



The Safe and Sound Protocol



Feel Better

Improved response to stress, anxiety, trauma, auditory sensitivities



Think Better

Improved access to prefrontal cortex



Connect Better

Better able to develop social & emotional connections

*Does your tamariki experience anxiety?
Anxiety doesn't always look how we might expect.*

Does your tamariki:

- Have big, extreme or violent behaviours?
- Freeze, stop talking, go into shut down mode?
- Run away in response to what they feel is a stressful situation?
- Demonstrate behaviours labeled as 'non-compliant or oppositional' in school?
- Avoid taking risks with things they think they will fail at or trying new things?

I have supported more than 100 tamariki & rangatahi through the Safe and Sound Protocol, witnessing small changes that create big impact.

The Safe and Sound Protocol (SSP) is an evidence-based therapeutic tool that uses specially filtered music to stimulate the brain.



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Respite funding accepted