

**What is voice
modification?**

What are voice modification services?

- Appropriately treating and modifying voice structures/systems to achieve congruence with true self.
- Addresses **ALL** aspects of voice - not just pitch.
- Focus on vocal hygiene and healthy voice strategies.
- Working with the client to create individualized goals and achieve optimum voice.



What is typically covered?

- Evaluation
- Sessions:
 - Breath, resonance, pitch, articulation and speech patterns, social language.
 - Lots of exercises.
 - Focus on SAFETY and vocal hygiene.
- Can be done in person or via teletherapy (with the same efficacy from the comfort of your home!)




What voice modification services are NOT.

- Just working on pitch.
- No focus on vocal hygiene.
- People putting things on the internet with no training.
- No individualization.

duncanlakespeech In sticking with our Pride week theme, I wrote a quick little blurb about vocal hygiene. For trans folks completing voice training, singers, and people who generally use their voice a lot, it is SO important to utilize appropriate vocal hygiene practices. Go check it out at the DLST Communication Contemplation blog. ...I even made a colorful handout (that is much less blurry on the blog)! Link in profile!

#grandrapidspeechtherapy #grandrapids #michiganslp #ashaigers #instaslp #grandrapids #slp #slpeeps #speechtherapy #speechpathology #speechlanguagepathology #pride #grandrapidspride #lgbt #lgbtqia #trans #transgender #vocalhygiene #voicetherapy #duncanlakespeechtherapy

 This is so important, especially since a lot of trans women strain their voices trying to sound more feminine (speaking from experience 🤔 haha)



Subsystems of Voice

PITCH

What is Pitch

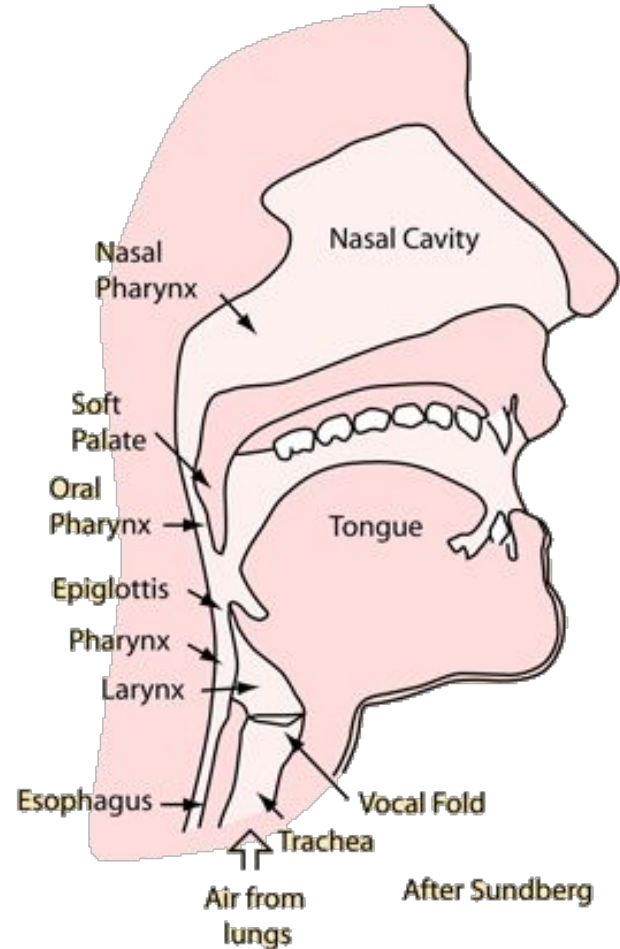
- Pitch is how fast (or slowly) your vocal folds vibrate.
- Pick a target frequency in the range that you want to speak in and work our way there.
- Practice achieving target FF in words, phrases, sentences, etc. up the hierarchy.
- But that's not all!



RESONANCE

What is resonance?

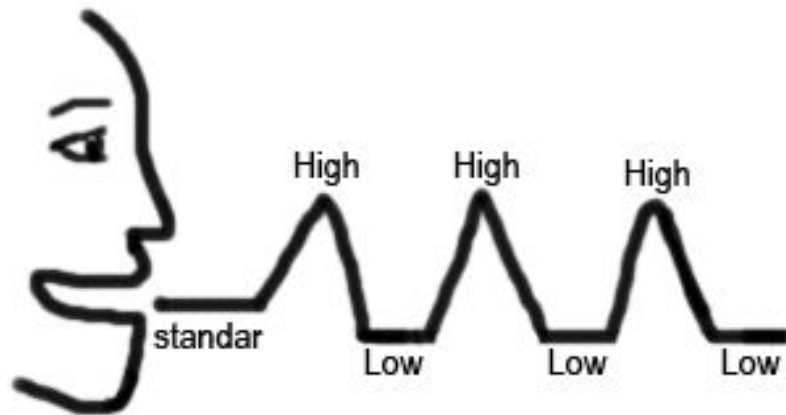
- Resonance is the quality of sound which can change based on where it reverberates from.
- This is a major area of focus as this is what helps people perceive your voice in a certain way.
- We learn to shape our surrounding anatomy to help change our resonance.
- There are many areas that we focus on to change our sound



PROSODY

What the Heck is Prosody?

