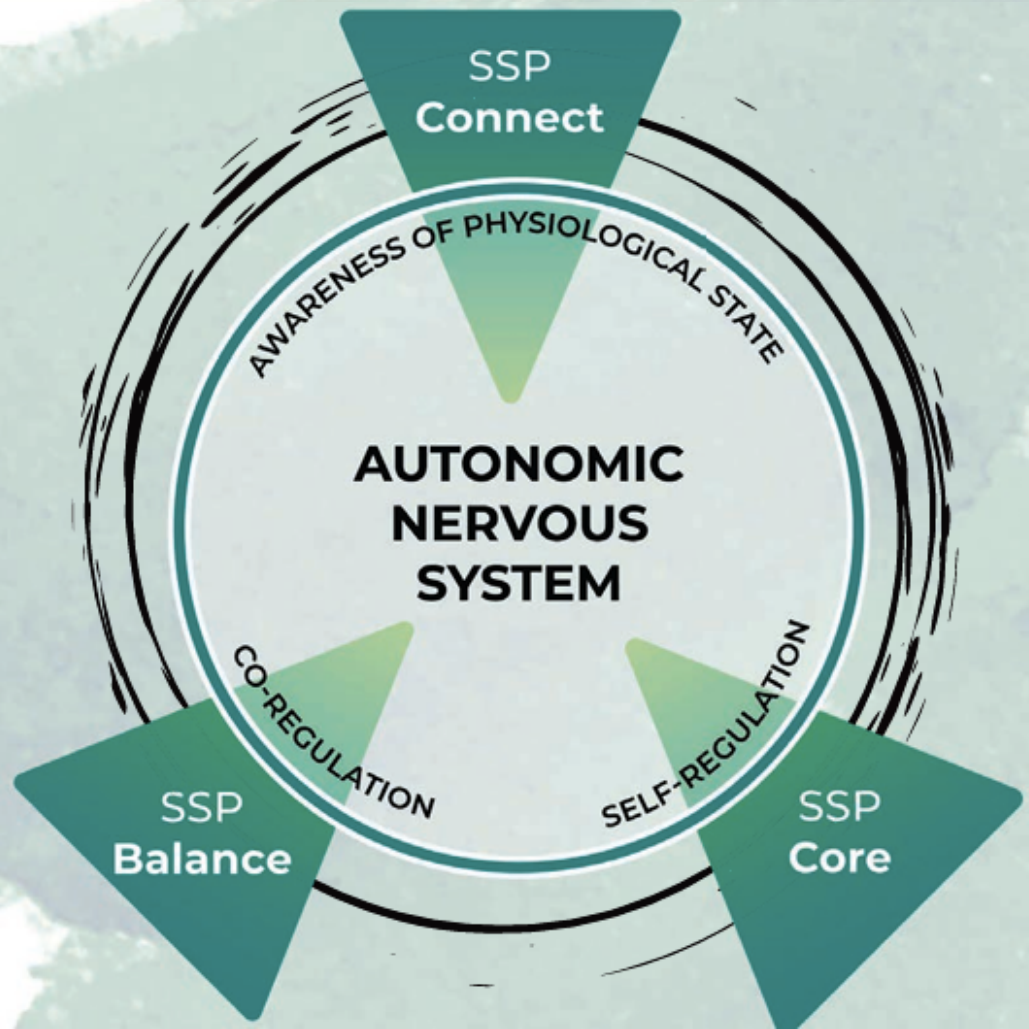


SSP Pathways:

CONNECT, CORE, BALANCE



One SSP, three
pathways for your
unique journey.
Introducing SSP
Connect, Core
and Balance.

THREE PATHWAYS FOR YOUR UNIQUE JOURNEY

Since the release of Dr Porges' original Safe and Sound Protocol (SSP Core), we have listened to the experiences and insights of our SSP Provider community. We are pleased to now add two new supplemental phases to the original SSP Core in response to the request for a gentler introductory foundation for the SSP and also for a way to integrate and extend the experience.

