

Suzanne Finder + **unyte**

Effective Processing and Regulation

The Essential Foundation for Health

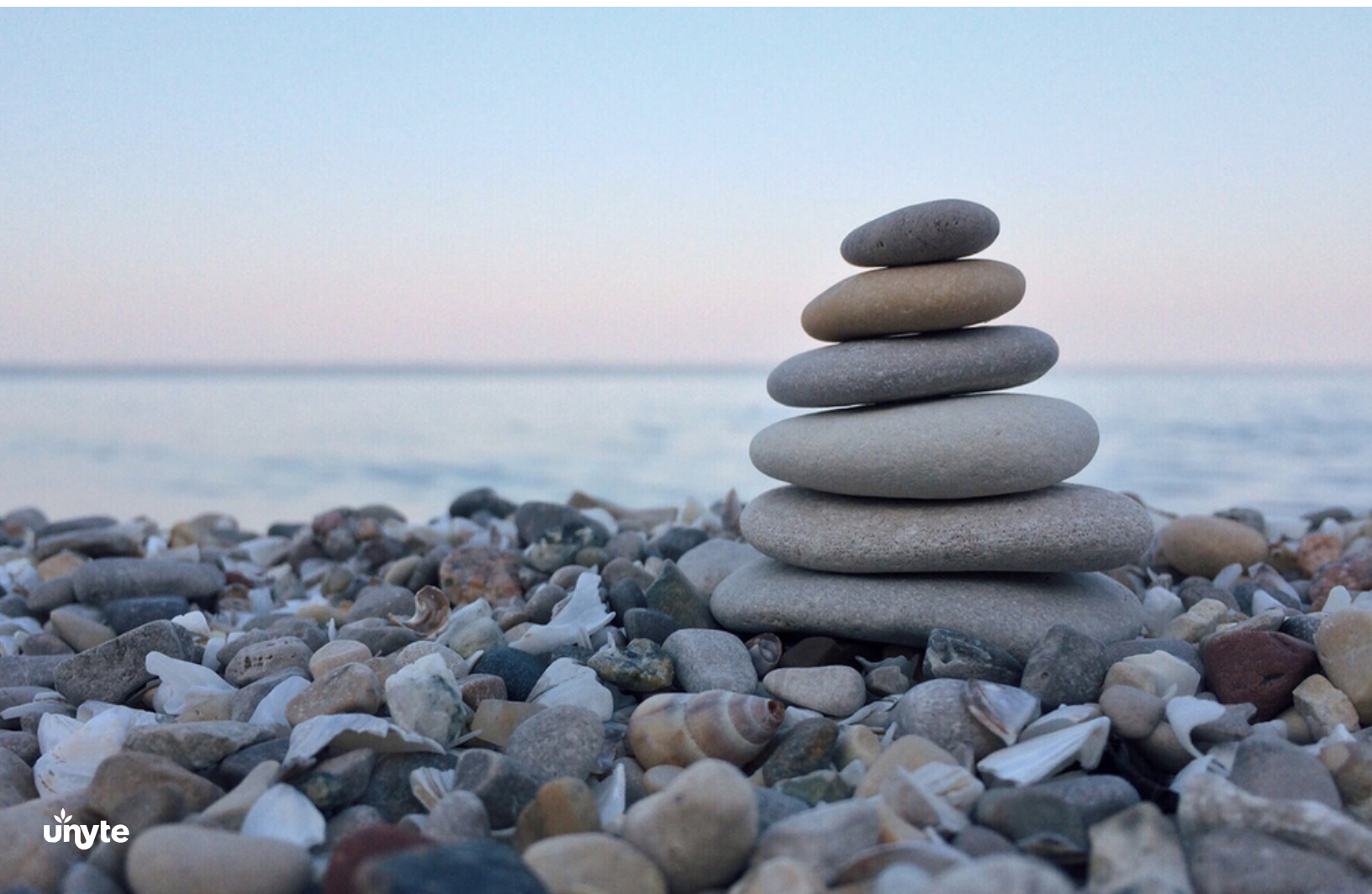


It's *Not* All in the Mind.

