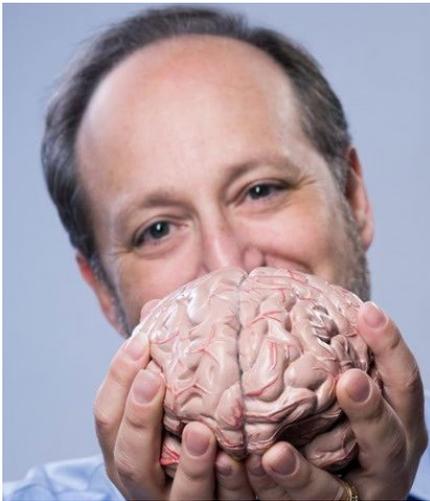


“One of the most important books written on the nervous system in the last fifty years, Porges’ ambitious, meticulous, synthetic **PolyVagal Theory** (2011) provides a missing link between mind and the nervous system. It also helps explain, in fine detail, how our individual nervous systems influence, and are influenced by, our interactions with others. It describes how a facial expression, a gesture, a certain tone of voice, can trigger a radical mental reorganization, and lead to engagement, and how our mental and nervous system states shift. Porges’ studies and his theory of the **social vagus** represents a major advance in human knowledge, and is already improving the practice of psychotherapy and mind-body medicine.”

**Dr. Norman Doidge, MD, Canadian Psychiatrist & best selling author of *The Brain’s Way of Healing* (2016)**



The use of sound as a tool to deliver therapy to the brain is the subject of an episode aired on October 27, 2016 on **CBC’s The Nature of Things** : “*The Brain’s Way of Healing*” . This documentary outlines how non-invasive technology can be used to bring about new **patterns of energy that resynchronize the brain’s neurons** when illness or injury causes them to fire improperly: neuroplasticity“ View it here: <http://www.cbc.ca/natureofthings/episodes/the-brains-way-of-healing>

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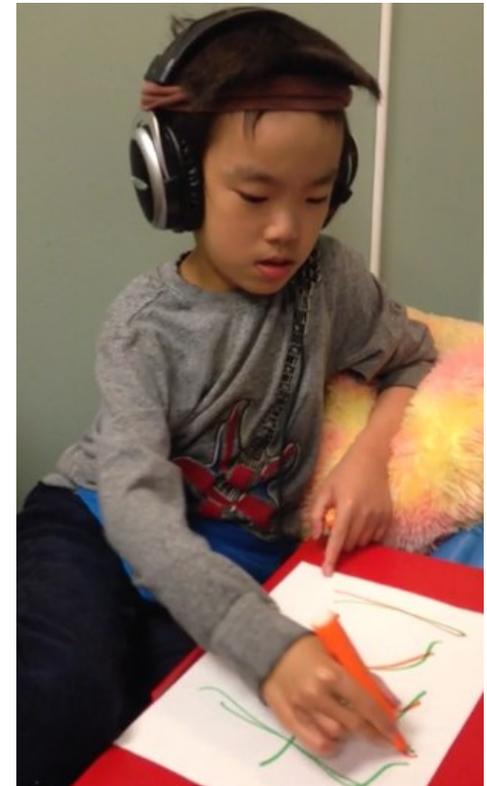
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**The Safe and Sound Protocol**



**improving  
cognitive skills  
communication  
processing  
concentration  
memory &  
organization**

## How does SSP work?

This **5 hour intervention** is designed to reduce stress and auditory sensitivity while enhancing social engagement and resilience. By calming the physiological and emotional state, the door is opened for improved communication and more successful therapy. Emotional and physiological state are critical to how we approach the task at hand. When a person has better state control, not only can they be more socially engaged, they are more open to therapy. Better state regulation improves therapeutic outcomes.

