

Safe and Sound Protocol (SSP)

Provider Referral Guide

Hill Country SSP | Rivers Edge Counseling + Wellness | Boerne, TX

What Is the SSP?

The Safe and Sound Protocol (SSP) is an **evidence-based listening therapy** developed by **Dr. Stephen Porges** based on **Polyvagal Theory**. It acts as a non-invasive, acoustic vagal nerve stimulator — using specially filtered music to retune the nervous system from a state of defense to a state of safety and calm. Delivered through the Unyte Health platform by certified providers.

When to Refer

Consider referring when your client/patient presents with:

- Treatment-resistant anxiety or panic
- Trauma/PTSD — especially if too dysregulated for talk therapy
- Sensory processing difficulties (sound, touch, light sensitivity)
- Emotional dysregulation or frequent meltdowns
- Social withdrawal or difficulty with connection
- Sleep disturbances related to hypervigilance
- Auditory processing challenges
- Chronic fight-or-flight / shutdown states
- Children who struggle to engage verbally in therapy

Program Details

Format: 5 hours of filtered music via over-ear headphones

Delivery: In-person (Boerne, TX) or remote (telehealth across Texas)

Duration: Typically completed over 2-4 weeks

Ages: Children and adults

Side effects: None. Non-invasive. No medication.

Complements: Talk therapy, EMDR, neurofeedback, OT, speech therapy

Packages

SSP Essentials

\$495

Initial 1-hr consultation, guided listening, mid-program check-in, aftercare planning, email support

SSP Comprehensive

\$1,305

Everything in Essentials PLUS 5 integrated EMDR sessions. Best for trauma history or extra support.

SSP Renewal

\$139

6 months continued access to repeat the program after initial completion

Your SSP Provider

Katelyn Sullins, LPC

Certified SSP Provider | EMDR Trained

Rivers Edge Counseling + Wellness

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HSA-Eligible | Evidence-Based | No Medication | All Ages

Provider preview available -- experience a complimentary SSP session yourself. Contact us to schedule.