

# SSP

Safe and Sound Protocol

# ACCESS SUPPORT & PRICING GUIDE

# Who is it for?

SSP may be supportive for both adults and children, specifically:

- Neurodivergent adults and kids (including ADHD, autism and PDA)
- People who feel easily overwhelmed by noise, touch, movement or busy environments
- Parents, educators, and helping professionals experiencing burnout or chronic stress
- Children who have big reactions to everyday situations, frequent difficulties with peer interactions or are overly self-critical.

## What Starting SSP Looks Like:

Starting SSP always begins with an onboarding meeting. This meeting ensures everything is set up thoughtfully before listening begins.

The onboarding meeting is used to:

- review setup and logistics
- establish safety and pacing
- identify nervous system cues to guide listening

For adults, the onboarding meeting focuses on the individual's own nervous system and needs. For children, the meeting is held with a parent or caregiver to focus on the child's cues and support needs. Listening can begin after the onboarding meeting.

SSP is largely self-directed once listening begins. You move at your own pace, within agreed safety guardrails. Progress is monitored, with check-ins at key points in the process, and any questions or concerns can be discussed along the way.

Listening can be paused or stopped at any time. Slowing down or stopping is considered appropriate and protective.

Responses to SSP vary widely. Differences in pace and experience are expected and normal.

## Cost & Ongoing Access

### First Month

The first month is the entry point into SSP support.

It includes:

- access to the SSP Core protocol (a 5-hour listening program)
- an onboarding meeting to support setup, safety, and pacing
- monitoring of listening progress with check-ins at key points
- space to reach out with questions or concerns as they arise

The first month is \$250.

This first month is designed to support a safe and intentional start.

## Access After the First Month

Access after the first month supports continued listening, integration, and flexibility in pacing.

It includes:

- continued access to SSP Core if still in progress
- access to Balance playlists once Core is complete
- space to reach out with questions or concerns as they arise

Some people complete SSP Core before the first month ends. Ongoing access allows time to use the Balance playlists or move more slowly with Core.

Access after the first month is \$80 per month.

Balance playlists are used as a maintenance tool in between Core listening periods. This is an optional supportive resource and not a requirement to continue.

## Additional Considerations

This offering is designed as an independent listening approach, with support available as needed. Many people do well within this structure, while others may discover they benefit from more support. If additional support is needed, a guided option can be discussed.

SSP access is per person. Families may add additional individuals to the same account.

It includes:

- onboarding and monitoring for each additional person
- individual access to SSP listening

Each additional family member is \$50 the first month. Ongoing monthly access remains \$80 per month, regardless of the number of family members.

Continuing monthly access allows SSP Core to be completed at the ongoing monthly rate. If access is paused and restarted later, the first-month rate applies again to support re-onboarding and setup.

SSP Core is designed to be spaced out to support nervous system integration. Core rounds are typically completed no more than once every three months, in alignment with Unyte iLs guidelines.

If cost is a barrier, a reduced rate of 25% is available. Please reach out at any time and we will happily apply this – no explanation needed.