

COMBINED DELIVERY:

Somatic Experiencing® and the Safe and Sound Protocol



Pioneered by Dr. Stephen Porges, the Safe and Sound Protocol (SSP) involves listening to specially filtered music, and acts as a non-invasive, acoustic vagal nerve stimulator, helping to re-tune the nervous system to better support connection, collaboration and resilience.



The Safe and Sound Protocol



Somatic Experiencing®

Designed to re-pattern the systems of relational safety, the SSP works in tandem with SE™ to enhance embodiment through:



Discharging of stored traumatic energy



Strengthening the pathways for effective co-regulation



Disrupting protective defense patterns that prevent us from experiencing relational harmony and connection



“The SSP allows my SE™ clients to gently reconnect to previously buried or inaccessible parts of themselves in a self-loving way, thereby facilitating more integration and wholeness.”

— Laura Moorehead, LMT, CST-D, SEP

Benefits of SSP and SE™ Integration

- 1** Working seamlessly with the SE™ principles of SIBAM, Over- and Under-Coupling and Pendulation, the SSP activates the social engagement system, inviting bound survival energy to emerge, discharge and complete using SE™.
- 2** Enriches the communication pathways of the sensory systems to enhance accurate neuroception inside, outside and in-between.
- 3** Restores what it means to be human by re-establishing our ability to engage and be engaged in relationship, compassion and connection.

Become an SSP provider today to access the complete SE™ + SSP Combined Delivery Guidelines!

Visit our [website](#) or speak with a Programs Consultant — many of whom are practitioners — to learn how you can integrate the SSP into your SE™ practice to support your clients’ healing journey.

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