Among this century's medical and social breakthroughs is the recognition that the statement, "*It's all in the mind,*" is not fully accurate.

Whether it's due to our growing awareness of the effects of ongoing stress or the mixed results of behavioral therapies, we can now see that there are aspects of our health that are out of our conscious control.

Taking a fresh look at the way we as human beings develop and the way our brain connects with our body can give us insight into how we can become our best selves.



How Does the Nervous System Develop?

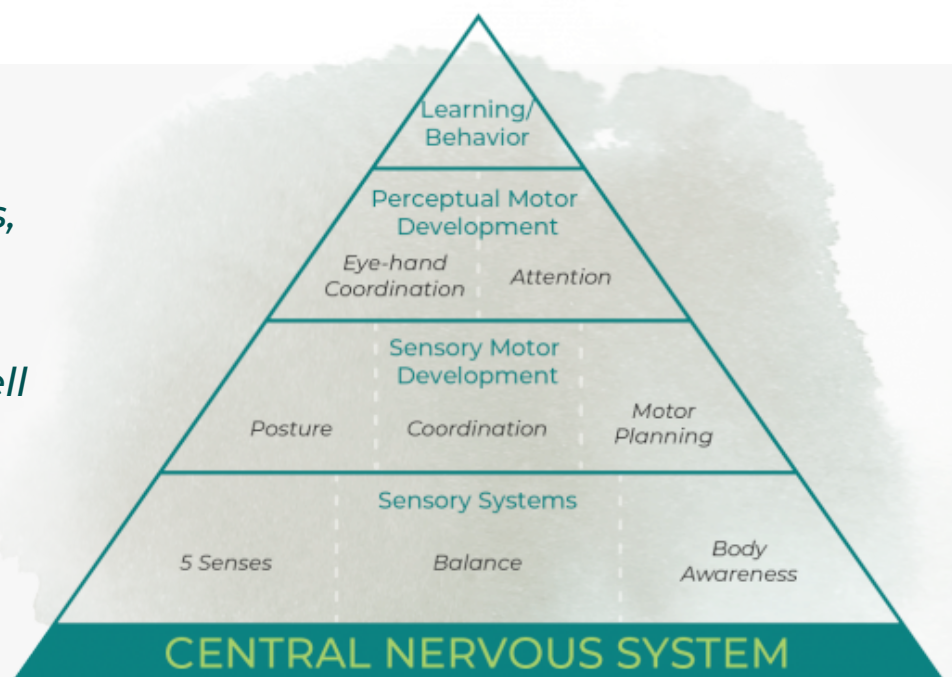
Starting soon after conception and continuing through childhood and young adulthood, the nervous system develops gradually, guided by both genetics and the environment.¹

The sensory and motor systems are the foundation of our central nervous system. They allow the brain to take in and respond to information from inside and outside the body, through hearing, sight, smell, taste, touch, movement, and balance.

Higher thinking skills, including learning and behavior, are dependent on areas of the brain that develop sooner.

All of these areas are inter-connected. Just like a great team, they work best when they work together.

Higher brain functions, such as learning and behavior are dependent on how well we're able to process incoming information at the sensory and motor levels.



PYRAMID OF LEARNING

Fig. 1 Pyramid of Learning²

Finding Balance

The nervous system is oriented toward health and healing, seeking to find and maintain homeostasis, a steady state of internal physical and emotional balance that allows us to function at our best.

This balance can be disrupted in unexpected ways. Rapid societal change, chronic stress, and adverse life experiences are increasingly leading to physical and mental health challenges, including:

- Chronic health problems
- Mental health conditions
- Substance use challenges
- Attention and learning differences
- Changes in appetite, energy, desires and interests
- Difficulty sleeping
- Feelings of loneliness and isolation
- Difficulty connecting with others



The Nervous System is the Key

While many innovative and life-saving treatments have been developed in the medical system to help some individuals, many with chronic or complex conditions are still not able to function at their best. This is part due to the mind-body connection and influence of the autonomic nervous system on our health and well-being.

