



## Client Manual

# Safe and Sound Protocol: A Portal to Social Engagement™

# Navigating the Sony Walkman and Using the Safe and Sound Protocol (SSP)

## **Note:**

The player comes with a partial charge. Please fully charge the player before using the SSP.

## **Set up:**

Connect the headphones to the player by inserting the 3.5 mm jack into the bottom of the device.

## **Power:**

Press and hold the OPTION/PWR button.

## **Navigation:**

Press the BACK button until you see 6 icons, this is the “Home Screen”. Use the direction buttons to navigate to the Playlists icon (bottom middle). Choose the appropriate program and press the center Play/Pause to select. Press Play/Pause to begin the music.

## **Volume:**

Before each daily session, use the Daily Volume Test Track to set the volume level. The volume control is on the right edge of the player. The suggested volume for someone with normal hearing is 70 decibels; this level is attained at the volume setting of 23 on your player. If that sounds too low or too high, you may adjust the volume, but only to a level that is comfortable. The volume should not be adjusted again that day even during points when the music will seem very soft. Once you set a comfortable volume you are ready to begin.

Each day's hour-long session has one playlist with two 30-minute parts. You should complete both parts (a and b) on the same day, but if a break is necessary, the optimal time is between the a and b parts. If you don't take a break, part b will begin right after part a.

### **Play/Pause:**

When the music is paused, the Play/Pause button will appear in the top left corner of the screen.

### **Screen Lock:**

Slide the small switch on the right edge of the device to **Hold**. This will prevent the user from inadvertently ending or switching the current session.

### **To turn the player off:**

1. Pause the music (The Pause icon will show)
2. Press and hold the **OPTION/PWR** button until **POWER OFF** appears. Your player is now off.

If you forget to turn the player off, it will go into a hold mode to conserve the battery.

### **Tech Support:**

Call Integrated Listening Systems (iLs) for questions regarding operation of the unit.

iLs Tech Support: 303-399-4183  
service@integratedlistening.com  
8am-5pm Mountain Time  
2821 S. Parker Rd. Suite 065  
Aurora, CO 80014 USA  
www.integratedlistening.com

# Introduction to the Safe and Sound Protocol

Developed by Dr. Stephen Porges, the Safe and Sound Protocol (SSP) is a five-day intervention designed to improve social communication skills by regulating physiological state and enhancing our ability to process human speech. The program is recommended as a tool for people experiencing auditory sensitivities, social/communication difficulties and/or problems with regulating behavioral state.

Based on Dr. Porges' Polyvagal Theory, the program is derived from nearly four decades of 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.

You will be listening to the intervention for one hour a day for five consecutive days. The following instructions are provided to support your experience.

## Environmental Requirements for Administration of the SSP

The SSP is designed to work with a person's nervous system. When a person feels safe, calm, and relaxed, their nervous system will be receptive to new acoustic stimuli within the frequency band of human communication and this will maximize the effectiveness of the intervention. While feeling safe, calm, and relaxed may be difficult for many people, the following guidelines will help by creating a safe and relaxing environment for the intervention administration.

Quiet location: Maintaining a quiet location will help one to (1) feel safe and relaxed without worrying about distracting noises; and (2) focus on listening to the intervention. As the sound level of the music fluctuates through the intervention, at times it will seem very soft, and a quiet environment will help to pay attention to all parts of the intervention. Keep in mind that people with sound sensitivity may be bothered by everyday noises that otherwise go unnoticed. All sounds need to be

minimized as much as possible, both outside and inside of the room where you are using the program. While it may be tempting to use your commute as a time to fit in the intervention, for reasons of safety and the effectiveness of the program, please do not do this.

Outside the room: Ensure there will be no distracting noises outside of the room that could be heard in the room. Examples include people talking in the hallway, lawn maintenance, telephone ringing or vibrating, loud air conditioner, etc. Try to create a quiet zone outside the room to help keep the outside noise level at a minimum.

Inside the room: Create a comfortable space to conduct the program. Soft chairs and soft (non-fluorescent) lighting can create a calm environment and help one feel comfortable. Please make sure that all cell phones are silenced or turned off and videogames are not accessible. Be quiet and, if possible, refrain from speaking. Also please limit interruptions during the program.

Other people: Regardless of age, some people feel more safe and relaxed when in the proximity of another, trusted, person. If this is the case, having a supportive friend, spouse or therapist with you while you use the SSP is a good idea as long as that person remains quiet.

## Instructions for Using the SSP

You will be listening to music for an hour per day, 5 days in a row. The music may sound strange and sometimes, it will sound very quiet. All that you need to do is listen to the music. Once set using the Daily Volume Test Track, do not readjust the volume even if it sounds too quiet; keep listening and it will get louder.

It is best to relax while listening. Move around as necessary, but try not to break a sweat. Increased activity can move the nervous system out of feeling “safe” and reduce the effectiveness of the intervention. If you need a break, simply pause the music. Resume your listening once you feel calm again.

If you experience feelings of discomfort such as anxiety or dysphoria, please pause the intervention by pressing the pause button until you feel calm again. If you are concerned at all about your response to the intervention, please contact your therapist. Their goal is for you to feel safe and at ease during the intervention while ensuring it is delivered correctly. Please do not attempt to “power through” the intervention if you are uncomfortable.

## Instructions for Using the SSP

- contact

# Frequently Asked Questions

Does the intervention need to be 5 consecutive days, or can I skip a day?

*The intervention addresses the functioning of the middle ear muscles. Listening during the intervention may fatigue the middle ear muscles and make you feel exhausted. Be attentive to these potential changes in your behavioral state.*

*If you have to skip a day, you can “make up” the intervention on the next consecutive day. However, it is best to avoid listening to more than one hour of the intervention on any given day.*

Does the intervention need to be scheduled for the same time each day?

*No. You can schedule the intervention at different times on each day. The goal is to select a time of day when you are alert, and a schedule that works for you.*

What if I become ill and am only able to complete the first 2 days of intervention?

*If you only complete 2 days of intervention, and are ill the rest of the intervention week, wait until you are healthy, and then re-start the intervention sequence from the beginning.*

I do not like to wear headphones. Can the intervention be administered via speakers instead?

*No. Due to the filtering of the music, the intervention needs to be administered via ear cup style headphones. If you have difficulty with headphones, try to practice using headphones prior to the intervention. Slowly build your tolerance for the headphones until you are able to manage wearing them for one hour with a short break at 30 minutes.*

**Can I use earbuds instead of headphones?**

*No. As the neural network associated with the middle ear muscles is being exercised, the volume of the music will appear to decrease and increase as the different frequencies of music are removed and re-added, and the ear cup on the headphones helps to block out environmental noise to help you attend better to the music.*

**I am feeling overly tired during intervention week. Is this normal?**

*Yes. People have reported fatigue during intervention week, especially around day 3. The intervention is working the nervous system – the brain, and the autonomic nervous system – so feeling fatigue is typical. In fact, it is a good sign that the intervention is effectively exercising the neural system. We have also received reports of significantly improved sleep patterns.*