



Voice Harmonization

sessions in Liège: our experience



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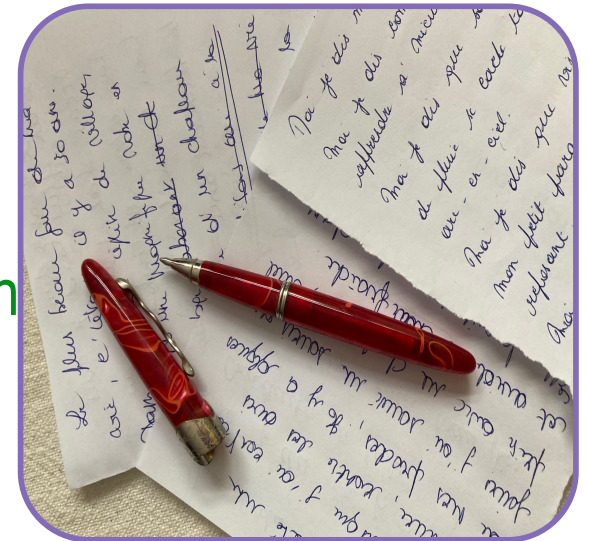
Vocologists

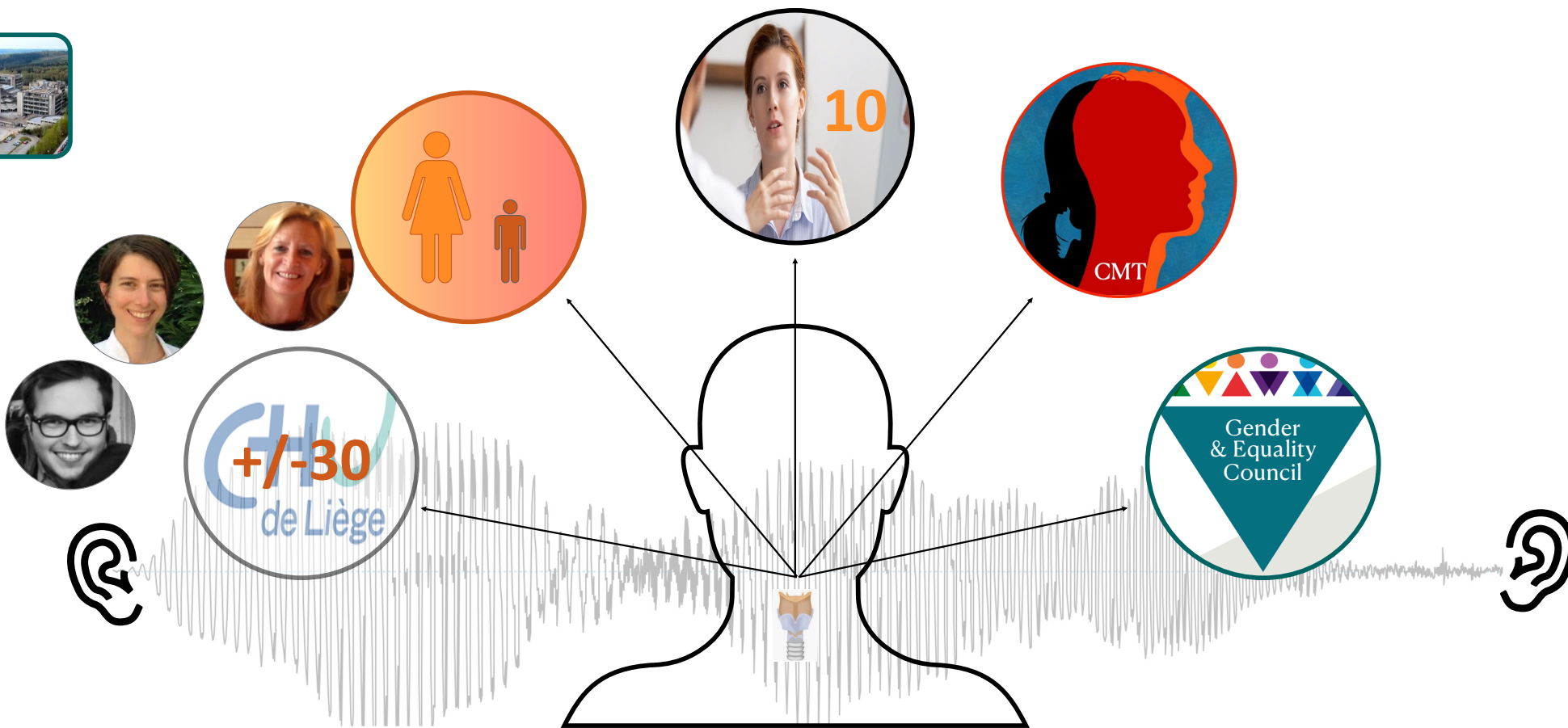


Workshop:
Speaking & Writing



Research Unit
for a life-Course
perspective on
Health & Education





Our Voice = our Identity

Goals



- Rôle
- Implication
- Duration
- Quantity

Vocal motor behavior modification

Conrat
[Chaloner, 2000]

- Check the laryngeal position
- Trial and error
- [vowels]
- Balance tensions



Goals



- Rôle
- Implication
- Duration
- Quantity

- Maintain skills
- Repetition
- Recording

Vocal motor behavior modification
Contrat
[Chaloner, 2000]

Learning

Memorization

- Check the laryngeal position
- Trial and error
- [vowels]
- Balance tensions

- Understand the laryngeal mechanics
- Integrate the new VMB
- Improve acoustic and proprioceptive perception
- Differentiate VMB