If we're feeling stressed, worried, or unsafe, our defenses go up, and whatever activity or therapy we're engaged in can be less effective.

Finding balance means regulating the nervous system to flexibly respond to challenges.



Connecting with the Vagus Nerve

The autonomic nervous system helps regulate important systems in the body, including our heart rate, blood pressure, breathing and digestion.

The autonomic nervous system relies on a nerve that is hugely important to our overall well-being: **the vagus nerve**.

The vagus nerve is the longest cranial nerve in the body, stretching from the brainstem all the way down to the stomach. It is often referred to as the **mind-body connection**.

The vagus nerve sends and receives information between the brain and body, helping us respond to changes in our internal and external environment.



Vagal Connection to Social Engagement

Polyvagal Theory explains the connection between the vagus nerve and feelings of safety.

Connected by the vagus nerve, the state of our autonomic nervous system can influence how we feel, think, and behave.

This connection is explained by **Stephen Porges, Ph.D.**, whose Polyvagal Theory is widely accepted as a neurobehavioral scientific breakthrough and has revolutionized our understanding of the body's response to stress and trauma.

By learning to better regulate our nervous system, we can change how we respond to life's challenges, how we experience and engage in therapy, and how we connect to the world around us and others in it.

Continue reading to learn how listening therapies that stimulate the vagus nerve can vastly improve nervous system regulation and re-pattern the nervous system for lasting change.



Dr. Stephen Porges
Author of the Polyvagal Theory and
Chief Scientific Advisor at Unyte

A Polyvagal Approach

Polyvagal Theory provides a new framework for understanding how the autonomic nervous system functions in our modern world.⁵



When under stress, one part of our autonomic nervous system helps us to "fight or flee" by sending blood to our arms, increasing our heart rate and blood pressure, speeding up our breathing, and making us hyper-aware of our surroundings.



According to Polyvagal Theory, the other part of our autonomic nervous system is guided by a ventral and dorsal division of the vagus nerve. The dorsal vagus helps our body "shut down" in response to stress, much like an animal playing dead when they can't run or fight.



When we feel safe, the ventral vagus brings our body into homeostasis, and is connected to a social engagement system. This part of our nervous system supports social behaviors like facial expressions, listening, and language.