- Prosody or intonation is our voice's melody, the natural rise, fall, and volume changes that happen as we speak.
- There are three main pitch directions that we can focus on based on what a person wants their voice to sound like.
- Prosody can be a finishing touch once other vocal qualities are mastered.



Breathing

Why is breath important?

- Breath is the power behind our voice and we need to support our voice as it is modified.
- Respiratory system - diaphragm, lungs, trachea - gives us the power behind our voice
- Breath control exercise
 - Guided meditation from Headspace, Simple Habit, Calm



VOCAL HYGIENE

What are good vocal hygiene practices?

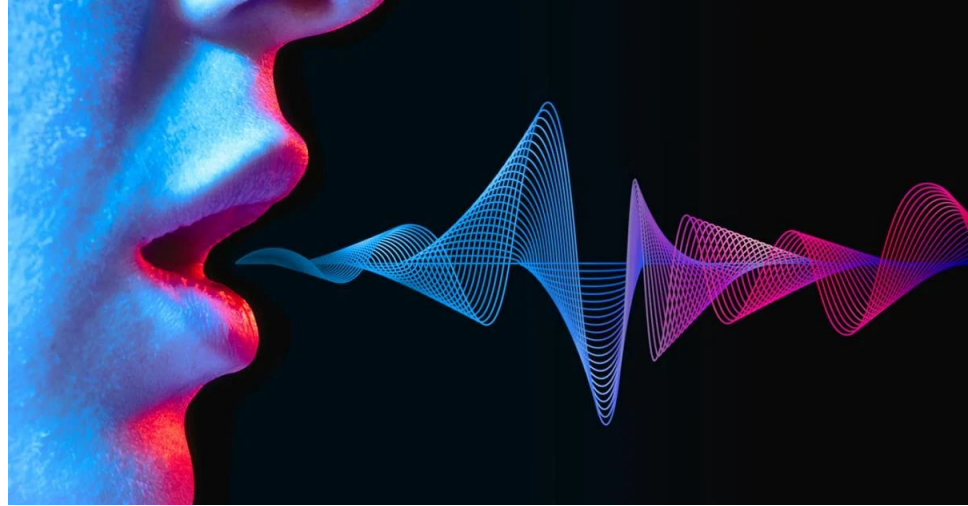
- HYDRATE. Use a humidifier
- Avoid smoking/dusty places
- Cut down on dehydrating foods/liquids such as caffeine and alcohol
- Control acid reflux
- Get appropriate vocal rest
- Use amplification system
- No throat clearing
- WHISPERING IS NOT GOOD



IS THAT ALL?

YES... and no, it depends on you!

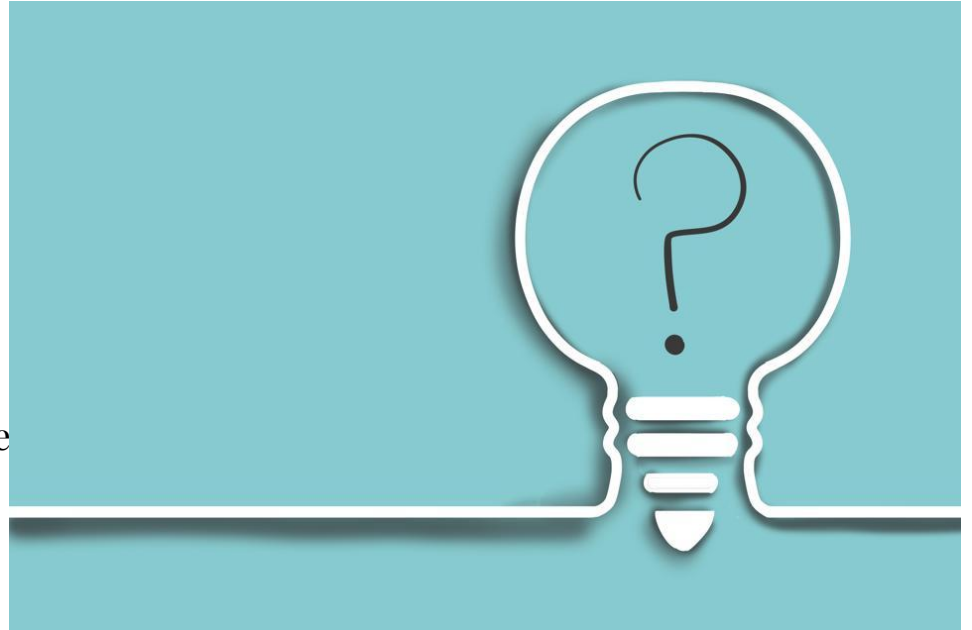
- Your voice training depends on you!
- Is there anything you feel is missing?
Let's talk about it!
- We can try other techniques and troubleshoot to see if there is something that helps create a more authentic voice for you.



FAQs

Questions we are asked a lot!

- How long will this take?
- Does insurance cover this service?
- How often do you need to meet with a client?
- Will HRT affect my voice?
- How much can I actually change my voice?
- How will I know when I'm done with voice modification?



**Find a provider with GOOD
knowledge.**

What to ask a provider.

Absolutely do NOT be afraid to ask these questions.

- What SLP/voice training do you have to perform this service?
 - Have you worked with voice modification clients before?
 - Have you worked with T/GNC folx before?
 - What is your knowledge of the culture of the T/GNC communities?
 - Do you believe in the binary as it relates to voice?
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Please contact us!!

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Questions?