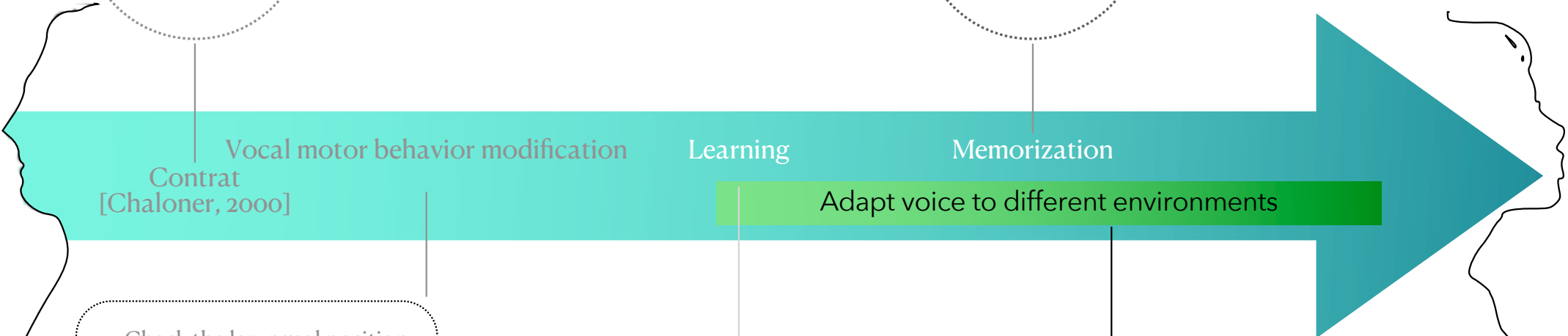


Goals



- Role
- Implication
- Duration
- Quantity

- Maintain skills
- Repetition
- Recording



Vocal motor behavior modification
 Contrat [Chaloner, 2000]

Learning

Memorization

Adapt voice to different environments

- Check the laryngeal position
- Trial and error
- [vowels]
- Balance tensions

- Understand the laryngeal mechanics
- Integrate the new VMB
- Enhance acoustic and proprioceptive perception
- Differentiate VMB

- Listeners
- Private
 - Social
 - Professional

Approaches



Physiologics

- Vocal hygiene [Morsomme & Remacle, 2016; Davies et al, 2015]
- Modifying Vocal Motor Behavior [Andrews, 2006]
- Increasing *fo* (straw phonation) [Gelfer et al, 2019 in Adler]
- Resonant enhancement [Hardy et al, 2018]
- Articulatory precision, vowel lengthening [Hargus & Quené, 2014]
- Increase in pauses [Oates, 2019]
- Variations in intonational contours [Hancock & Helenius, 2012]
 - *With emotional situations*
- Adjusting non-verbal behaviours, lexicon work [Kim, 2020]
- Working on postures and facial expressions [Dahl & Mahler, 2019]

Symptomatologics

- Working on the most uncomfortable VMB
- Pitch
- Include biofeedback [Kawitzky & McAllister, 2020; Morsomme & Remacle, 2021]

One Method

- M. Astudillo, 2019, 3 methods (10 sessions)
 - *Thérapie Mélodique et Rythmée [Van Eeckhout]*
 - *Verbo-Tonale [Guberina]*
 - *Méthode Proprioceptive-élastique [Borràgan]*



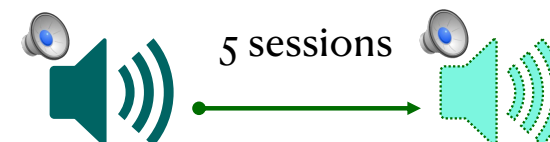
Astudillo Method

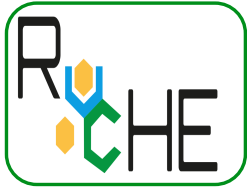


Ingredients

- ▶ Proprioception
- ▶ Exaggeration
- ▶ Imitation
- ▶ > vowel core
- ▶ Drill

- Melodic and rhythmic therapy
(Van Eeckhout et al, 1995)
- Verbo-Tonale (Guberina, 1964)
- Proprioceptive and elastic method
(Borràgan, 2018)