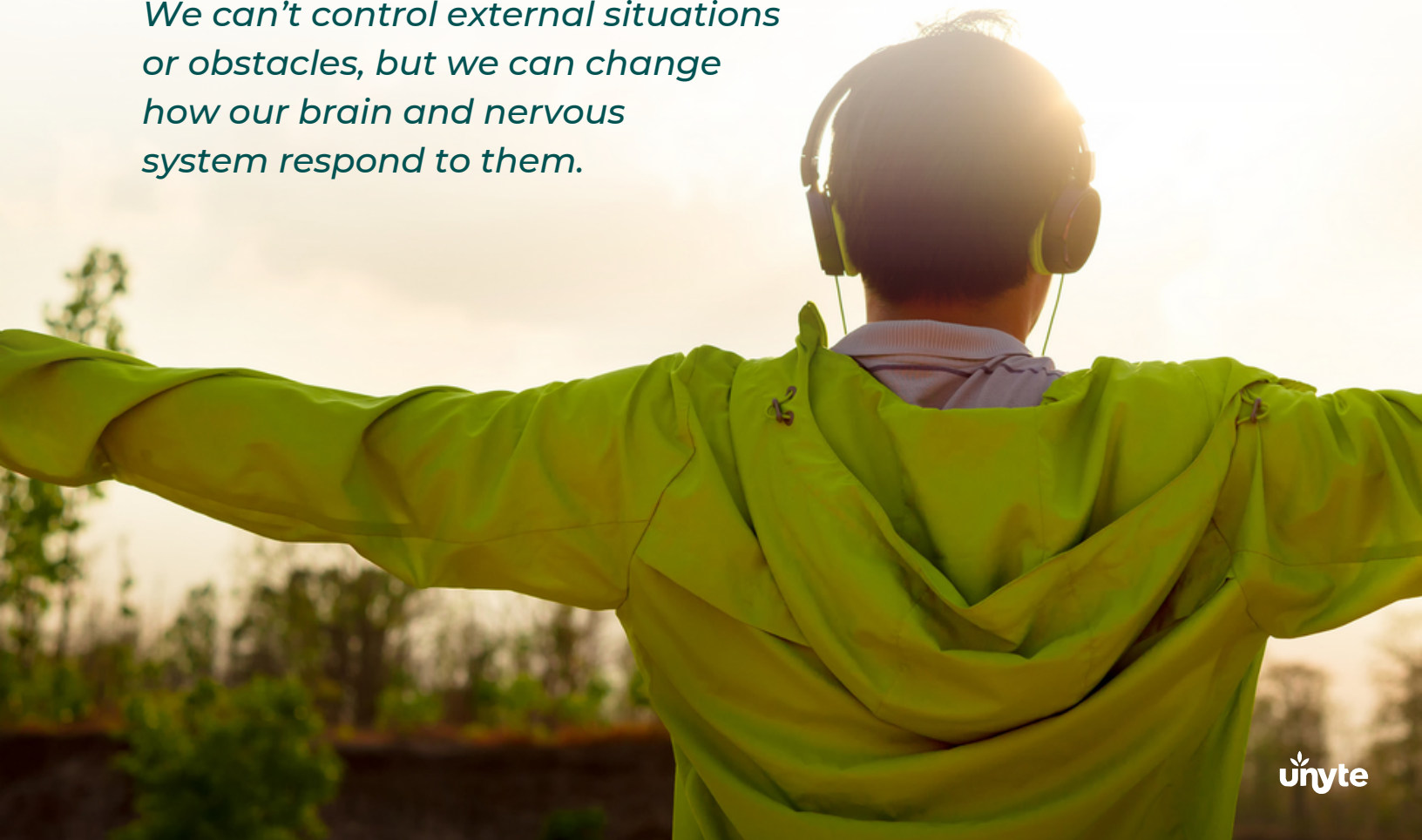
Neuroplasticity Aids in Healing

Integrated within our nervous system are sensory pathways that help us interpret our environment. Like the regulation of emotions, our ability to process sensory input determines our ability to think, learn and communicate with others.

For example, an individual with differences in how they process sensory information can feel isolated and have difficulty socializing, connecting with others and feeling welcome in the world. As a result, they can be less receptive to engaging in therapy.

The good news is that our brain and nervous system are plastic, meaning they can change. Listening therapies, like the Safe and Sound Protocol (SSP) and the Focus System, can help re-pattern sensory pathways to be more effective at processing and responding to our environment.

We can't control external situations or obstacles, but we can change how our brain and nervous system respond to them.

