

How to get the most from SSP

TIPS AND SUGGESTIONS



1

DELIVERY METHOD

The two options available would be in person, with a trained SSP clinician or remote delivery where you are not in the same space as the clinician while listening.

Completing paperwork in advance provides your trained SSP provider with important clues about what's going on with your health and day-to-day. This also shares what you may be at risk for when completing the protocol.

PAPERWORK

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CAUTION: NOT EVERYONE WHO INQUIRES ABOUT SSP IS A GOOD FIT

SSP is not an appropriate intervention for those who: currently living in an unstable household (unsafe), history of trauma and not currently working with a trauma therapist, lack stability in day to day, or recently experienced a negative life event such as job loss, divorce, death of a loved one, lack of a support system, history of disassociation, ongoing substance abuse, or currently self-harming

Appropriate activities during SSP can be sewing, coloring, painting, drawing, nonstressful board games, puzzles, playdough, lego building, sandplay. Be prepared to have a few things to do during listening sessions.

MAKE A LIST OF ACTIVITIES DURING PROTOCOL

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EQUIPMENT

Participants will need to have their own over-the-ear headphones, a device that can access the app store, and comfortable clothes. Some may also want to have a bottle of water or fidgets.

During the intake session, your trained SSP provider will provide more background on the polyvagal theory and how it applies to SSP administration. Ask questions!

POLYVAGAL UNDERSTANDING

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ENVIRONMENT

The listening space should be quiet and comfortable. Avoidance of screens or devices, caffeine, sugary foods, competitive games, or stimulating activities that might induce stress or over-arousal.

Familiarize yourself with the office's FAQ list. Your trained SSP provider tries to add to that list when questions arise.

FREQUENTLY ASKED QUESTIONS

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