**Safe and Sound Protocol**

**Informed Consent**

**INTRODUCTION and BENEFITS**
Thank you for participating in the Safe and Sound Protocol. This intervention is evidence based – which means that it has been found through research to have a positive impact on individuals who participate in it. We are hopeful it will be helpful for you as well. A description of the intervention follows.

The Safe and Sound Protocol (SSP) is a result of Dr. Stephen Porges’ 40 years of research on the relationship between the autonomic nervous system, auditory sensitivities, and social emotional processes. SSP is a 5 day sound based intervention that has been found to calm physiological and emotional states. It was designed to reduce stress and auditory sensitivity and enhance social engagement and resilience by stimulating nervous system regulation by exercising and systematically challenging the auditory system with specifically processed or filtered music. You will engage in a relaxing activity while listening to this specially processed music for one hour.

**WHAT IS INVOLVED?**
During the intervention, you will listen to the program for five days in a row. You will engage in a relaxing activity, or simply rest and relax, during the intervention. There will be a clinician available in case you have trouble or questions.

**RISKS**

With SSP, there is some possibility that you will experience some gastrointestinal symptoms. This is not uncommon, but it does not happen with everyone. Some adults report bowel changes or feel gassy. Please report this to your provider if it happens as there are things that can be done to help with these symptoms.

You also may experience an uptick in strong emotions or auditory sensitivity for a short time. In part, this is due to the fact that the interventions are “changing” the nervous system into a more settled state, but because this “feels” different, it can be disorienting. As time passes, you should settle into a new, calmer state. If you are going through a period of stress (anniversaries, beginning school, etc), participating in this project should be reconsidered until a less stressful time. In addition, with SSP, you can help by keeping extra activities and stress to a minimum for the week of and week or so after the intervention. There may also be other risks that we cannot predict. If you experience any adverse effects, please contact us immediately so that we can offer support or intervention.

**YOUR RIGHTS**
Participation in this intervention is voluntary. You have the right not to participate at all or to stop at any time. Deciding not to participate will not result in any penalty. Your confidentiality rights are the same as in a counseling relationship. You have a right to complete confidentiality except in the case of reported child or elder abuse, planned harm to self or others or in the rare case that records are subpoenaed.

**COST**

The cost of the 5 day intervention is $300, payable at the time of the first appointment. These services are not reimbursable by insurance.

\_\_\_\_\_\_\_\_I authorize my credit card to be charged the full amount of the player and sessions if it is not returned in 7 days.

**I understand the risks and benefits of participation and agree to participate.**

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Signature           Date

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Clinician Date