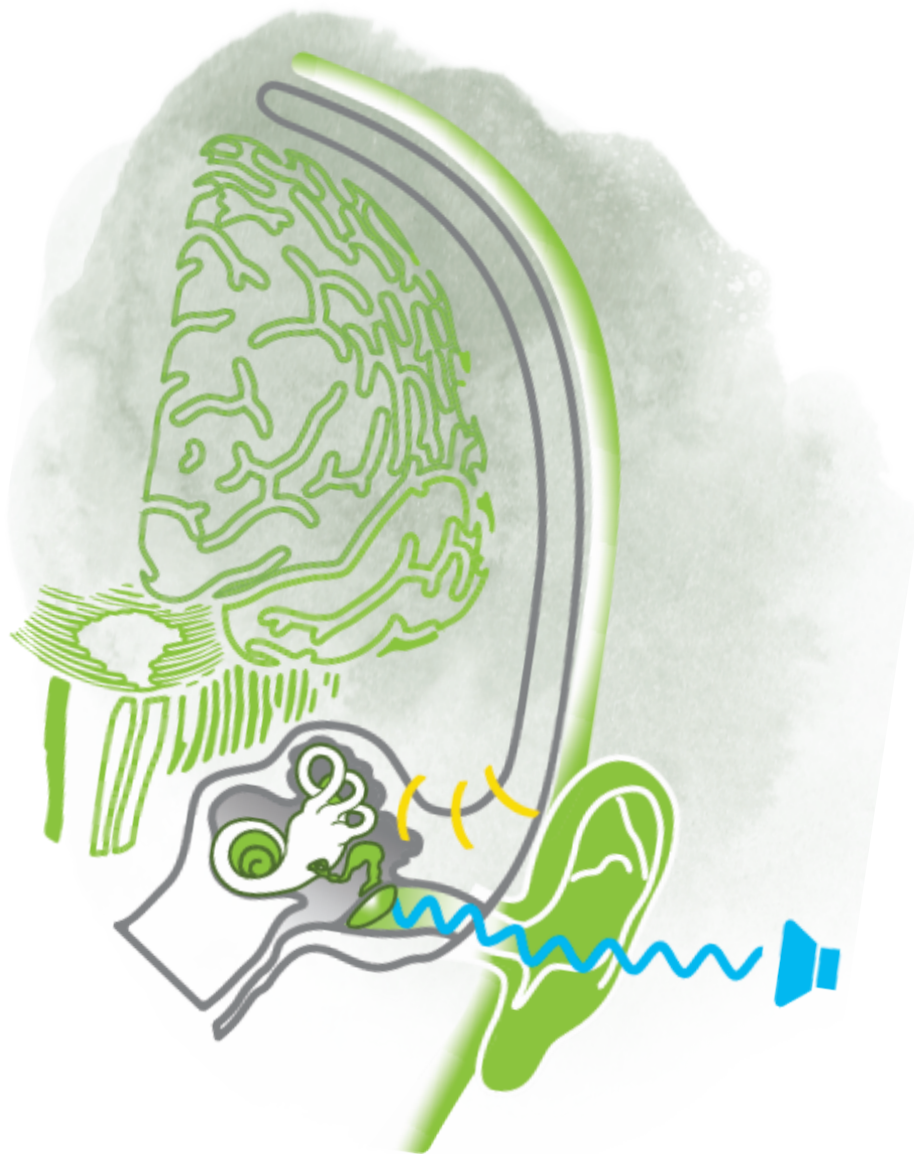


The Ear as the Portal to the Brain

Listening therapies like the **Safe and Sound Protocol (SSP)** influence the nervous system through specially filtered music, activating the auditory neural network, including a branch of the vagus nerve.

Based on hierarchical recruitment of the autonomic nervous system, the SSP trains the auditory processing system to tune into cues of safety signaled by frequencies of the human voice, which stimulates the social engagement system through the neural network associated with listening.

The SSP is most effective when combined with restorative practices such as somatic (body-centered) awareness, mindfulness and breathwork, as well as more traditional approaches like counseling. The SSP can even be used prior to surgery to resource the body for healing.