The first new supplemental phase, SSP Connect, offers a slower way to approach SSP and allows time to adjust and acclimate to the listening and to prepare for SSP Core. The second, SSP Balance, offers an integrating experience and the opportunity to extend the state-regulating benefits beyond the five hours of SSP Core.

Together with the original SSP (SSP Core), they form the three pathways of the Safe and Sound Protocol: SSP Connect, SSP Core, and SSP Balance.

Facilitating SSP is a collaborative process, one you and your provider will navigate together toward better autonomic regulation. The three pathways offer greater flexibility and opportunities for crafting your unique journey to better nervous system regulation.



SSP CONNECT

SSP Connect includes three new 5-hour playlists of full spectrum, unfiltered music. It is offered as a suggested pathway to give you context, and to provide a less demanding introduction and foundation for listening to the SSP. This pathway provides the opportunity for your SSP provider to connect with you, and for you to connect with the experience of listening to music in a specific setting.

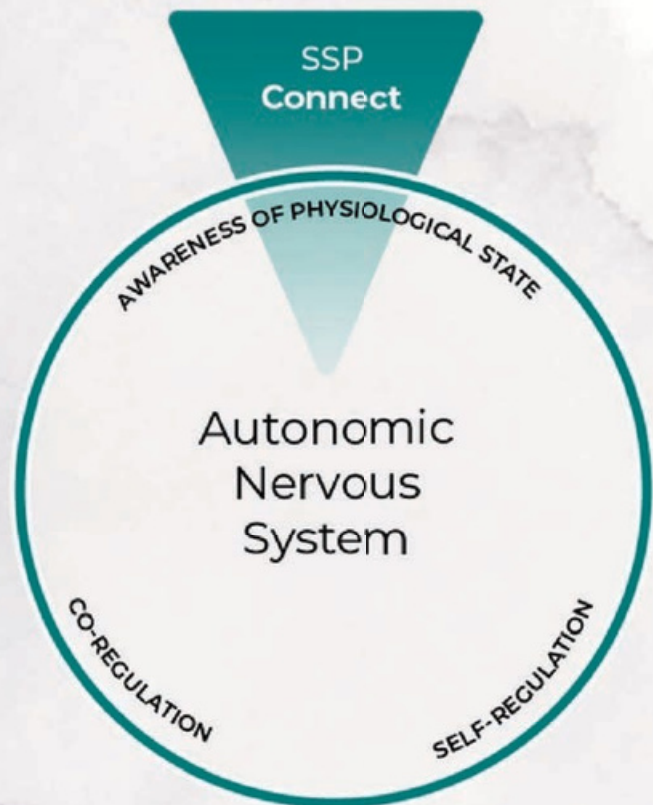
As an entry point for SSP Core, SSP Connect is an invitation to warm up to the SSP through a slower and gentler introduction.

It can help you develop familiarity with the music and listening process, thereby providing a sense of comfort and safety while experiencing the music, and set up a sense of familiarity for what is to come. This helps to provide the 'safe' before the 'sound', creating a setting to guide the way for you as you enter SSP Core.

At the same time, SSP Connect offers you and your provider an opportunity to build a relationship and be more attuned to your particular needs as you enter SSP Core.

Using SSP Connect can be an ideal opportunity for you to get introduced to regulating exercises (movement, breathing exercises, body sensing and general awareness) for your regular use between listening sessions as you progress through the protocol.

The music in SSP Connect is full spectrum and unfiltered, though it's important to highlight that music is a powerful input to the nervous system.



SSP CONNECT

In the original research on the SSP, some participants listened to the same music without any filtration or modulation – just like the unfiltered SSP Connect playlists. Although auditory hypersensitivities and behavior organization were not improved, these participants still showed significant improvements in spontaneous speech and listening; a finding consistent with the frequent reports of the regulating effects of music without filtration. This is supported by an ever growing body of research on the positive effects of music on brain function and behavior.

