



*Case Studies in Voice
Feminization*



Program description



- ★ Voice & Communication Feminization Program, St. Joseph's Health Centre, Toronto
- ★ Weekly group sessions over 8 weeks; 4 clients (cts)
- ★ Cts screened for readiness by Sherbourne Health Centre, Toronto
- ★ Ax repeated pre-, mid-, post-treatment
- ★ Follow-up offered every 3 months as appropriate



Principle resources used in program development:



★ 1) Transgender Speech Feminization/Masculinization: Suggested Guidelines for BC Clinicians

★ Authors: Shelagh Davies & Joshua Goldberg

★ Pub.: Vancouver Coastal Health, 2006,
<http://transhealth.vch.ca>



★ 2) Voice & Communication Therapy for the Transgender/Transsexual Client: A Comprehensive Clinical Guide

★ Editors: R.K. Adler, S. Hirsch, M. Mordaunt

★ Pub.: Plural Publishing, 2006





Elements of program

- ★ Anatomy: influence of size of larynx, throat, mouth, nasal cavity, body height
- ★ Physiology of voice: how the voice works
- ★ Efficient abdominal breathing
- ★ Vocal hygiene: taking care of the voice





Elements of program: Vocal exercises



★ Elevating pitch

★ Resonance

★ Loudness



★ Intonation & pitch range

★ Language use, e.g., tag questions & descriptive words)



★ Nonverbal communication



Case study 1: S.N.

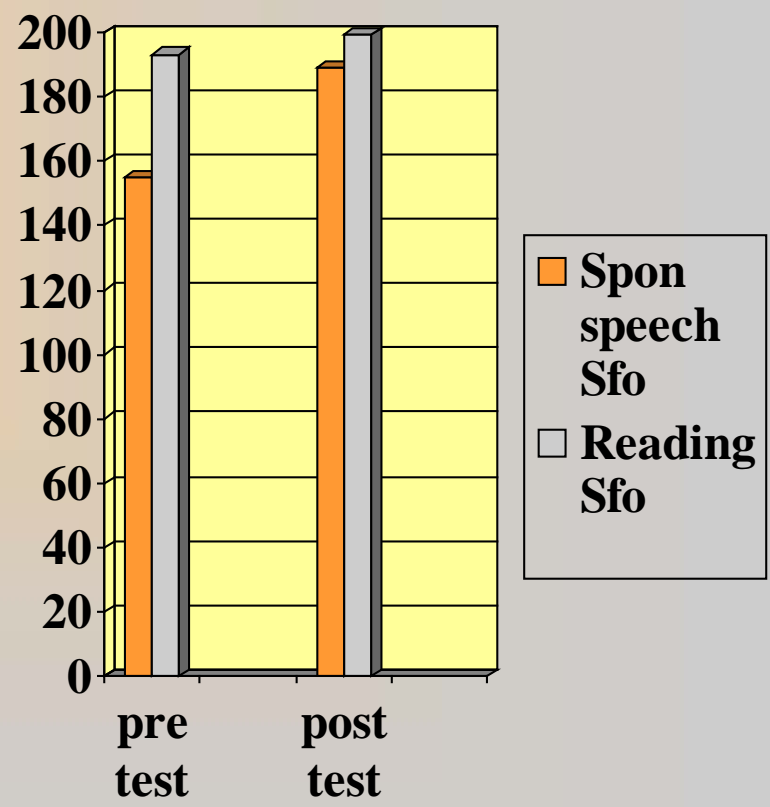
- ★ 27 year old transwoman
- ★ Hormone tx started 7 months earlier
- ★ Using feminine voice
- ★ Voice complaint: “voice somewhat strained after long periods of use”





Results:

- ★ Total pitch range increased by 14 semitones (ST) from 21-35 ST
- ★ Resonance rating scale (subjective measure) unchanged at 4/5





Transgender Self-evaluation Questionnaire:



	Functional (pre;post)	Physical (pre;post)	Emotional (pre; post)
Always	0;0	0;0	0;0
Almost always	0;0	2;0	0;0
Sometimes	1;0	1;0	2;0
Almost never	1;1	4;3	1;1
Never	7;8	3;7	8;10



Case study 2: L.V.



- ★ 39 year old transwoman
- ★ Hormone tx started 9 months earlier
- ★ Not using feminine voice
- ★ Voice complaint: “Want to pass as female; preparing to come out as transwoman at work; hoarseness experienced when feminine voice attempted”



Case study 2: L.V.