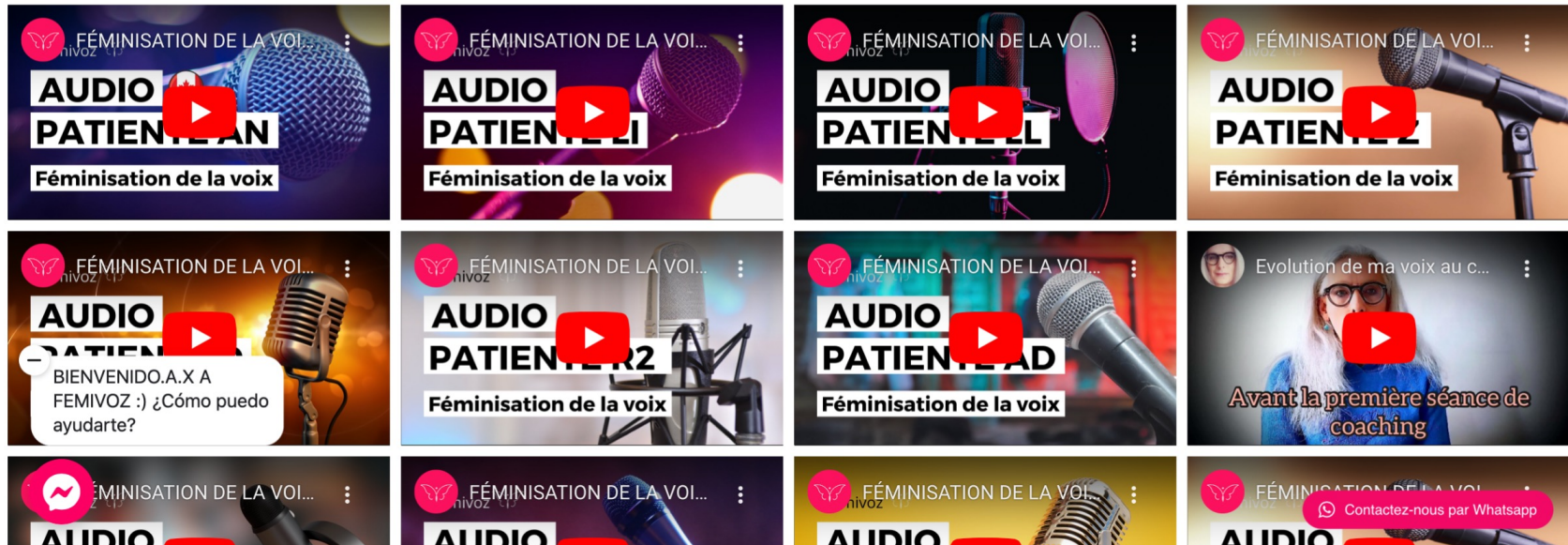


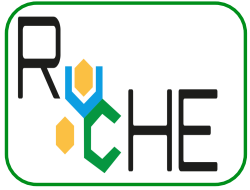


FEMIVOZ

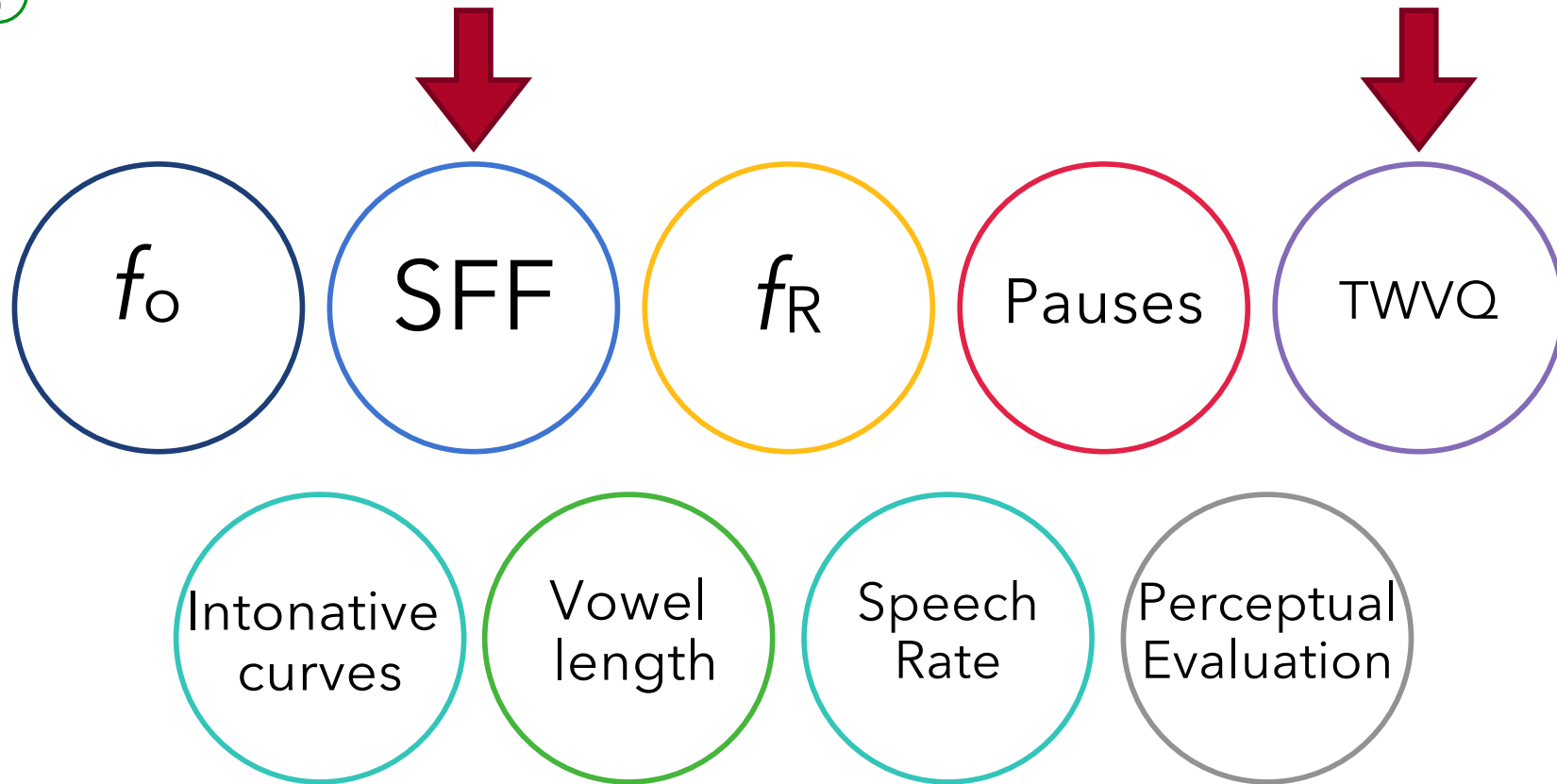
ACCUEIL ▾ FÉMINISATION DE LA VOIX ▾ SÉANCES ▾ TARIFS ET FORFAITS ▾ PUBLICATIONS ▾ CONTACT MASTER CLASS 1^{er} RDV GRATUIT  

