



Hello, I'm Jayne. Nervous system coach and Safe and Sound Protocol practitioner.

I use an innovative sound-based, somatic and neuroaffirming approach to support midlife and late-diagnosed autistic, ADHD and AuDHD women affected by trauma, chronic stress, anxiety and burnout.



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

Stewart Copeland

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

Jane Swan

What is the SSP?

The SSP is an evidence-based listening therapy designed to regulate or re-tune the nervous system, supporting you to a place where you can feel safer to connect with yourself and others, building flexibility, resilience and capacity.

Backed by decades of research, the SSP was developed by Dr Stephen Porges, scientist and professor of psychiatry, as the practical application of Polyvagal Theory, the science of safety.

Why SSP Together™?

SSP Together™ is my own approach to delivering the SSP, and it comes from my lived experience, decades of knowledge from working with clients, and ongoing training. I live with a history of complex childhood trauma and c-PTSD, and I was late-diagnosed as AuDHD, autistic and ADHD. With years of masking and meeting the demands of a neurotypical world, so many of us have shared experiences of trauma, chronic stress, anxiety and burnout. My approach is neuroaffirming: SSP Together™ meets you and your nervous system where you are, gently supporting your health and development.

Who I work with

I work with women living with the effects of trauma, stress, anxiety and burnout, and with the strain of a nervous system that has been braced for too long. **Most of the women I work with are neurodivergent.** Some are diagnosed, some are starting to explore their neurology, and some self-identify. You do not need a diagnosis, or any certainty about labels, to work with me. All women who feel comfortable with how I work are welcome.

Why is the SSP music special?

The SSP is not just music. It brings repetitive and familiar cues of safety directly to the nervous system, through carefully crafted listening and co-regulation sessions. The playlists need a safe, trauma-sensitive and experienced practitioner alongside you, to offer co-regulation, attuned support and ongoing guidance.

The frequencies within the music help guide the nervous system away from fight, flight or shutdown, and towards safety, connection and resilience. Your carefully chosen doses of music are selected during each of our sessions and delivered through the Unyte Health app, within the safety of your own home or chosen safe space.



Complimentary 'SSP with me' Discovery Call

Co-regulation, and our shared safe and steady relationship, is central to SSP Together™ and I will invite you to a 20 to 30 minute, no-pressure Zoom call, to get a sense of what it might feel like to work together. If we both feel safe and comfortable, we can move on to the intake process.

My SSP Together™ intake process

The next step is a 90-minute intake session. This gives us time to explore and understand how your nervous system responds day to day and to complete my intake assessment process. Your comfort and safety are at the centre of this gentle invitational conversation, and we also identify your hopes for our time working together.

Your SSP Programme

Your SSP Together™ programme is built to meet you where you are and will be unique to you. Your sessions and your listening are shaped by us and our developing relationship, your intake results, and my understanding of the SSP and how nervous systems respond.

With over 25 years of therapeutic coaching experience, I use sensitive pacing, close observation, intuition and knowledge drawn from research and training. Sessions are held weekly for at least six months, and sessions often continue for longer. After six months clients can continue with their sessions, move on to the next steps of support, or move to maintenance sessions. Healing and nervous system change takes time, and my approach follows Dr Stephen Porges's guiding principle that less is more.

About the SSP listening



SSP Connect is always our starting point, and for many clients it is the pathway we use for the whole programme. As the name suggests, SSP Connect introduces safety and connection, and I find it minimises dysregulation and defensive responses. The power of its unfiltered sound lies in our sessions and relationship, alongside the cues of safety and the gentle nervous system stretching.

I use a 'three bears' approach, not too much, not too little, just enough. Over time this supports a more flexible nervous system, one that can move between states and settle rather than becoming stuck.

Where and how SSP Together™ sessions happen

I have been certified to deliver the SSP since 2019 and I now offer all sessions remotely across the UK. For many clients, being in their own familiar space adds to their sense of safety and takes away the sensory load of travelling. Sessions run weekly for at least six months, often longer.

What you will need

- A safe, quiet space for our weekly sessions
- A laptop, tablet or computer you feel comfortable using, with your camera on
- An Apple phone (iOS 14 or later) or Android phone (Oreo 8.0 or later) for the Unyte app and available space for download of your playlists for your listening
- To feel comfortable staying in touch between sessions
- Time and space for weekly sessions, with quiet integration time between them
- Six months or more to complete the process

Do you feel comfortable and ready to connect?

I hope you have a sense of how I work and who I am. I don't fix people, I work alongside them so they can meet themselves, feel safer and more resilient. If you feel comfortable and ready, please get in touch to arrange our discovery call. I look forward to connecting: jayne@jayne-cox.co.uk



Non-invasive, Polyvagal Theory-based listening programme to help re-tune the nervous system.



Helps regulate your physical state, so you can feel a wider range of emotions and feel calmer and more present.



Eases stress, anxiety and sensitivities, and supports social connection and resilience.



My approach is suitable for trauma, stress, anxiety and burnout. Self or professional referrals welcome.