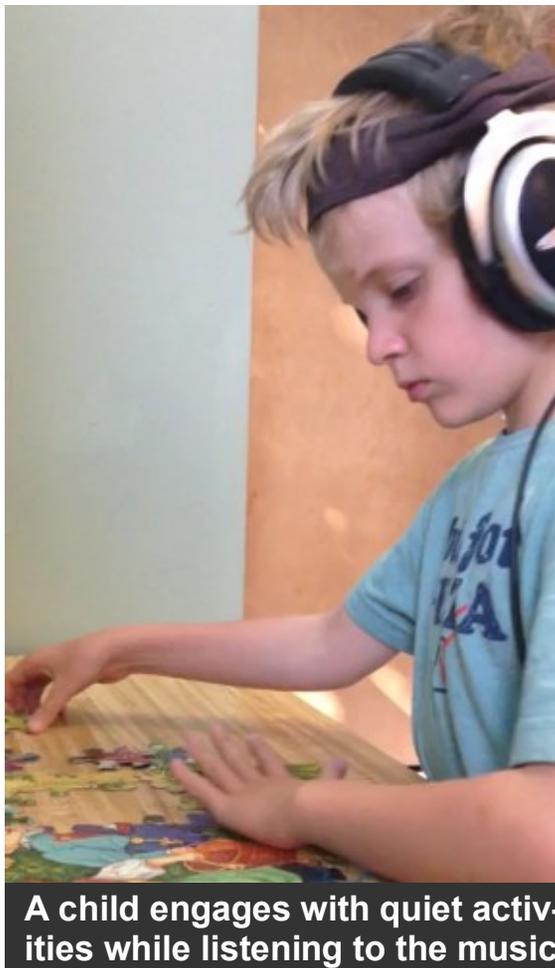


This **non-invasive intervention** involves listening to calming music that has been filtered specifically to retune the nervous system (emotional regulating state) to **introduce a sense of safety, thus enhances** the ability to engage socially. This allows the person to not only better interpret human speech, but, more importantly, understand the **emotional meaning** of vocal intonation. Once **interpersonal interactions improve**, spontaneous social behaviors, and an improved ability to **engage, learn, and self-regulate** emerges.

## Who can benefit from SSP?

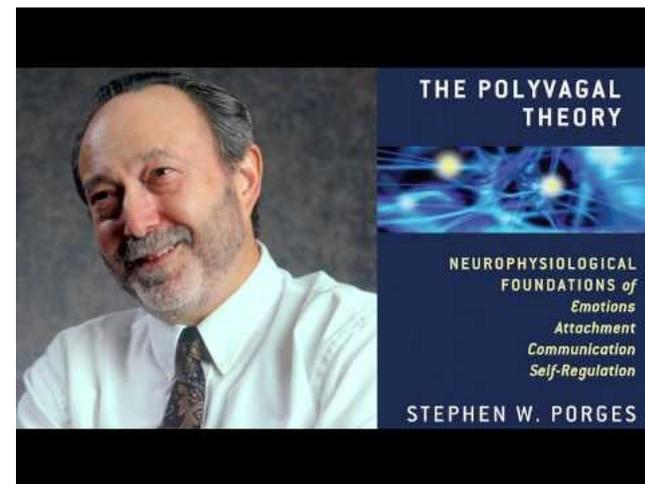
SSP is proven to benefit persons with challenges in

- Social cognition (Autism Spectrum Disorder)
- Attention and executive function (ADHD)
- Sensory integration (SPD)
- Hand-eye motor coordination (dysgraphia)
- Auditory processing (APD, misophonia)
- Anxiety & trauma (GAD, PTSD)
- Stress related sleep and digestive problems
- Emotional over or under reactivity
- Weak self-regulation skills, challenging behavior



**A child engages with quiet activities while listening to the music**

## Is the SSP Evidence Based Therapy?



Based on **Dr. Porges' Polyvagal Theory**, the program is derived from 4 decades of peer reviewed research on the relationship between the autonomic nervous system and social-emotional processes. It is designed to stimulate nervous system regulation by exercising and systematically challenging the auditory system with **specifically processed music**.

The music **trains the auditory pathways** by focusing on the frequency envelope of human speech. As the person learns to process these speech-related frequencies, they improve the functioning of **two cranial nerves** that are important for promoting overall social behavior:

- **Cranial Nerve VII (Facial Nerve)** helps clients focus on human voice and tune out irrelevant "predator" frequencies.
- **Cranial Nerve X (Vagus Nerve)** enables self-soothing and autonomic regulation of the body's "rest and digest" system

For more articles, interviews and Videos: <http://stephenporges.com/index.php/bibliography>