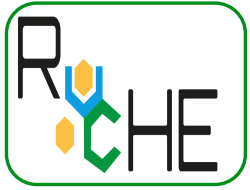
RESULTATS ET TÉMOIGNAGES AUDIO



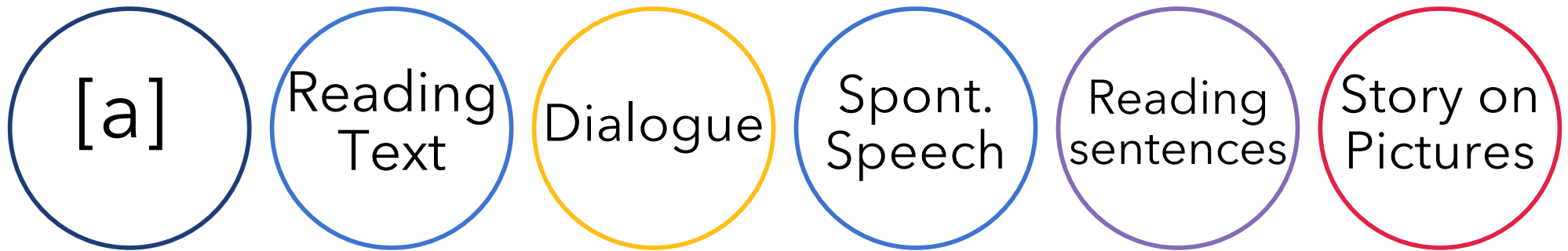


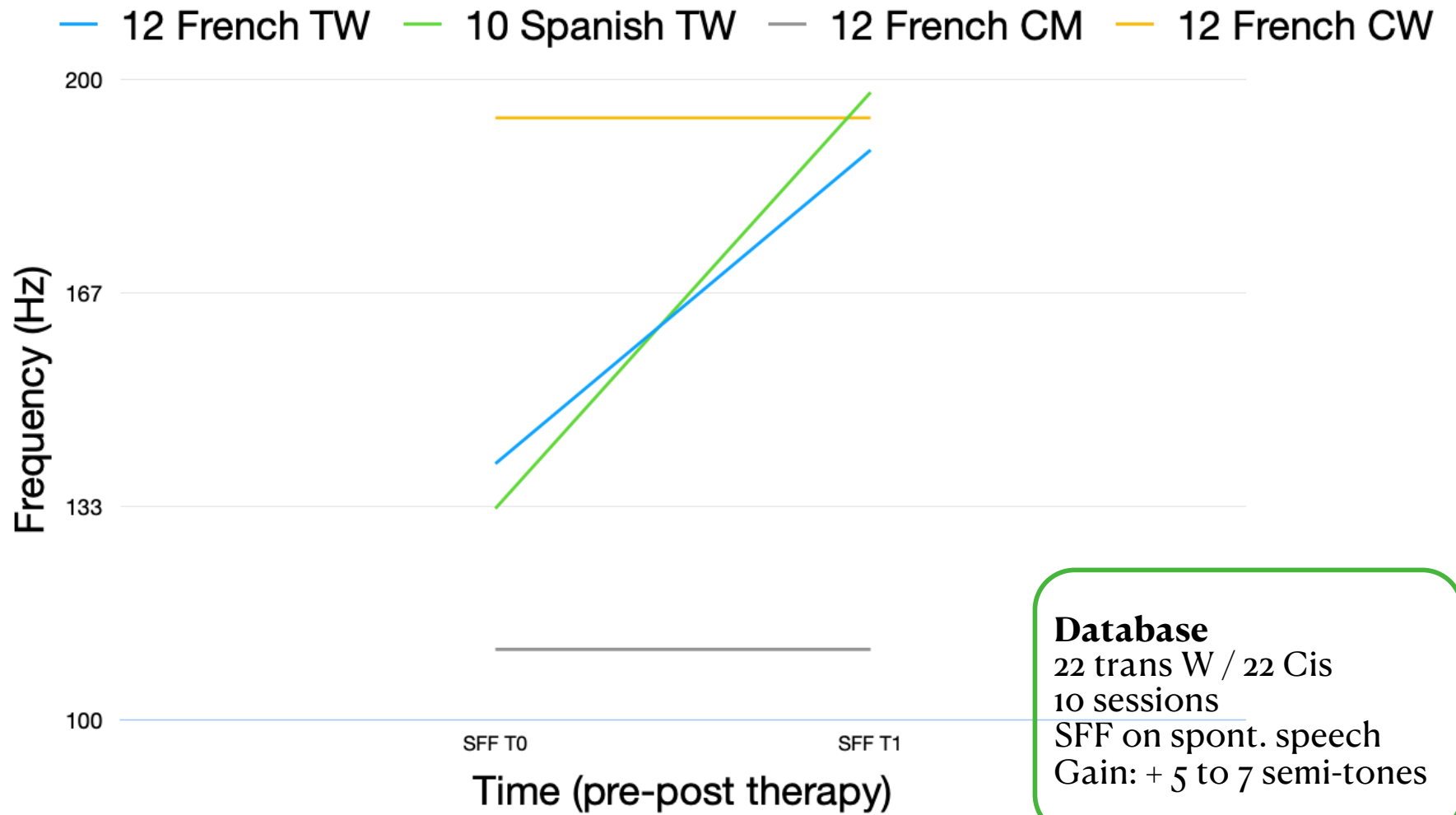
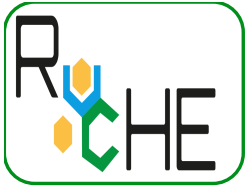
Measures

