



Safe Delivery of the SSP: Guiding Principles

The Safe and Sound Protocol is a powerful tool for supporting nervous system regulation. Promote safety and efficacy for your clients by following the guidelines, manuals, and recommendations presented in the SSP training and available in Unyte Resources. Use the following guiding principles in your delivery to support best practice.

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.
- Listen to the 'whispers' of the nervous system before they become 'shouts'.
- Do not encourage your client to 'power through' the listening.

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.
- Start with shorter sessions when working with new clients, remotely, or clients with more complexity, trauma history, or who have less access to support and resources.

STRETCH AND SAVOR

- Deliver the SSP with the right degree of challenge.
- Help your clients to 'stretch' their nervous system tolerance and 'savor' the results of those efforts. This is opposed to 'stressing' the nervous system and pushing it into 'survival' (a state of defense).
- Support your client in pausing, taking breaks, adding regulatory activities, or discontinuing a listening session as indicated.



CONTEXT, CHOICE, AND CONNECTION

- 'Context, choice, and connection' are three autonomic nervous system needs for safety.
- Support 'context' by providing information about why, what, and how for SSP delivery, and actively engage them in the therapeutic process.
- Support 'choice' through both guidance and autonomy. Too few choices can lead the nervous system to feel trapped. Too many choices can be overwhelming.
- Support 'connection' by staying grounded in the social engagement system. Track moments of disconnection and support return to relationship.

SSP DELIVERY IS A DYNAMIC AND INTEGRATIVE PROCESS

- SSP delivery integrates bottom up (physiological/feeling) and top down (cognitive/thinking) methods.
- Allow space for a wide range of individual experiences and responses.
- Stay flexible - the SSP is a non-linear process.