The SSP Connect playlists may be used:

- as a soothing and settling experience if you feel anxious or tense;
- as a time to gain insight into appropriate pacing/titration for you;
- as a way of creating a sense of safety and familiarity;
- as a preparatory program before SSP Core or SSP Balance;
- on an ad hoc basis if you are experiencing difficulty or distress.

SSP CONNECT PLAYLIST DESCRIPTIONS

SSP Connect includes two new 5-hour playlists

SSP Connect Classical

The SSP Connect Classical playlist consists of five hours of full spectrum, classical music. This is suggested as a first step for those who need to adjust to the experience of listening to music via headphones, especially vocal music. The classical music here has been curated to be calming and grounding, with a soothing tempo and without abrupt changes. Once acclimated, the vocal music and the lyrics which may evoke a personal narrative is better tolerated for sensitive individuals.

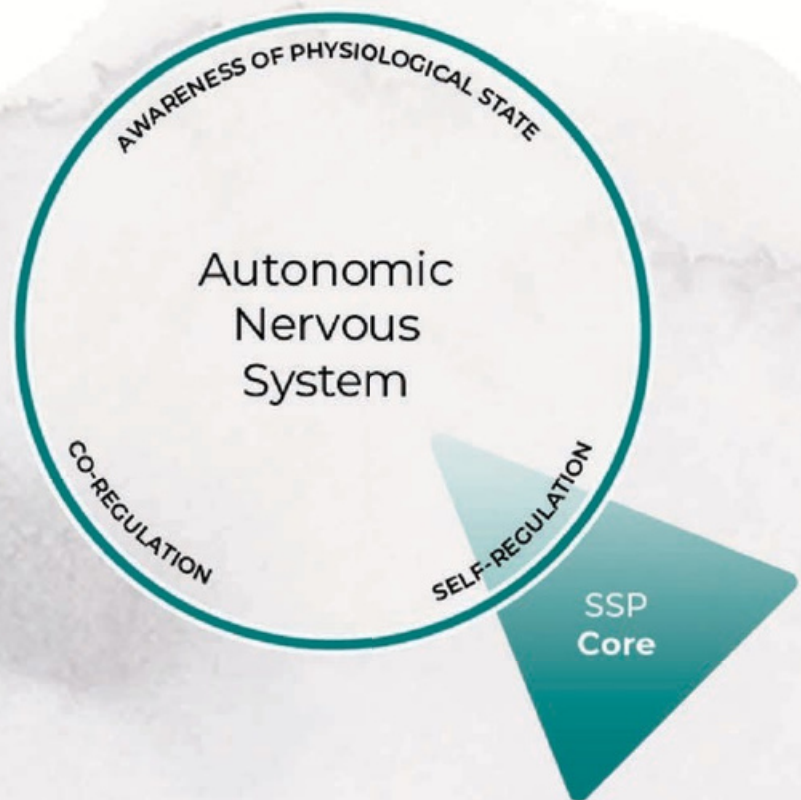
SSP Connect

Listening to the unfiltered version of the same underlying 5-hour playlist as SSP Core pop vocal music playlist is a way of creating familiarity for SSP Core. In addition, it can help you adjust and acclimate to the experience of listening to music via over-the-ear headphones.

SSP CORE

The popular vocal music playlist is the existing, original SSP that has been used by thousands of providers and tens of thousands of clients since its release in March, 2017. It is Dr. Porges' patented intervention designed to reduce stress and auditory sensitivity while enhancing social engagement and resilience.

There is also a newer non-vocal, trauma-sensitive, and accessible classical music program that maintains the essential elements and original algorithms of the SSP, while being better suited for listeners with situational trauma, who may respond to lyrical content, listeners who are not English speakers, listeners who may react to popular/secular music, and listeners who are repeating the SSP and can benefit from variety. The frequencies of the instruments have the ability to communicate cues of safety to the listener.

