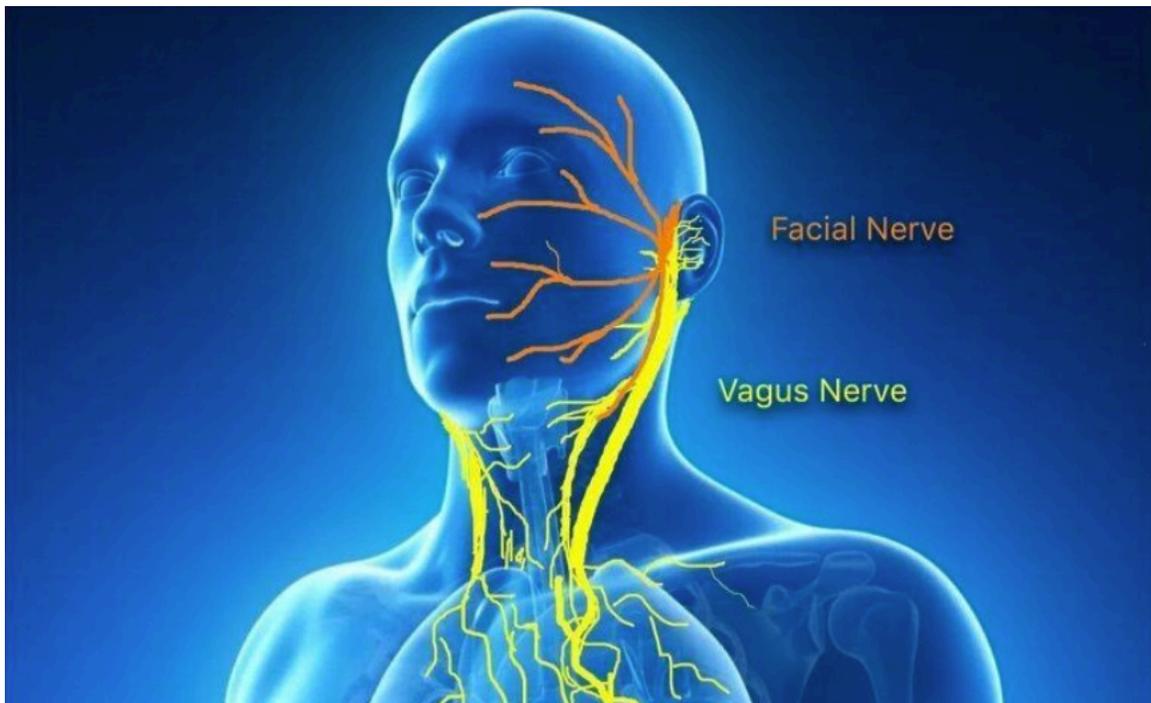


## • Safe and Sound Protocol •

Feel Better. Think Better. Connect Better.



Dr. Kari has expanded her practice therapeutic options by successfully completing the Safe and Sound Protocol (SSP) Certification. She has joined a community of over 6,000 trained professionals who are helping tens of thousands of children, youth, and adults around the world to live more comfortable, productive, and empowered lives.

The SSP was developed based on decades of research by Dr. Stephen Porges, an internationally-renowned trauma researcher and neuroscientist, based on his Polyvagal Theory. The SSP is a cutting-edge intervention, developed to reduce mental health symptoms associated with an over-stressed vagus nerve response. The protocol is a non-invasive listening therapy using filtered vocal music as an acoustic vagal nerve stimulator and neural exercise.

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# Why do I use this therapy?

The primary reason I trained in this protocol is to improve the symptoms of individuals who have sensory and interoceptive sensitivities commonly found in those with disordered eating. It also:



Helps digestive disorders -  
It tells the enteric system  
(gut) to not be so defensive!



Reduces anxiety, irritability,  
and anger due to auditory  
sensitivities and overstimulation  
of the nervous system - It softens  
how you experience the world  
around you.



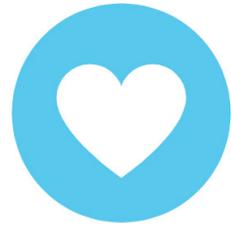
Improves taste, smell, and  
texture sensitivities that  
make everything taste gross  
- It increases acceptable  
food options.



Improves attention and  
reduces impulsivity - It helps  
you to pause and access your  
cognitive decision making.



Improves your social hesitancy  
- It makes you feel safer to  
reach out to other people.



Improves PTSD symptoms  
and pain sensitivities - It puts  
the brakes on your defensive  
reactivity and calms the body.

*And finally, it helps you access the mindfulness-based cognitive behavioral therapies that accelerate your progress in therapy.*

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## How does it work?

The intervention uses prosodic vocal music that has been filtered to send signals of soothing safeness that trains the middle ear to tune out signals of danger and instead take in more signals of safety. The music is heard through headphones in the clinic while engaging in a calm activity or remote access with support through a Zoom platform. This intervention leads to improved communication and more successful therapy. Some of the changes occur immediately. Most changes occur over three months or more as the individual is able to engage and relate in new ways. SSP is not a cure-all, but I can create physiological changes that are otherwise difficult to attain.

# Two Program Options Available



## Program Cost

The cost for access to the listening app is \$225.00.

*\*Requires 5 sessions over the course of three months at regular rates, which may include SSP facilitated sessions at a discounted rate of \$135.00 each, in order to be considered an ACTIVE client during the administration of the SSP program.*

## Remote Program

The program includes 90 minutes of live Zoom connection with a certified SSP therapist as well as:

- Full online assessment followed by an individualized treatment protocol discussion (30 minutes)
- A primer on the Polyvagal Theory and ANS ladder to aide in emotional regulation during the delivery of the remote therapy
- Instructional FAQ on the SSP remote therapy and email access to a certified SSP provider if you have any questions
- A bonus eBook for additional vagal toning exercises
- Access to the SSP listening program for three months. Includes pre-treatment, CORE treatment, and post treatment maintenance protocols. (The CORE program is five hours, typically spread over 10 days at 30 minutes per session for adults)
- Brief check-in after CORE sessions three and five (15 minutes each)
- Three-month re-assessment and results review session (30 minutes)

## Active Client Program

This option includes:

- Assessment and individualized protocol discussion
- A primer on the Polyvagal Theory and ANS ladder to aid in emotional regulation
- Access to certified SSP provider via email if you have questions or concerns between sessions
- A bonus eBook for additional nervous system regulating activities
- Access to the SSP listening program for three months. Includes pre-treatment, CORE treatment, and post treatment maintenance protocols. (The CORE program is five hours, typically spread over 10 days at 30 minutes per session for adults)



## Program Cost

One-time payment of \$495.00 OR three payments of \$175.00 (total: \$525.00)

## *Additional Information*

- You must provide your own over-the-ear headphones and phone or tablet for SSP listening app. If you repeat the program, it is half price after the first treatment.
- To continue with the listening app for the maintenance protocol after the third month, it is \$25.00 per month thereafter.
- Some clients may not qualify for the remote program based on assessment of risk and may need to become an active client.

*Reach out to Dr. Kari Anderson at [kari@myeatingdoctor.com](mailto:kari@myeatingdoctor.com) to sign up for the Safe and Sound Protocol.*



DR. KARI  
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ANDERSON

