

# SSP

## Frequently Asked Questions

1

### WHAT IS CONSIDERED A STRESSFUL LIFE EVENT?

I was asked if I have any upcoming stressful life events that my provider should be aware of or that we should schedule around. What are some examples?

- dental procedures, surgeries (even outpatient)
- big exams, start of a new school year
- recent loss
- moving (houses, offices, etc)
- big life change
- extreme occupational stress (end of the fiscal year, releasing a new product, etc)

Short answer: no.

Longer answer: They do not want people to skip over songs because each song is an integral piece to the protocol. The special modulation to the music is what makes this different, and should not be altered.

### WHAT IF I DON'T LIKE THE MUSIC PLAYING? CAN I SKIP A SONG?

2

The music trains the auditory pathways by focusing on the frequency envelope of human speech. As the client 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 the human voice and tune out irrelevant frequencies.
- Cranial Nerve X (Vagus Nerve) enables self-soothing and autonomic regulation.

3

### I'VE HEARD THIS EFFECTS A CRANIAL NERVE CAN YOU SHARE MORE?

In our office we can use SSP with anyone over the age of 18 months, to adults.

### WHAT AGES CAN SSP BE USED?

4

5

### WHAT ARE CHARACTERISTICS OF COMMON SSP LISTENERS

- Difficulty in regulation behavioral state
- Difficulty listening and following directions
- Speech & language delays
- Sound sensitivities (including misophonia)
- Difficulty with giving or understanding facial expressions

Some families might choose to do another round of the protocol in 3-4 months, others may repeat once a year...and others simply continue using SSP balance over the course of time.

### WHEN CAN THE PROTOCOL BE REPEATED?

6

There may be an uptick in negative behaviors for a short time. As time passes, these listeners eventually settle into their new state. Suggestions could be increasing physical movement or resourcing between listening sessions. Another suggestion would be to remain conscious of how calm and connected others are in the presence of the listener and that the co-regulation piece is very important.

7

### CAN SSP MAKE BEHAVIORS OR FEELINGS WORSE?

Creative outlets such as art, breathing exercises, going to the park or playground to swing or play, playing with pets, taking dogs for a walk, swimming, praying or spiritual practices, being outside in nature, singing, humming, mindfulness or yoga, bike ride

### WHAT ARE SOME SUGGESTIONS FOR RESOURCING AFTER SSP

8