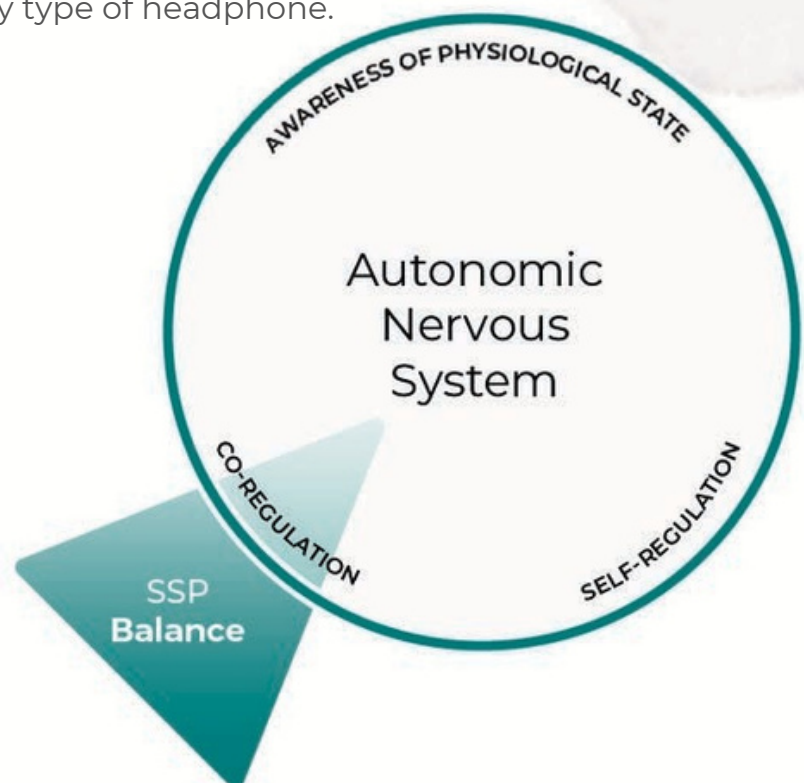


SSP BALANCE

SSP Balance is a pathway that can be used to extend and integrate the gains of the SSP and potentially act as a state stabilizer. It can also be used for further stabilization and integration before beginning an SSP Core Booster when accompanied by the guidance of an experienced SSP facilitator.

SSP Balance was developed as a follow up to the SSP Core to offer an opportunity to return to music as a calming and grounding experience with a less strenuous neural workout. The music in SSP Balance uses the same playlists as SSP Core, but is treated to present the frequency envelope of human voice with a narrower and less dynamic modulation around this range. It should feel like less of an exercise program than SSP Core and more of a re-experiencing of the cues of safety you will remember from SSP Core.

There is no particular order necessary for listening to the music in SSP Balance as the filtration algorithm for each for each hour is the same. This means you can feel free to keep returning to the same hour or half-hour segment that appeals to you or move freely in any order. In contrast with the SSP Connect and SSP Core, which require particular headphones, you can listen to SSP Balance ambiently via speakers or your computer or any type of headphone.



SSP BALANCE

SSP Balance is an opportunity to:

- integrate and embed the experience of SSP Core after completing SSP Core;
- receive continued support from your provider;
- get access to daily support for your nervous system at home, especially if there is a tendency to sympathetic arousal.

SSP BALANCE DESCRIPTION

SSP Balance includes the same underlying 5-hour playlists as SSP Core, but with a lighter frequency modulation algorithm. While not the same potency as SSP Core, SSP Balance will support continued practice of the neural networks associated with listening for further toning. Many find it to be calming and grounding and use it as a daily state shifter and support. Speakers or headphones of any type may be used.

Sensitive listeners of all ages and those who experience the effects of trauma will appreciate the gentler foundation of SSP Connect and the continuation of listening with SSP Balance.