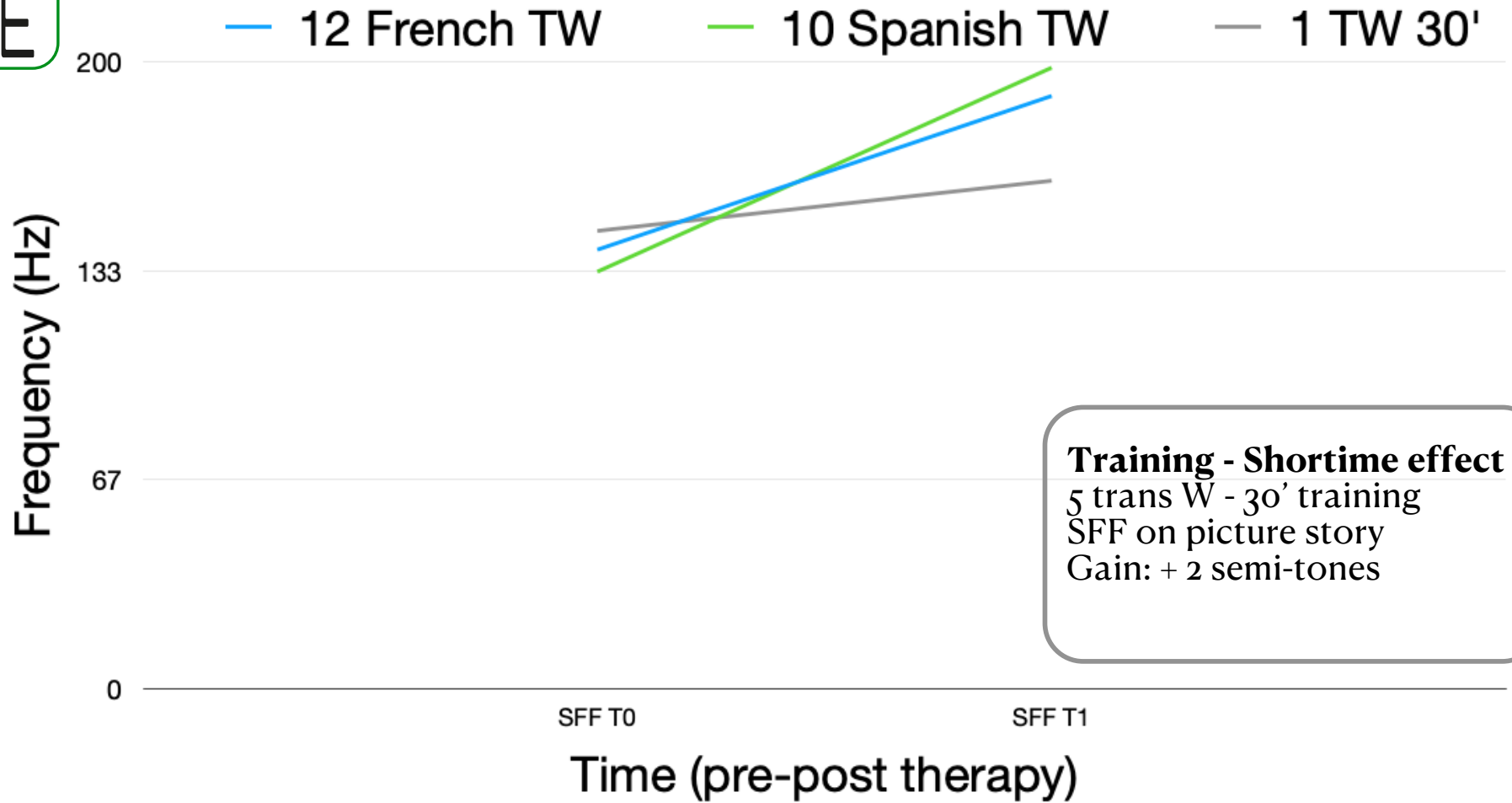


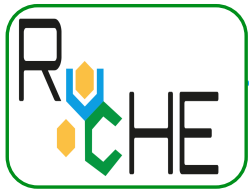


Tasks

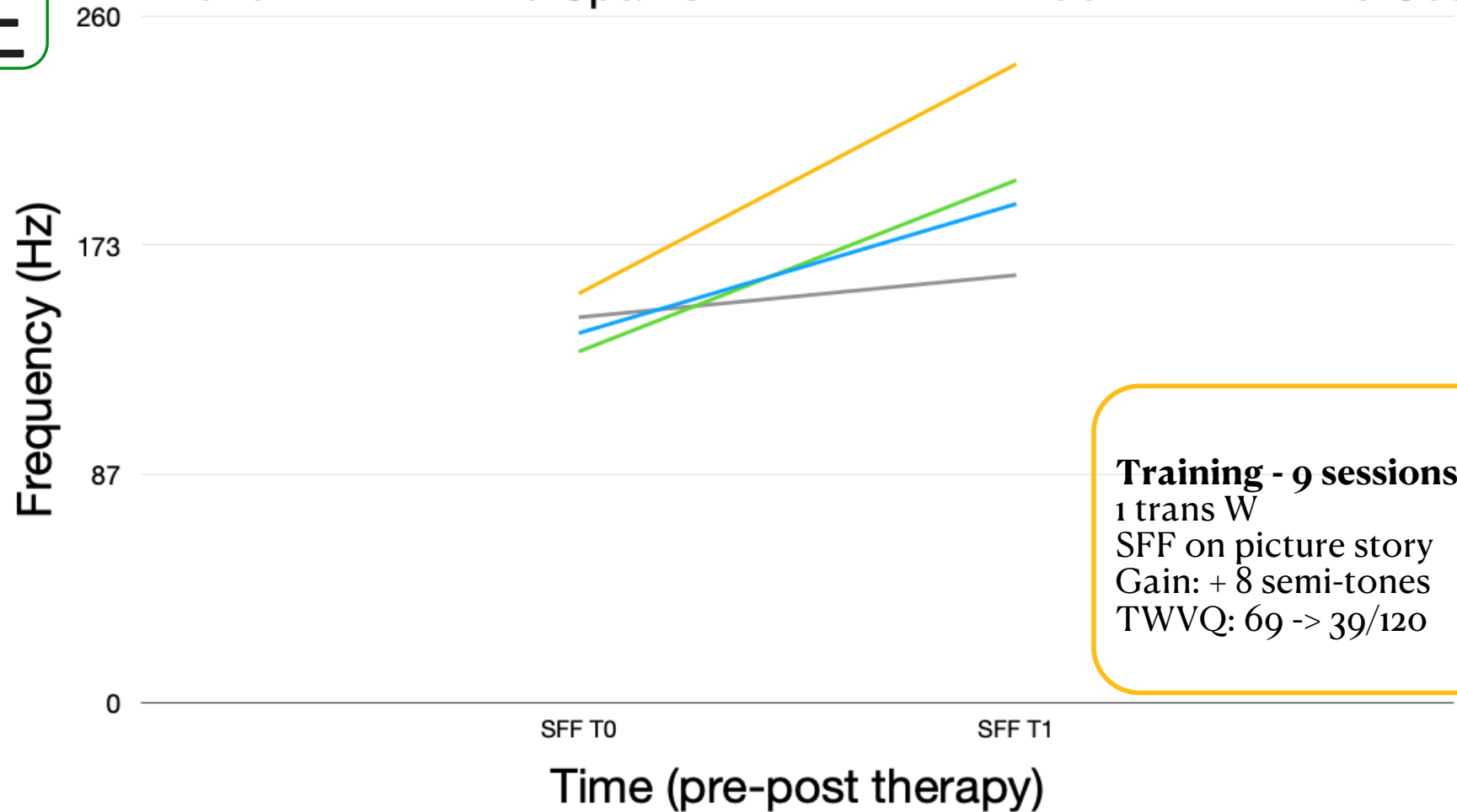




