



Selective Mutism: Creative Communications

Safe and Sound Protocol

safe &
sound
protocol

About the Safe and Sound Protocol (SSP) The Safe and Sound Protocol (SSP) is an evidence-based listening therapy designed to reduce sound sensitivities and improve auditory processing, behavioural state regulation, and social engagement behaviours through filtered music.

As a practical application of Polyvagal Theory, the SSP acts as a non-invasive, acoustic vagal nerve stimulator, helping to re-tune the nervous system to better support connection, collaboration, and resilience.

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.

Highlights of the SSP: ● A five-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 behavioural state regulation. ● Activates the client's

social engagement system, helping to accelerate and enhance therapeutic outcomes. ● Supports physiological state regulation, allowing for greater resilience.

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.

Our Purpose We help transform the lives of children and adults everyday 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.

Our Mission Our 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.