

SSP Together™

Discover more about my specialist SSP coaching, SSP Together.™

Music plays such an important part in our emotional lives. It supports us through grief, helps us connect and belong, lifts our spirits when we feel low or lost, and transports us back to special moments. This ancient and almost magical connection between music and human emotion is what makes the SSP such a powerful and transformative process.



"Music has the power to heal, to inspire, and to bring people together"
Stewart Copeland

What is the SSP?

The SSP is an evidence-based listening/music therapy designed to regulate or retune the nervous system, helping to bring you and your nervous system back to feeling less defensive, safer, more connected, flexible, and resilient.

Backed by clinical trials and over four decades of research, the SSP was developed by Scientist and Professor of Psychiatry, Dr Stephen Porges and is the practical application of the Polyvagal Theory, the science of safety.



Why SSP Together™?

SSP Together™ draws on my personal experience of living with a history of complex childhood trauma and c-PTSD. It also embodies the insights taken from every SSP client journey and the knowledge gained from years of nervous system research and coaching. My approach is compassionate, sensitive, gentle and powerful, supporting healing and personal growth for those living with nervous system sensitivities, a history of trauma, or chronic anxiety and stress.

"How is it that music can, without words, evoke our laughter, our fears, our highest aspirations"
Jane Swan

Why is the SSP music special?

The SSP is not "just music"; it is nervous system safety reached through carefully crafted listening. The playlists in the SSP require a safe, trauma-sensitive, and experienced practitioner to provide co-regulation, attuned support, and ongoing supervision. The frequencies within the music help guide the nervous system away from fight or flight or shutdown responses toward safety, connection, and resilience.

Your carefully selected 'doses' of music are chosen with care by me and delivered via the Unyte Health App, within the safety of your own home.

Complimentary 'SSP with me' Discovery Call

Co-regulation is essential for SSP Together™. I bring many years of experience working with trauma, nervous system sensitivities, and acquired neurodivergence, supported by my own lived experience. Our relationship is central to the work. You are invited to a 20–30 minute, no-pressure Zoom call to get a sense of what it might feel like to work with me. If we both feel safe and comfortable, and there are no reasons the SSP may be unsuitable, we move to the intake process.

My SSP Together™ intake process

Following our discovery call, we can arrange a 90-minute intake session. This gives us time to explore your nervous system responses and complete the intake form together, with comfort and safety at the centre of a gentle conversation and questionnaire completion.

It also allows me to ensure that SSP Together™ is appropriate for you and if we both feel ready to proceed, we agree goals and confirm session dates.

Your SSP Programme

Your SSP Together™ programme is created to meet you where you are. Safety is always the foundation. Our sessions and your listening are guided by our developing relationship, your intake results, and my professional and personal understanding of the SSP and nervous system responses.

With over 25 years of therapeutic coaching experience, I use sensitive pacing, attuned observation, intuition and research driven knowledge. Sessions are held weekly for at least six months and often longer. Healing requires time; my delivery follows Dr Stephen Porges guiding principle that less is more.

About the SSP listening

SSP Connect is always our starting point and for many of my clients this is the pathway we use for the entire programme. As its name suggests the SSP Connect introduces safety and connection, and the power of its unfiltered sound properties lies in the cues of calm safety and gentle nervous system stretching that lie within the frequencies of the classical playlists, chosen by Dr Stephen Porges.



Using a 'three bears' and nervous system supporting approach of not too much, not too little but just enough, I support you gently and slowly to a place of increased regulation, trust and safety.

When the SSP is delivered in this way, with an emphasis on safe and consistent relationship, trust, and reducing defensiveness and overwhelm, the cues of safety within the music can be better integrated.

Over time, this supports a healthier, more flexible nervous system, one that can move between states and return to regulation rather than becoming stuck. This gentle approach is especially effective for those with trauma histories, chronic stress or anxiety, and long-term dysregulation (including after past anorexia and bulimia recovery).

Where and how SSP Together™ sessions happen?

I have been certified to deliver the SSP since 2019 and now offer all sessions remotely across the UK. For many clients, being in their own familiar environment enhances safety and reduces the sensory load of travel. Sessions run weekly for a minimum of six months and often longer.

What you will need

- A safe and quiet space for our weekly sessions
- Access to a laptop, tablet or computer that you feel comfortable using with your camera turned on
- An Apple phone, iOS 14 or later, or Android phone, Oreo 8.0 or later, for your Unyte App and your listening sessions
- To feel comfortable keeping in touch between sessions
- Time and space for weekly sessions
- Quiet integration periods between sessions
- 6 plus months to complete the process



Do you feel comfortable and ready to connect?

If you feel comfortable with the sense of who I am, how I work and with the level of commitment required, please get in touch for further details about sessions and arranging our discovery call.

I look forward to connecting: jayne@breathingspacewellness.uk



Non-invasive Polyvagal Theory-based therapeutic listening programme to retune the nervous system



Regulates physical state so you can feel a broader range of emotions, feeling calmer and more present



Reduces stress, anxiety and sensitivities while enhancing social connection and resilience



Available for adults with anxiety, ASD, ADHD, trauma history and other diagnoses, referrals welcome, creating a foundation of safety for further therapy.

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