**Safe and Sound Protocol Informed Consent – Child/Adolescent**

**INTRODUCTION and BENEFITS**  
Thank you for agreeing to try 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 children who participate in it. We are hopeful it will be helpful for your child 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. Your child will engage in a relaxing activity while listening to this specially processed music for one hour.

**WHAT IS INVOLVED?**  
If you decide to allow your child to participate they will attend a one hour appointment five days in a row to participate in the SSP intervention. They will engage in a relaxing activity, or simply rest and relax, during the intervention. There will be a clinician available in case they 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 people 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.

There also may be an uptick in strong emotions or negative behaviors for a short time. This is not uncommon with any new type of therapy or intervention. 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, your child should settle into a new, calmer state. If your child is 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.   
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. Unless you have an adverse reaction and it is clinically appropriate to stop treatment, if you do not attend all 5 sessions, you will forfeit the remainder of your payments.

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

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Signature           Date

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Clinician Date