

Voice assessment and voice therapy

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Voice therapy sessions are designed to alter the quality, intonation and rhythm of your voice. Sessions are individualized so that they fit your personal voice needs. Generally, the first session includes a voice assessment, identifying your aims and goals, and discussing what you'll need to practice to achieve the best possible voice.

Sessions will cover the following:

- **Resonant voice training:** Use of either head voice (for transwomen) or chest voice (for transmen) and tuning the voice to a preferable frequency.
- **Use of computer software for feedback:** Recording the voice on *Praat* software to obtain objective feedback regarding vocal pitch and intensity.
- **Intonation/the melody of the voice:** Use of vocal inflections to create a more colourful voice.
- **Rhythm and phrasing:** Elongation of vowels and use of *legato* (transwomen) or *staccato* (transmen) phrasing.
- **Humming and singing exercises:** Warming up the voice, increasing vocal inflections and promoting *legato* or *staccato* phrasing.
- **Posture and diaphragmatic breathing:** Use of appropriate breathing and posture that support a healthy voice (without straining the vocal folds).
- **Language and nonverbal communication:** Exploration of various aspects of language and nonverbal communication (including gestures and movement) that may be considered either feminine or masculine.