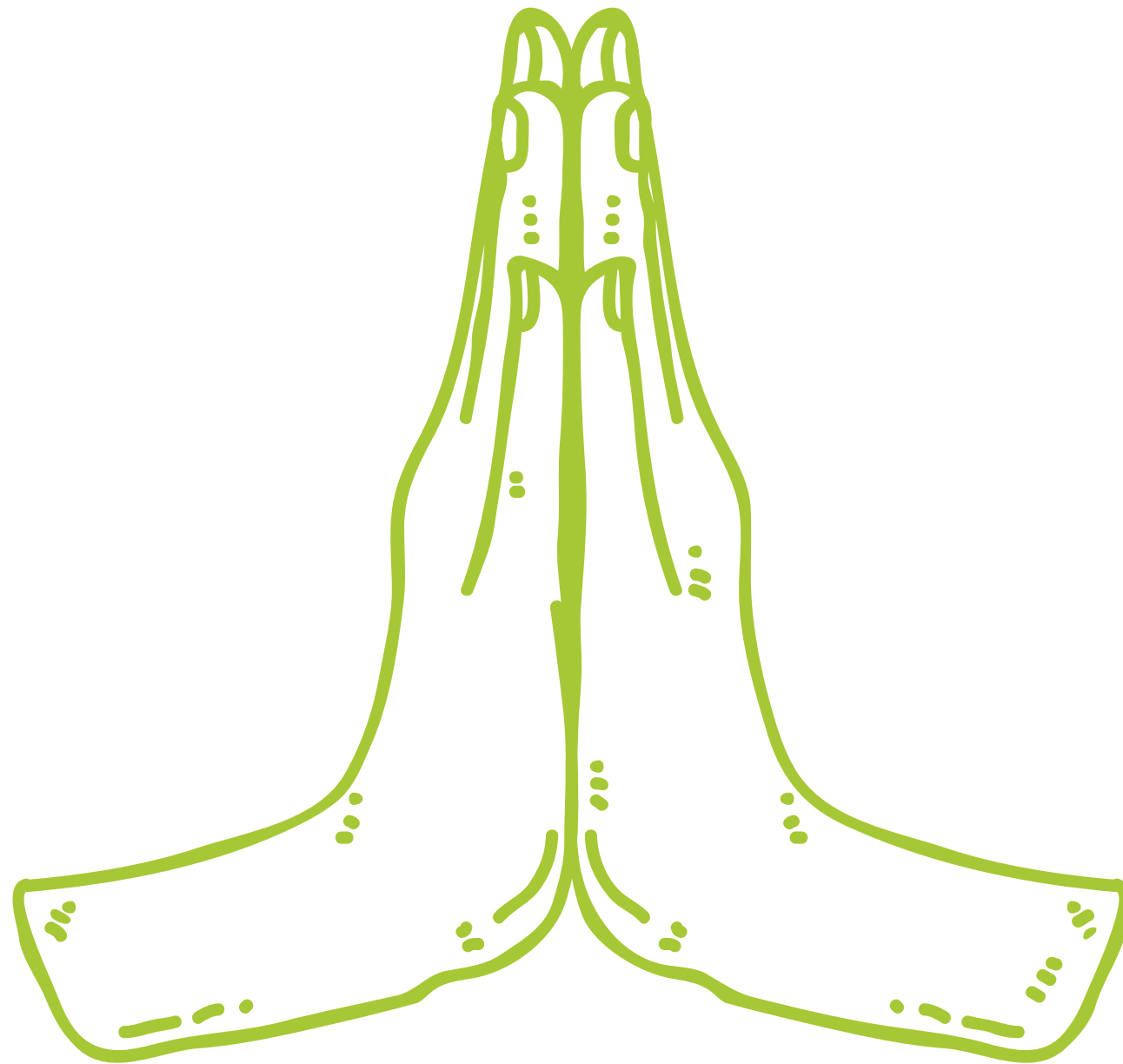


- Understand sound sensitivity
- Develop receptive language
- Enhance social skills in your child

**Auditory
interventions for
kids diagnosed with
Autism**

- You have the option to enroll in our online programs or participate in individual sessions , during which we will provide guidance according to the protocol.
- To know more, you can register for this masterclass:
<https://www.khushi.net.in/product/masterclass-auditory-interventions-for-autism-english/>

Thank you



- For any query email to info@awetisminsights.net.in
- Pre-register on our app at **www.awetisminsights.com** to enjoy a free one-month membership in our foundation program valid only for April 2024
- All the best to you...