

Safe & Sound Protocol (SSP Coaching)

The Safe and Sound Protocol (or SSP Coaching) is a form of auditory therapy designed to reduce the symptoms and challenges of people who have experienced trauma or chronic stress, supporting overall health and resiliency.

By suppressing some of the stressors impacting behaviours' frequency and intensity, SSP Coaching improves emotional regulation by acting on the nervous system, creating a safe space for both the brain and body to reset. This addresses many of the symptoms and conditions seen as barriers to engaging with others, learning, and improving quality of life.

Footsteps is a certified Safe & Sound Protocol provider. **Contact us to discuss whether SSP Coaching could be right for you.**

1

Identify your goals and the hurdles you are facing.

2

Participate in SSP Coaching for 12 months or more.

3

Ongoing strategies to support you in maximising the benefits of the coaching.



Explore our
SSP Coaching packages:



SCAN ME



Who will benefit from SSP Coaching?

SSP Coaching can be beneficial for individuals:

- Experiencing challenges with self-regulation
- Experiencing learning hurdles and attention deficit
- With identified conditions such as autism spectrum disorder, ADHD, anxiety, depression, and OCD

What are the benefits of SSP Coaching?

Benefits of SSP Coaching may include:

- Improved focus
- Reduced symptoms of anxiety
- Increased emotional control
- Reduced auditory sensitivities
- Improved learning and information retention
- Improved overall sleep quality