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<p>Introduction to the Safe and Sound Protocol (SSP)</p> <p>This copy is a template; you may wish to adjust this language to be more specific for your target audience.</p>	<p>The Safe and Sound Protocol (SSP) is an evidence-based listening therapy designed to reduce sound sensitivities and improve auditory processing, behavioral state regulation, and social engagement behaviors through filtered music.</p> <p>As a practical application of Polyvagal Theory, the SSP acts as a non-invasive, acoustic vagal nerve stimulator, helping to retune the nervous system to better support connection, collaboration and resilience.</p> <p>The SSP involves listening to specially filtered music through headphones alongside a provider in person or remotely. Suitable for children and adults, the SSP has demonstrated benefits for individuals with trauma, anxiety, sensory processing differences and more.</p>
<p>Program Highlights</p> <p>Use this copy to provide a quick overview at a glance. This short description is perfect for sidebars, images, or anywhere space is limited.</p>	<p>Highlights of the SSP:</p> <ul style="list-style-type: none"> • A 5-hour auditory intervention developed and patented by Dr. Stephen Porges, author of the Polyvagal Theory. • Designed to reduce sound sensitivity, and improve auditory processing and behavioral state regulation. • Activates the client’s social engagement system, helping to accelerate and enhance therapeutic outcomes. • Supports physiological state regulation, allowing for greater resilience.
<p>Introduction to Polyvagal Theory</p> <p>Use this copy as an introduction to Polyvagal Theory, or “the science of feeling safe.”</p>	<p>Polyvagal Theory: the Science of Feeling Safe</p> <p>Developed by world-renowned researcher and Unyte’s Chief Scientific Advisor, Dr. Stephen Porges, Polyvagal Theory focuses on what is happening in the body and the nervous system, and explains how our sense of safety, danger or life-threat can impact our behavior.</p> <p>Understanding Polyvagal Theory gives us a scientific framework that can be applied through physiological, or “bottom-up” therapies, to help change and improve how we feel, think and connect with others.</p> <p>Video: https://vimeo.com/unyte/ssp</p>
<p>About Unyte</p> <p>If your client wishes to learn more about Unyte, please feel free to share the following information.</p>	<p>About Unyte: Unyte is a category-creating neuro-tech company with proprietary, clinical-grade solutions and a loyal (and growing) provider community of 3,000+ mental health and neurodevelopmental professionals with a shared mission to help people become more aware, regulated, and resilient so they can better respond to life’s challenges and live happier and healthier lives.</p> <p>Purpose: Unyte helps transform the lives of children and adults every day through empowering therapists, educators, clinicians and healthcare providers to guide their clients to feel better, think better, and connect better through improved nervous system regulation.</p> <p>Mission: Unyte’s mission is to empower every person to guide their nervous system to be more aware, regulated and resilient so they can feel safe, happy and healthy, and more effectively respond to life’s challenges.</p>