

SAFE AND SOUND PROTOCOL (SSP)



INNERWORKS
COUNSELLING

Clients

COST BREAKDOWN:
ASSESSMENT SESSION: \$140-\$160
LISTENING PROTOCOL \$500+ HST

HOUR 1
\$100 +HST

- This includes :
- 1 hr of listening at home
- your listening plan
- check-ins from your therapist
- consistent monitoring from your therapist

HOUR 3
\$100 +HST

You will continue listening per your therapist's instructions and have a check-in between listening.

HOUR 5
\$100 +HST

You will continue listening per your therapist's instructions and have a check-in between listening.

ASSESSMENT
\$140 - \$160

Assessment session with your therapist to learn about SSP and help your provider understand your needs.

HOUR 2
\$100 +HST

You will continue listening per your therapist's instructions and have a check-in between listening.

OPTIONAL THERAPY SESSION
\$140-\$160

- explore further regulation strategies
- listen to some of your SSP with your therapist for co-regulation

HOUR 4
\$100 +HST

You will continue listening per your therapist's instructions and have a check-in between listening.

PROTOCOL COMPLETE

Your therapist will direct you for next steps.