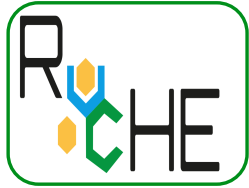




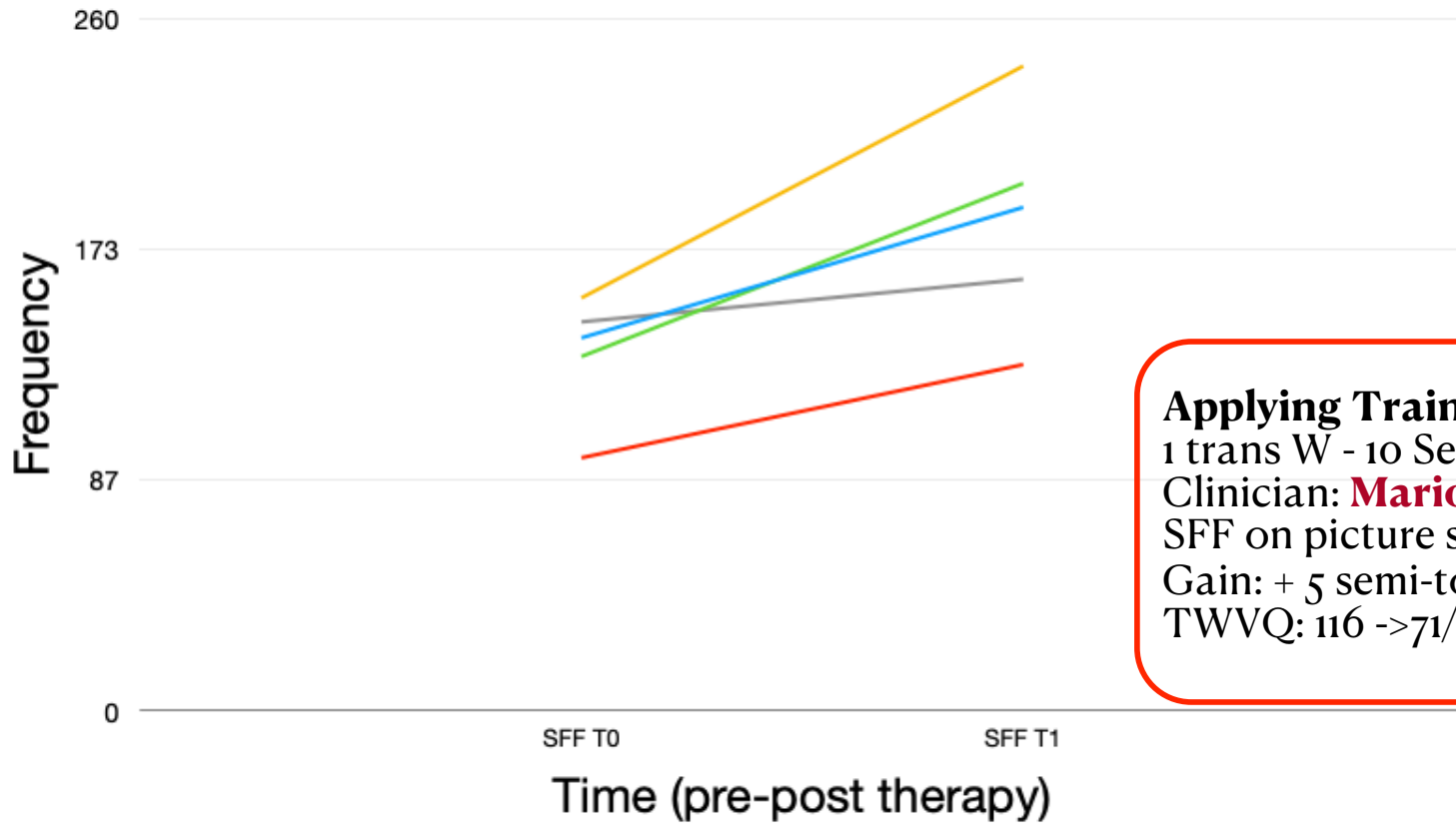
12 French TW — 10 Spanish TW — 1 TW 30' — 1 TW 9 Sessions