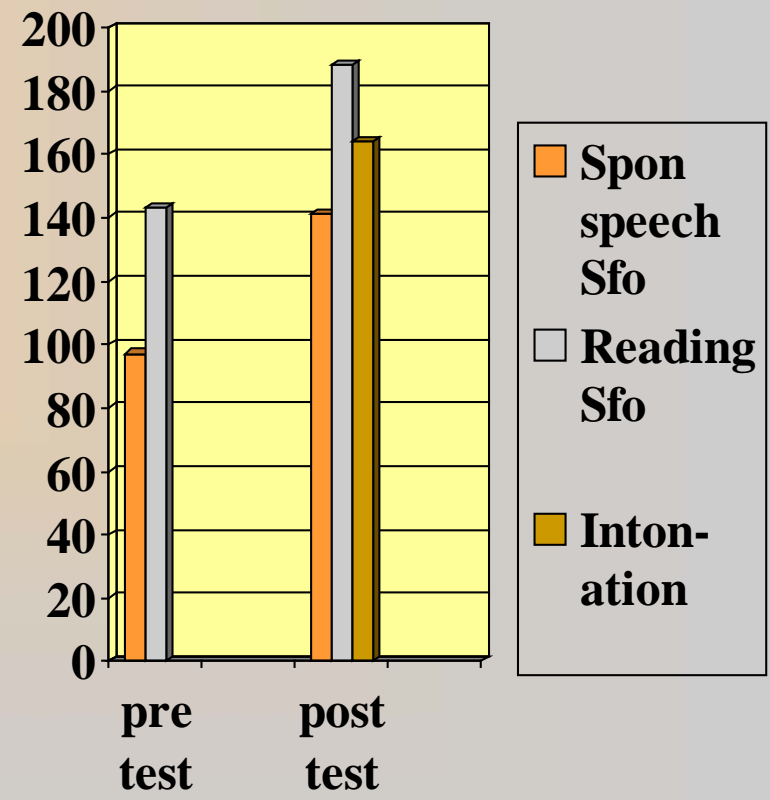
- ★ Ct had 5 indiv Tx sessions in Jan 09
- ★ 3 month f/u between Mar 09 – Jan 10
- ★ Repeated group program in Jan 10





Results:

- ★ Resonance rating showed improvement, increasing from 1/5 to 3/5
- ★ Post-tx pitch 164 Hz WITH instruction to focus on increasing variable intonation!





Transgender Self-evaluation Questionnaire:



	Functional (pre;post)	Physical (pre;post)	Emotional (pre; post)
Always	0;0	0;0	0;0
Almost always	0;0	4;0	0;0
Sometimes	4;2	3;1	4;3
Almost never	4;6	1;8	2;6
Never	1;1	2;1	5;3



Case study 3: M.J.



★ 29 year old transwoman

★ Hormone tx, start date unknown

★ Using feminine voice



★ Voice complaint: “none; she reported her voice does not prevent her from passing as female & she is always addressed as female on the phone ”

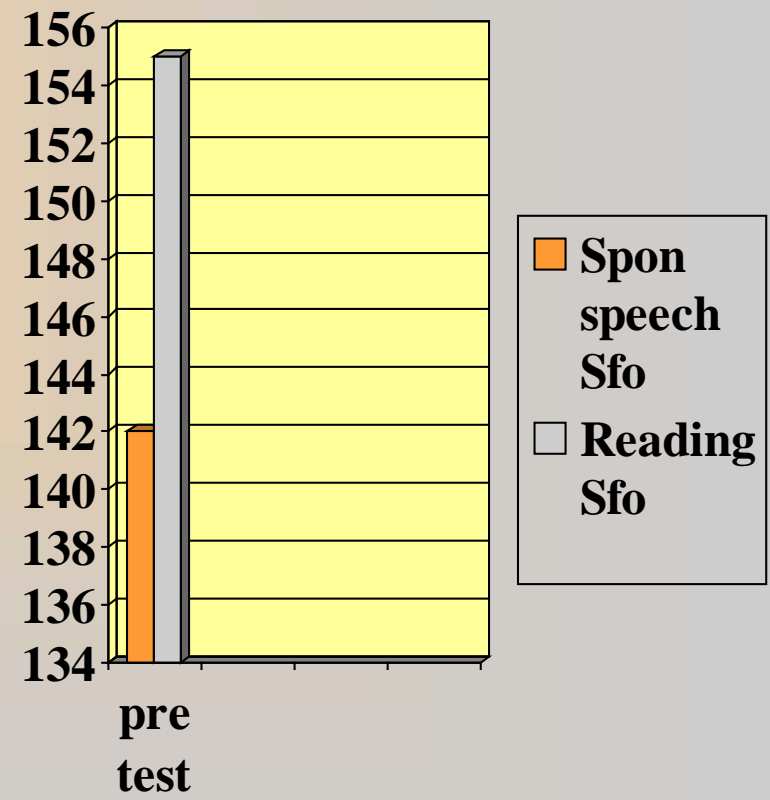




Results:



- ★ Pitch near gender neutral range
- ★ rolling intonation pattern
- ★ mild nasality/forward focus (Resonance rating 2/5)
- ★ light articulatory contacts; precise articulation
- ★ Feminine physical presentation





Future directions

- ★ Client-run voice support group to assist with generalization of skills learned into day-to-day life
- ★ Nonverbal communication module
- ★ *Thanks for your attention! Any questions?*

