

Trauma & Autism...

AUDITORY INTERVENTION

- 5 Days, 1 Hour per Day -

The Safe & Sound Protocol of the Integrated Listening System...

is designed to reduce stress and auditory sensitivity while enhancing social engagement and resilience. This Protocol (SSP) is based on Dr. Stephen Porges' groundbreaking Polyvagal Theory of calming the physiological and emotional state by **activating the ventral vagal nerve**.

The outcome of this simple, yet powerful, intervention is:

- **a regulated nervous system**
- **feelings of safety in body and relationships**
- **improved communication**

The SSP is not meant to replace other forms of needed therapies but makes these therapies more effective. The program is based on nearly four decades of research on the relationship between the autonomic nervous system and social-emotional processes. **It is designed to stimulate nervous system regulation by exercising and systematically challenging the auditory system and the vagus nerve with specifically processed music.**

This non-invasive intervention involves listening to music that has been processed specifically **to retune the nervous system (regulating state) to introduce a sense of safety and the ability to socially engage**. This allows the client to better interpret not only human speech, but, importantly, the emotional meaning of language. Once interpersonal interactions improve, spontaneous social behaviors and an enhanced ability to learn, self-regulate and engage are often seen.

How the music works:

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 human voice and tune out irrelevant frequencies. Cranial Nerve X (vagus nerve) enables self-soothing and autonomic regulation.

This Safe and Sound Protocol is a research-based therapy showing significant results in just one hour per day for five days in the following areas:

- **Social and emotional difficulties**
- **Auditory sensitivities**
- **Anxiety and trauma related reactivity**
- **Challenges in attention**
- **Stressors that impact social engagement**

Following successful completion of the intervention, individuals will be better able to focus on school, therapy, and everyday life and experience a calmed emotional and physiological state.

Information in this blog is based on research and information provided by the clinicians and researchers at Integrated Listening Systems (ILS).

**For more information or to schedule an appointment,
call Barbara Kopystecki, MA, MHP at 610-888-8600**