

Spotlight on OT...

An Innovative Therapy for Sound Sensitivity Arrives in Winnipeg!

Discoveries in Therapy is an occupational therapy business dedicated to “discovering” and providing relationship and brain based occupational therapy techniques that are not commonly found in Winnipeg. Rosanne began this business in 1991 and within Labyrinth Therapies (Kim Barthel). Currently, Rosanne Papadopoulos (OT) and Michelyn Brown (OT) work part-time in the business on Academy Road.



Rosanne Papadopoulos has recently become trained through Integrated Listening Systems® to deliver the Safe and Sound Protocol (SSP) developed by Dr. Stephen Porges.

This listening program is a research-based therapy showing significant results in just five days (1 hour per day) in the following areas:

- Social and emotional difficulties
- Auditory sensitivities
- Anxiety and trauma related challenges
- Inattention
- Stressors that impact social engagement

When the program is complete, individuals can be better able to focus in school, therapy, and everyday life, and experience a calmed emotional and physiological state.



The SSP is a non-invasive intervention that involves listening to music that has been processed to retune the nervous system (through the vagus nerve) to introduce a sense of safety and the ability to socially engage with others. It can be a home-based program for some children. The SSP improves the ability of a child or adult to “hear” the human voice, particularly the emotional meaning of language. When interpersonal interactions improve, spontaneous social behaviors and an enhanced ability to learn, self-regulate and engage are often seen. The SSP creates an opportunity for greater learning within a therapy context. Ongoing therapy is a necessary follow-up to the use of the SSP.

For those unfamiliar, Stephen Porges is the founder and author of “The Polyvagal Theory” (2011) and has worked for nearly four decades on understanding the vagus nerve and its relationship to the social and emotional processes of our nervous system.

Check out <http://integratedlistening.com/ssp-safe-sound-protocol/> for more information.

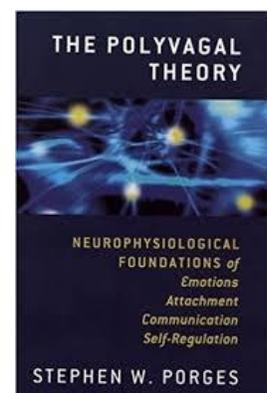
Website: www.discoveriesintherapy.com



“WINNIPEG OCCUPATIONAL THERAPIST DISCOVERIES IN THERAPY”



“ROSANNE’S THERAPY”



Submitted by: Rosanne Papadopoulos, O.T. Reg. (MB)