



## Increase emotional regulation for the whole family!

Schedule a free 30-minute consultation with Autum to learn more about the Safe and Sound Protocol and how it can help your family thrive.

“Our 7yo struggles with anxiety and we decided to try the Safe & Sound Protocol out of desperation. We’ve since completed 3 5-day sessions as a family of four and the difference is marked. Our older son’s meltdowns have lessened in both frequency and severity, and he now seeks physical contact in an attempt to co-regulate, something he used to actively avoid. An added and unexpected bonus of doing SSP as a family is that we’ve noticed a marked difference in our younger son too. He suffered from undiagnosed severe lactose intolerance for 2 years; post-SSP, what used to be his standard response of anger to disappointment, frustration or sadness, is no more. Overall, it feels like the emotional tone in our home has dropped a notch. We all feel more even-keeled these days, as if our emotional baselines have been reset to a new norm.”

Schedule at: [www.autumromano.com](http://www.autumromano.com), [autum@autumromano.com](mailto:autum@autumromano.com),  
719-237-0365