

# breathing space

Discover more about the SSP, with me as your specialist provider and coach.

Music plays such an important part in our emotional lives, supporting us as we weep for our losses, bringing smiles to our faces as we are transported back to special moments in our lives and lifting us when we feel low.

The magical connection between music and human emotions makes the SSP a powerful yet compassionate process.



"Music has the power to heal, to inspire, and to bring people together"  
Stewart Copeland

## What is the SSP?

The SSP is an evidence-based and trauma-informed/sensitive listening/music therapy designed to regulate or retune the nervous system. To help to bring you and your nervous system back to feeling less defensive, safer, and more connected, so that you can live more presently, fulfilled and happily.

Backed by clinical trials and over four decades of research, the SSP was developed by Scientist and Professor of Psychiatry, Dr Stephen Porges and is the practical application of Stephen Porges Polyvagal Theory, the science of safety.

The SSP programme and playlists are made available via the Unyte App and in all three programmes there are five hours of therapeutic music available.



## What is special about the SSP music?

"How is it that music can, without words, evoke our laughter, our fears, our highest aspirations"  
Jane Swan

The SSP is powerful because it isn't 'just music' as the music that features in the programme has undergone a unique filtering process that modifies the often-familiar tunes, vocal and non-vocal, emphasising the mid-frequency sounds. When we listen to the filtered music in a quiet setting, at low volume, the frequencies are designed to progressively move the nervous system out of threat and defensive states, known as fight or flight or shutdown/freeze, to a place of safety, connection, and increased resilience.

## Complimentary 'SSP with me'

The SSP requires another human nervous system to help with something we call co-regulation, this is someone, like me, who is a trained and certified SSP provider. Our relationship is important as I am here to support you, help you understand your nervous system and to be a safe and regulating nervous system for you to retune with, as the SSP works its magic.

It is therefore important that we both feel comfortable to work together and that you have an opportunity to ask questions and get a 'flavour' of what it might feel like to work with me.

This is a 'chat' without charge or commitment and will last for 20-30 minutes. We can Zoom or have a regular call.

If we both feel good after this chat and there are no obvious reasons\* why the SSP may not be suitable, our next step is the SSP intake process.

## What to expect at the 'SSP with me' intake process

At this point we are getting to know one another a little better and we feel comfortable. So, to deliver the SSP I will need to know more about your unique nervous system and how things make you feel and respond. I will ask you to complete an intake questionnaire for me to understand more, and you can complete this alone or with me at a booked intake prep session, and we can discuss what is best for you.

Your answers will be initially assessed using Stephen Porges-approved guidelines and we will then arrange the final part of the intake process. This involves me exploring your questionnaire with you, for around 90 minutes on Zoom.

## Your 'SSP with me', where and how?

Since being certified to deliver the SSP in 2019, then online in 2020, in response to the pandemic, I have worked with most of my clients online, using Zoom or a similar platform and now only offer the SSP remotely.

There is nothing sensorily remote about the SSP experience we share, in fact, clients feel similarly to me, that they are in their own safe and familiar space, and they have no travel concerns.

## Your SSP Programme

Your programme will be created just for you, as I carefully blend the programmes to uniquely support your progress and goals.

Based upon our conversations, your intake process results and my knowledge of the SSP, both personally and professionally, and over 25 years working therapeutically, I will create your programme.



Sessions will be held weekly for at least three to four months. It is important to understand this commitment before we begin, as we are working with your nervous system and my delivery supports the principle that less is more. Healing doesn't happen by rushing and my approach is trauma-informed.

You will experience the SSP Connect at the start of your 'SSP with me' and gradually progress to the SSP Core. The SSP Balance may be 'blended'; into your Core programme or it will be an optional addition to follow on from the SSP Core. We will discuss this during the programme.

## Your three SSP programme pathways

### SSP Connect

SSP Connect, has no filtration and is chosen for the soothing nature of the existing sound frequencies. With up to five hours of listening available, together, we begin our journey to understand your nervous system.

Listening to the SSP Connect and our co-regulating sessions will last for around four weeks and includes:

- Gentle soothing and settling sessions to reduce anxiety and increase felt safety
- Discoveries and learnings about your nervous system and polyvagal theory
- Learn about the importance of less is more
- Develop a positive listening habit

We will also use the SSP Connect alongside the SSP Core and SSP Balance to calm and soothe you through times of increased dysregulation, stress and anxiety. The SSP Connect can also be used to prepare your nervous system for your SSP Core listening sessions or to support your nervous system after.

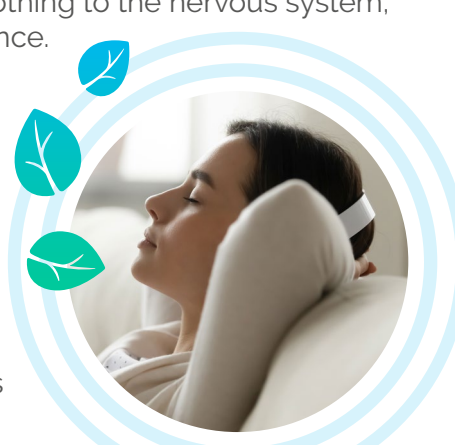
### SSP Core

Delivered by thousands of professional certified providers worldwide, SSP Core was the first patented part of the SSP programme, designed to reduce anxiety, stress and trauma responses, and retune the nervous system.

It is dynamic and progressive, meaning the music will be listened to in order from hour one to hour five, and is both challenging and soothing to the nervous system, encouraging regulation, stability, flexibility and resilience.

You will experience a gentle speed of delivery that is carefully matched to your nervous system and is trauma-informed.

We will work to the guiding principle that less is more and respect that your nervous system responses, as uncomfortable and challenging as they can be, are a natural survival response. With this in mind, we will be gently stretching your nervous system and helping it to accept change and return to a more balanced and safe place.



### SSP Balance

The SSP Balance extends and integrates the gains of the programme and is less strenuous than the SSP Core.

It reminds the nervous system that it can be more flexible and return to safety. It can be used as a stand-alone soothing programme, after the SSP Core. It can also be integrated to the warm-up programme, after hour three, and it can be an effective nervous system 'warm-up' for clients who will benefit from 'SSP Core boosters.'

\*The SSP is not suitable for those actively self-harming, diagnosed with bi-polar disorder or epilepsy



Non-invasive Polyvagal Theory-based therapeutic listening programme to retune the nervous system



Regulates physical state so you can feel a broader range of emotions, feeling calmer and more present



Reduces stress, anxiety and enhances social connection and resilience



Available for adults with anxiety, ASD, ADHD, trauma history and other diagnoses, referrals welcome, creating a foundation of safety for further therapy.

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