


Clinic For Special Children
 TREATING THE WHOLE CHILD

Clinic for Special Children is excited to offer our patients a therapeutic listening program called the **Safe and Sound Protocol (SSP)**. Based on Dr. Porges' Polyvagal Theory, the program is derived from 4 decades of research on the relationship between the autonomic nervous system and social-emotional processes. The SSP involves listening to music that has been filtered to train the middle ear muscles to focus on the frequency envelope of human speech. Once human speech is properly perceived, the portal to social engagement has been opened.

Exciting News!

The Safe and Sound Protocol is proven to benefit children with challenges including:

- ❖ Autism Spectrum Disorders
- ❖ Poor eye contact
- ❖ Difficulties with social communication
- ❖ Sound sensitivities
- ❖ Behavioral/self-regulation challenges
- ❖ Stress/anxiety/emotional difficulties
- ❖ Trauma
- ❖ Sleep issues
- ❖ Sensory issues
- ❖ Attention and executive functioning deficits
- ❖ Fight or flight tendencies
- ❖ Digestion issues/stomach aches
- ❖ Oral motor defensiveness (e.g. ingestive behaviors; lack of interest in a variety of foods)
- ❖ Difficulties with listening; following verbal commands; speech/language delays
- ❖ Distractible; impulsive; meltdowns; hyperarousal

Price: \$250 plus the cost of headphones



Program Length:
5 Hours
30 min/day maximum

What Improvements are Parents Reporting?

- ★ Spontaneous social engagement
- ★ Reduced sound sensitivities
- ★ Improved organization
- ★ Spontaneous verbal communication
- ★ More expressive verbal communication
- ★ Happier disposition
- ★ Smiling more
- ★ Calmer
- ★ Self-regulated
- ★ Improved ability to understand incoming auditory information
- ★ Understanding/following language
- ★ Expressive language improving
- ★ Less sensitive to touch/movement
- ★ Less picky eating

A Few More Things:

- The SSP can be done 100% remotely
- Our practitioner has taken extensive coursework on the SSP (including the remote facilitation of the program).
- You will be offered endless support during the implementation of the program; we are always available should any questions/concerns arise.
- Dr. Porges, the creator of the program, is a distinguished psychiatry professor at UNC Chapel Hill.