SSP Explainer

Understanding your Safe and Sound Protocol (SSP) sessions at Gateway Psychology

gateway psychology



The Safe and Sound Protocol (SSP) is an evidence-based, intensive listening therapy designed to reset the nervous system and return from a feeling of threat to safety.

During SSP the facial and vagus nerves are stimulated with different sound frequencies. This helps to regulate the autonomic nervous system, encouraging a natural move into social engagement.

SSP is safe, effective and enjoyable for children and adolescents, and proven to:

- decrease anxiety and trauma-related behaviours
- improve emotional regulation
- promote a calmer emotional and physiological state

gateway psychology

What are SSP sessions like?

During your sessions your clinician will provide a safe, relaxed and positive environment for your child or young person.

Specially selected music will be played to your child or young person through over ear headphones. Often a sensory soothing, child-led activity will be integrated, such as mindful colouring or a puzzle.

Session times are directed by the child or young person and may last up to one hour. Breaks can be taken at any time.

Your clinician will be alongside your child or young person for the duration of the session. In some instances, the parent / carer will also be required to sit in on the session, this will be decided with your clinician.



gateway psychology

SSP and other therapeutic interventions

The Safe and Sound Protocol is often used as a preparatory therapy to other modalities, such as DDP or Theraplay®. SSP can also be used in conjunction with other interventions.

SSP has been shown to enhance the effectiveness of other therapies due to the child or young person's increased ability to engage.



gateway psychology

How is progress monitored?



You and your clinician will meet regularly to review the SSP sessions and discuss how best to meet your family's needs.

We also undertake outcome measures to help monitor progress. You will need to fill out some questionnaires, usually at the beginning and end of the intervention.

Ofsted Outstanding Provider

gateway psychology

Confidentiality

Sharing information

Your clinician will not share information with any other person or agency without agreement from you (and your child, if appropriate), except when it is required by a court of law or a local authority, or if they believe your child or another person is at risk.

Please see our Data Protection and Confidentiality Policy for more information.

Notes and reports

Your clinician will keep notes about your SSP sessions for their own use and for supervision.

At the end of the intervention, they will write a summary report for you. They will not share notes or reports without your consent unless required to by law.

Other documents to read

As well as this SSP Explainer, please read the following documents (as applicable) before your sessions begin:

- Parent/Carer Information Pack
- Schedule of Services
- Terms and Conditions
- Children's Guide/Young Person's Guide (as appropriate)

You may also need to sign and return the following forms:

- Registration Form
- Consent Form
- Outcome Measures (questionnaires)

These will be sent to you electronically using the e-signature platform, PandaDoc

gateway psychology

Our contact information

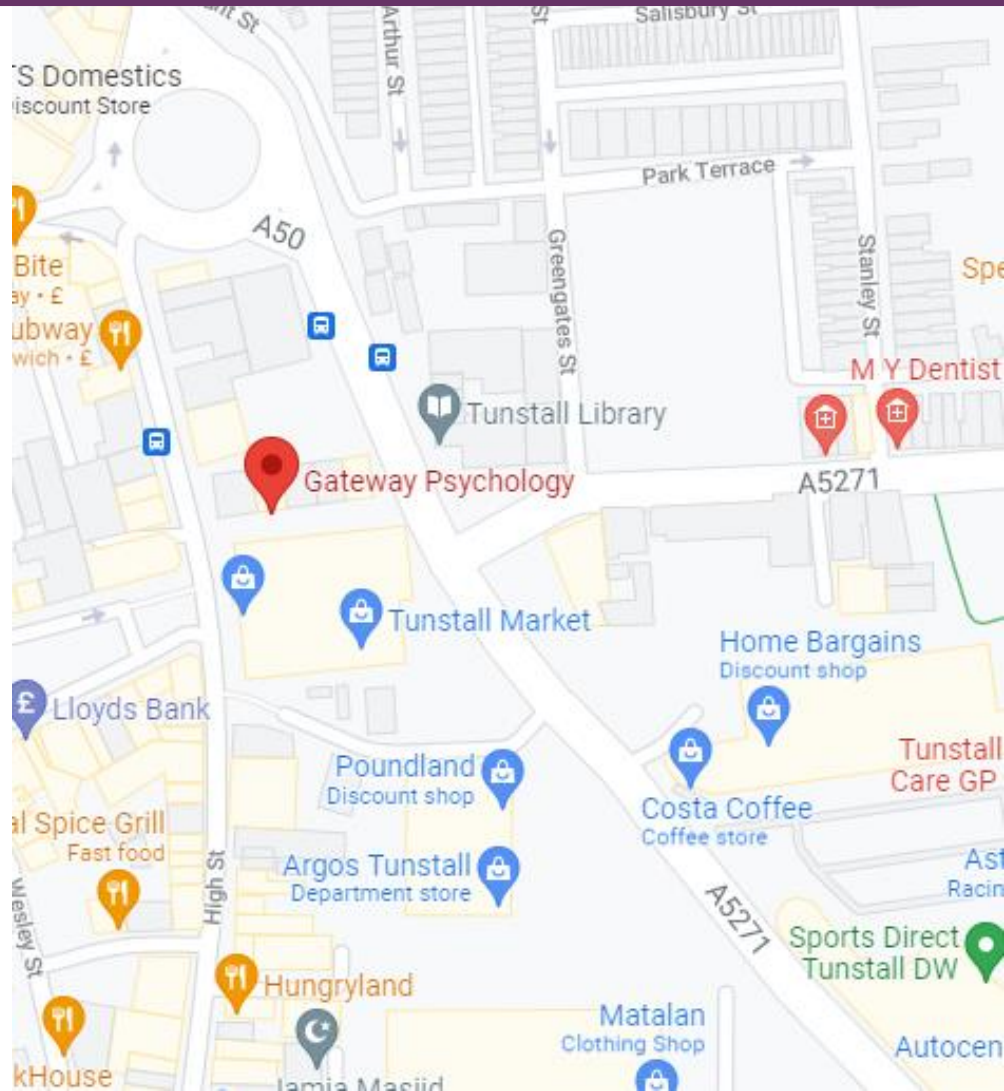
7-9 The Boulevard, Stoke-on-Trent, ST6 6BD

contact@gateway-psychology.co.uk

01782 919520

https://www.gateway-psychology.co.uk

https://www.facebook.com/gatewaypsychology



gateway psychology