

# Transgender Voice Therapy

*Learning healthy, authentic ways to speak*

## Transgender Voice Therapy

Voice therapy helps you develop communication and speech patterns that reflect your gender identity.

Working with a speech-language pathologist is the best way to develop healthy voice techniques. Your therapist will teach you how to make changes to your breathing, vocal cord vibration and vocal resonance to produce a voice that feels easier and lasts longer.

## Gender and Voice

Many parts of communication offer gender cues. Voice therapy may focus on:

- pitch:** how high or low your voice is
- resonance:** the way sound vibrates in spaces in your face and throat
- intonation:** the way your voices rises and falls when you speak
- rate:** how fast you speak
- intensity:** how loud you speak
- articulation:** the way you form speech sounds in your mouth
- language:** your choice of words
- pragmatics:** how you use your words
- non-verbal cues:** how you use your body to communicate.



Voice therapy helps you develop communication patterns that reflect your gender identity.

## To Learn More

You will meet with a Courage Kenny Rehabilitation Institute speech-language pathologist who has special training in transgender voice therapy.

Together you will create a treatment plan based on your goals, needs and schedule.

Send an email to [couragekenny@allina.com](mailto:couragekenny@allina.com) to learn more.