

The logo consists of a dark blue circle with a thick, light blue, hand-drawn style border. Inside the circle, the words "SAFE & SOUND" are written in white, bold, sans-serif capital letters. The ampersand "&" is rendered in a light blue, cursive script font, matching the border's style. The text is centered within the circle.

**SAFE &
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Safe And Sound

William Chambers



Safe And Sound:

Safe and Sound Stephen W. Porges, Karen Onderko, 2025-04-24 Recalibrate your nervous system calm anxiety and find safety through the transformative power of sound Safe and Sound introduces the groundbreaking new tool The Safe and Sound Protocol developed by Polyvagal pioneer Dr Stephen Porges Designed to help you regulate your nervous system Safe and Sound will explore the therapeutic power of listening to help you manage symptoms of anxiety depression and trauma Featuring stories from the therapy room and therapy backed advice you will discover how to use sound in all aspects of your life from recognising how different music makes you feel to weaving sound into your healing journey Uncovering the amazing hidden power of sound this accessible and practical guidebook will equip you with the tools you need to lead a calmer more resilient life

Safe and Sound Stephen Porges, PhD, Karen Onderko, 2025-04-22 From Polyvagal Theory pioneer Dr Stephen Porges comes a new resource sharing the origin and best practices of his groundbreaking new protocol and highlighting real life stories of transformation and healing We all want to live and share our truth but when we don't feel safe it can be impossible to fully express or even know who we really are The nervous system impacts daily well being to our benefit or detriment Understanding how may be key to truly knowing yourself and better supporting the challenges holding you back When the nervous system regains its capacity to feel safe say Porges and Onderko individuals can express themselves genuinely engage comfortably with others and embrace a life of greater openness and ease The Safe and Sound Protocol SSP is a groundbreaking therapy based in Polyvagal Theory which looks at the role the autonomic nervous system and vagus nerve play in regulating health and behavior SSP involves listening to music that's been filtered to prioritize frequencies of human speech providing auditory input that enables the nervous system to reset to its homeostatic state Porges and Onderko offer a glimpse into this innovative approach highlighting not only the origin of SSP and its best practices but also real life stories of transformation They showcase clinical evidence demonstrating SSP's impact on emotional dysregulation social interaction difficulty and auditory sensitivity providing a comprehensive understanding of its therapeutic potential Some features and conditions addressed include Depression Perfectionism Addiction Suicidal ideation COVID recovery Navigating gender identity Living with Parkinson's disease Hypermobility Autism ADHD Dyslexia Whether patient family member friend or clinician you'll find a deeper understanding of the nervous system and tools for a more resilient experience Illustrating the incredible range of application and how autonomic regulation can lead to significant improvements from stress and anxiety to grief and trauma Safe and Sound demonstrates how SSP can promote a state of safety and calm facilitating the foundation for long awaited healing

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