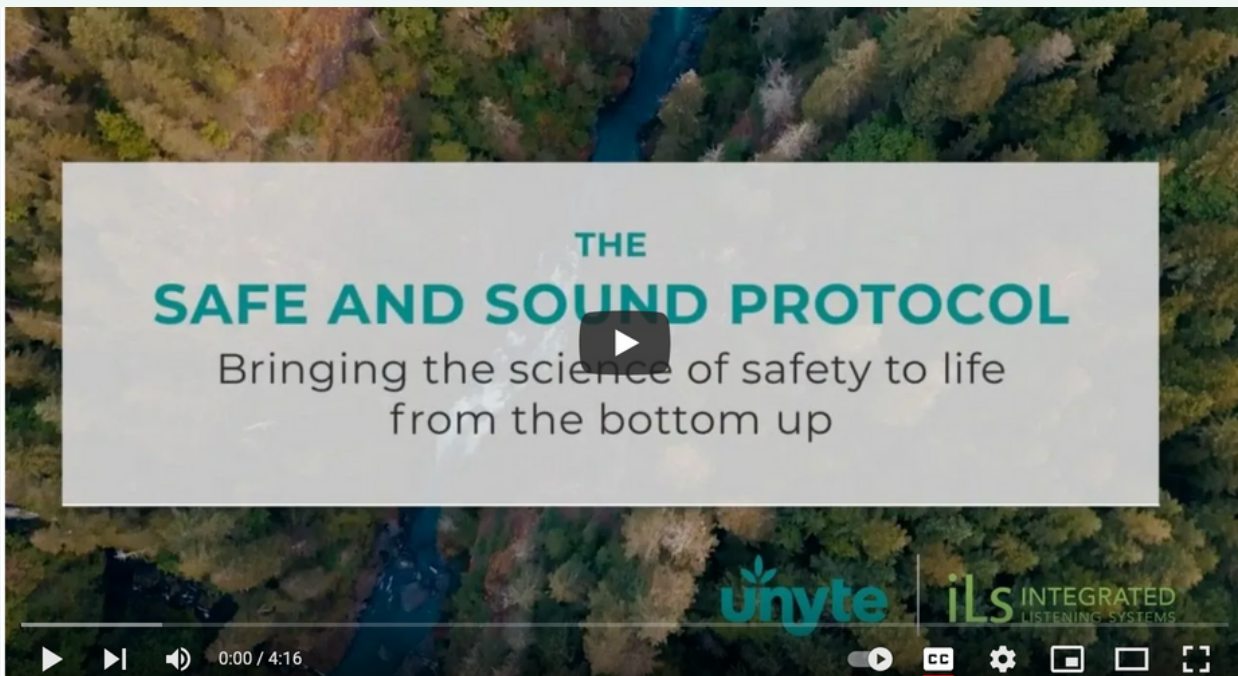
Help Yourself Thrive

Our mission is to empower every person to guide their nervous system to be more aware, regulated and resilient so they can feel safe, happy, healthy, and more effectively respond to life's challenges.

The Safe and Sound Protocol

The Safe and Sound Protocol (SSP) is listening therapy designed by Dr. Stephen Porges based on research that is now known as the Polyvagal Theory.

The SSP works alongside other therapeutic approaches and modalities, and can help individuals with trauma, anxiety and depression, sensory processing and other neurodevelopmental differences.



Learn how to incorporate this life-changing tool in your journey to wellness.

[Schedule a Consultation](#)

Success Stories

Maria is a 42-year-old woman with a history of early childhood trauma. She has been in counseling and cognitive behavioral therapy for many years to address her hypervigilance and difficulty in social situations.



Programs Used: [Safe and Sound Protocol \(SSP\)](#)

Maria's therapeutic goals with her SSP-certified therapist were to regulate herself more effectively, calm her feelings of fight, flight and freeze, and achieve more genuine feelings of social engagement.

The protocol was completed in five consecutive days. After the first night, she began sleeping better. After the third, she felt exhausted earlier and needed more sleep than usual throughout the program. By the fifth session, she appeared happier and "lighter" to her therapist, and remarked that she wasn't sure why but she felt noticeably more relaxed.

Results: In the ensuing days and weeks, Maria has come to feel significantly more positive about her life, more open to conversations with others (which she used to shy away from), and no longer has the mood swings she used to endure on a daily basis. Two months after her therapy, her friends comment that she "looks different."

In her own words: *"My life has changed."*

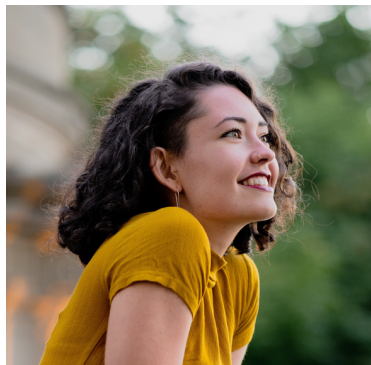
Suzanne Finder
Foundations Program
Life-changing tools for your journey.

Safe & Sound
Protocol (SSP)



An auditory intervention designed by Dr. Stephen Porges to promote nervous system regulation and resilience.

PSYCH-K®



Subconscious belief change process designed by clinical psychologist Rob Williams and advocated by Dr. Bruce Lipton, author of *The Biology of Belief*.

Restorative
Coaching



Individualized self-healing programs incorporating restorative practices, mindfulness and somatic approaches.

[Schedule a
consultation](#)

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