

## Voice Clinic (Gender Affirming Voice and Communication)

### What is the Gender Affirming Voice and Communication Voice Clinic?

This clinic provides an individualised program of voice and communication training for trans people. World leading researchers, skilled voice clinicians and final year speech pathology students support this service.

For more than four decades, voice research undertaken at La Trobe has informed clinical practice locally and internationally. This ongoing research keeps the Clinic at the forefront of new developments and ensures the service provided is based on research and client needs.

### Voice and Communication Training

Voice and communication training consists of a series of components:

- Pre-training voice education
- Assessment.
- A block of 8 training sessions
- A break from training for self-directed consolidation of techniques
- Group days for those who want to practice their techniques with others.

### Voice Education Information

Before attending our clinic, you will be invited to a group education day to learn important information to prepare your voice before starting training.

- Voice production
- The differing voice and communication characteristics we can explore in clinic
- Vocal health.

### Assessing Your Voice

Assessment is completed prior to commencing training. It is important that your voice is thoroughly evaluated so that we can 'get to know your voice'.

### The assessment session has three parts:

1. We will ask you about your transition, voice use, vocal health (habits that may affect voice), how you perceive your voice and what you would like to achieve from the voice sessions.
2. The speech pathologist listens to your voice as you speak and describes features heard such as loudness, pitch and overall quality.
3. Acoustic analysis involves audio recording your voice to be analysed by computer software.

After the assessment, we will talk with you about whether voice training will be helpful.

### Voice and Communication Training

Before beginning voice training it is important that you have a strong and stable voice system. Some areas you may first work on include (but are not limited to):

- Vocal health
- Stretching/relaxation
- Efficient breathing for voice change
- Specific exercises to increase the range, flexibility and stamina of your voice.

Once you have an **efficient and strong voice system** it is time to learn the voice and communication techniques.

This will include pitch and resonance change exercises that require daily home practice. Other aspects of verbal and nonverbal communication may also be addressed. The time it takes to learn these techniques varies for each person, however you should allow approximately 10-12 weeks.

### Group Days

Group days provide you with the opportunity to return to the clinic following the completion of your voice training should you wish to practice any of your techniques in a safe space with others. Group days are optional and are held regularly through the year. During group days you will receive individual attention plus the opportunity to practice in small and large groups with others who have completed voice training.

## Monash Gender Clinic Clients

As a result of funding from the Monash Gender Clinic, currently there are **no** fees for assessment or training sessions in the Gender Affirming Voice and Communication Voice Clinic for clients referred from MGC.

Please provide at least 24 hours' notice for cancellations. Failure to attend a session without notice or cancellation with less than 24 hours' notice will incur a \$15 cancellation charge.

### Registration

To register please email completed application forms to the clinic at: [communication.clinic@latrobe.edu.au](mailto:communication.clinic@latrobe.edu.au). Forms can be download from our website, or you can request a copy by phoning the clinic M-F 9am -3pm 9479 1921.

Clients will be admitted to clinic if they meet the eligibility guidelines and agree to the fee schedule and attendance requirements. No client will be refused services based on gender, race, religion or sexuality.

## How Appointments are Arranged

Once your application is accepted, you will be contacted when an appointment becomes available. A waiting list may apply.

Please feel free to contact us to check how the waiting list is progressing.

## Other Clinic Services

La Trobe Communication Clinic also offers a range of speech pathology services. For eligibility guidelines and other information on these services please contact clinic reception.

## About Us

The mission of La Trobe Communication Clinic is to:

- Provide speech pathology services that are informed by client need and best practice.
- Achieve excellence in clinical education.
- Create research opportunities for Disciplines of Speech Pathology students and staff.

## Want to Know About Other Service Providers?

The Speech Pathology Australia website has a search option for public and private speech pathologists at the following address:

<http://www.speechpathologyaustralia.org.au>

