

The Safe & Sound Protocol



A calm nervous system supports health growth, behaviour and development.

- » uses filtered music to train the middle ear muscles.
- » enables nervous system to catch up since many overreact to overstimulation
- » works to calm nervous system so you become more regulated.

Process:

- » Referral
- » Intake forms
- » Access to listening programme
- » Check-ins during listening
- » Check-in - 4 weeks post completion

The 5-hour intervention is designed to reduce stress and auditory sensitivity. Based on Dr Porges' polyvagal theory. Safely use at the same time as therapy.

Facilitated by an experienced Child Therapist/Clinical Social Worker.

Delivered remotely - therapist not present.

Suitable for over 18 months and proven to benefit with the following: trauma, anxiety, sensory issues, sleep issues, stress, emotional dysregulation, ADHD, autism, social communication hyperarousal and difficulties listening.

Helps to be more focussed at work or at school.



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ASF registered