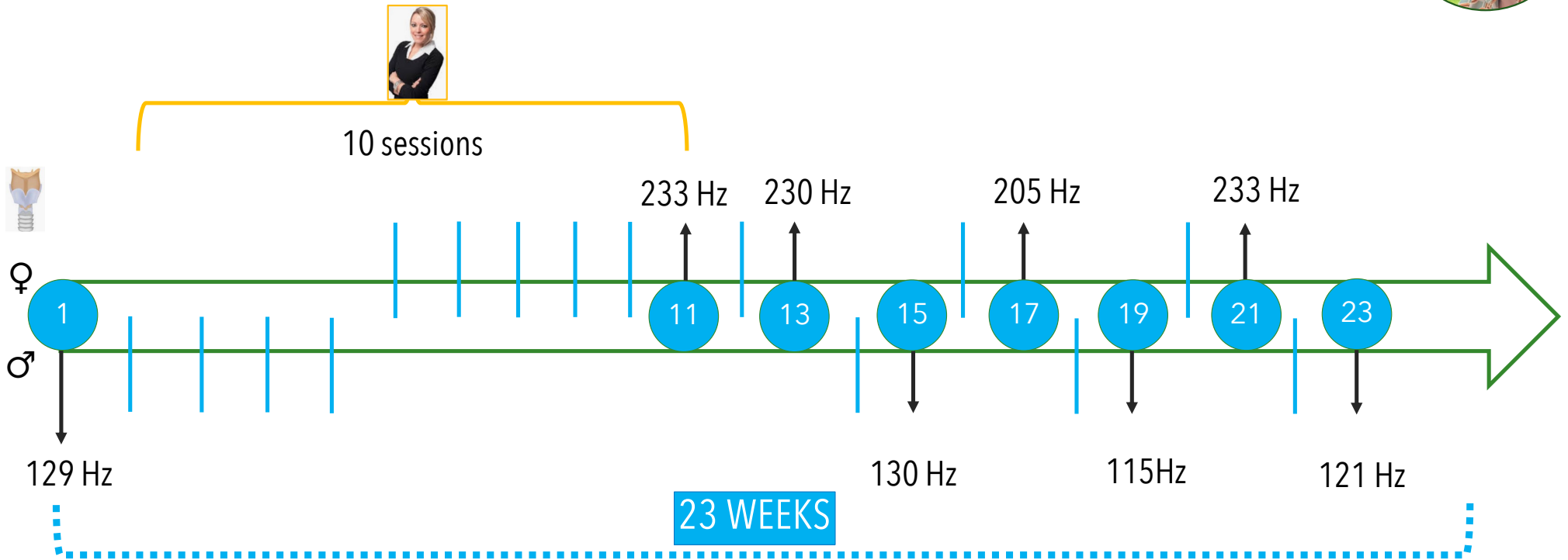
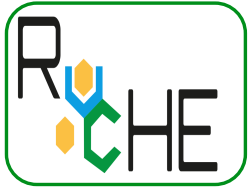
Training - 9 sessions effect
1 trans W
SFF on picture story
Gain: + 8 semi-tones
TWVQ: 69 -> 39/120

























12 French TW — 10 Spanish TW — 1 TW 30' — 1 TW 9 Sessions — 1 TW 10 sessions



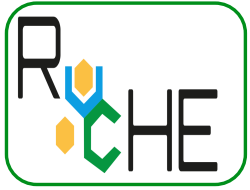
Applying Training
1 trans W - 10 Sessions
Clinician: **Marion**
SFF on picture story
Gain: + 5 semi-tones
TWVQ: 116 ->71/120



SFF - story on pictures
Gain: + 10 semi-tones

Years old	Time between the last therapy session and the post therapy check.	Before voice therapy First evaluation	Results after
55	6 months	 	 
55	4 years	 	 
64	6 months	 	 
58	5 years therapy + surgery	 	 
20	18 months	 	 
50	18 months		 

Thank you to my patients for accepting to testify more than 6 months or even 4 years after our first interview ¹⁷



Projects in progress



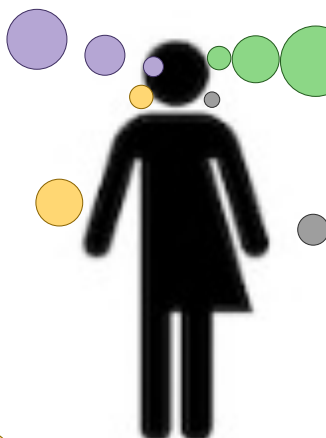
Social networking and public opinion. Aelitta / iStock / Getty Images Plus

MA VOIX

MON IDENTITE

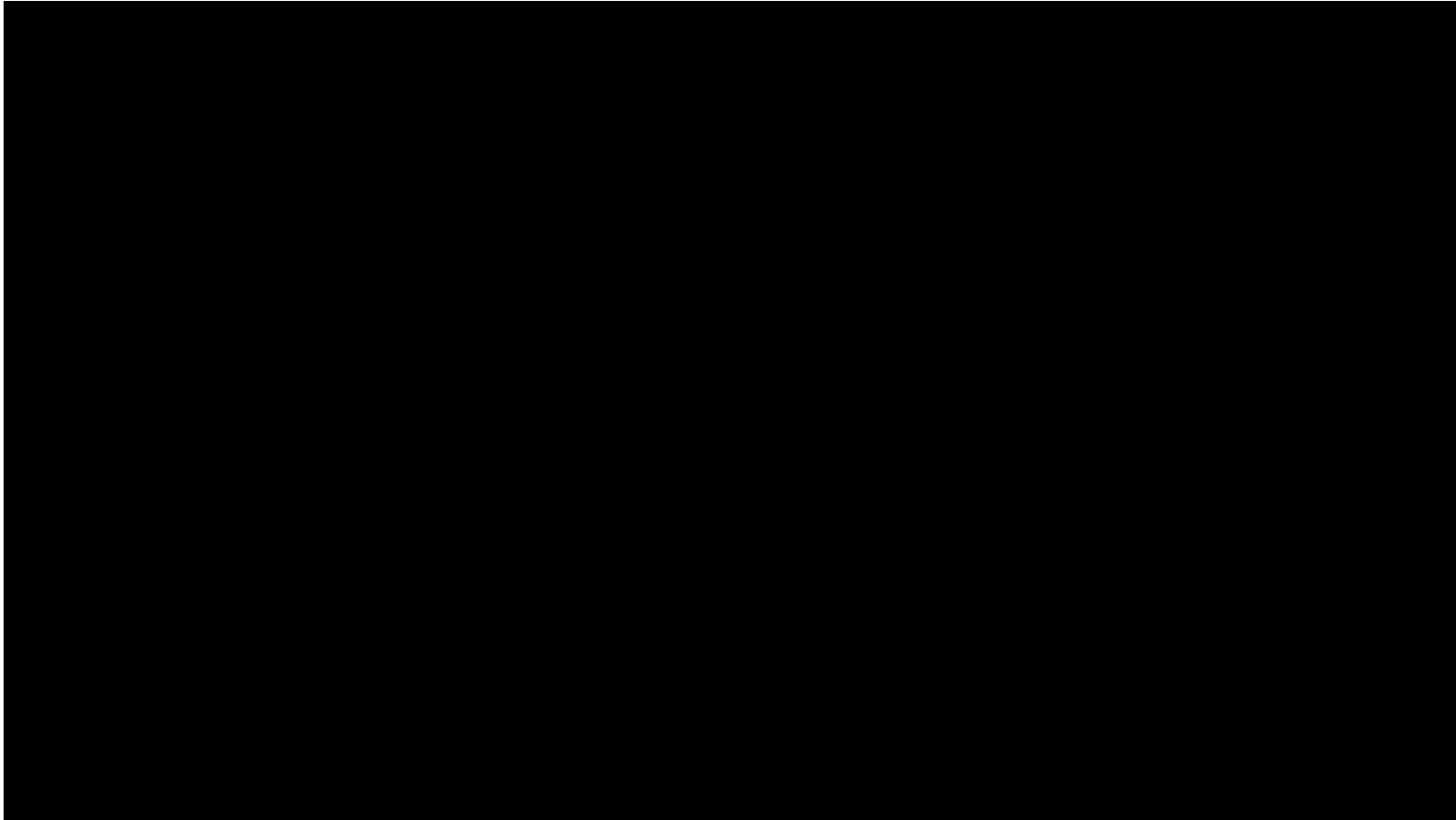
Je ne suis plus
entendue

Mes amis ne me
reconnaissent
plus

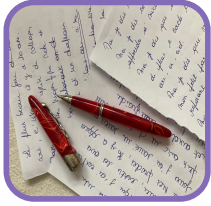


Ma voix sonne
faux

Qui suis-je
vocalement?

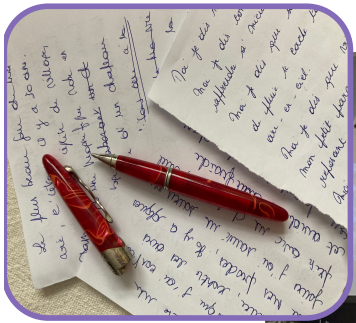


LANGUES	Néerlandais	Anglais	Français
SFF	+/-112 Hz	+/-155 Hz	+/-120 Hz



Workshop « Speaking & Writing »

(Fernández-Rouco N et al 2019; Alessandrin, 2018)



Caroline Deom, vocologist



LIÈGE université
Psychologie, Logopédie
& Sciences de l'Éducation



Année académique 2021-2022

Le vécu des personnes transgenres : focus sur la sélection professionnelle



Mémoire de fin d'études en vue de l'obtention du diplôme de Master en
Sciences Psychologiques à finalité Psychologie Sociale, du travail et des
Organisations

Présenté par Pierre-Yves **WARLING**

Promotrice : Isabelle HANSEZ
Co-promotrice : Dominique Morsomme
Lectrices : Aude Silvestre et Tania Noël

Workshop Speaking & Writing



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