

Exploring Vocal Gender Affirmation – Saturday, February 13, 2021
Virtual Agenda

9:00 – 9:30 Welcome and Introductory Session
Principles of Voice Production and Gender Perception

Nathan Welham, PhD

This talk will provide a foundational explanation of the makeup of the voice box and related tissues, and how we use them to produce voice. In reviewing the anatomy and its function, we will touch on basic structural features that impact a listener's perception of gender.

9:35 – 10:05 Lecture Breakout, Block #1

Session 1

Vocal Gender Affirmation in Children and Adolescents

Maia Braden, MS, CCC-SLP and Brittany Allen, MD

Children and adolescents may experience incongruity between their voice and communication and their gender. This can impact them socially, emotionally, and academically. In this session, we will discuss the role of hormone therapy, puberty suppression, and voice and communication therapy for children and adolescents across the gender spectrum.

Session 2

Voice and Psychological State: Exploring the Complex Relationship

Jesse Hoffmeister, MS, CCC-SLP

There is a complex relationship between psychological state and voice. This presentation will review recent research that uses neuroimaging and other methodologies to explain the relationship and will discuss studies that investigate how the relationship might be used to improve voice outcomes.

Session 3

Testosterone Treatment and the Voice

Charles Lennell, PhD, CCC-SLP

Curious how testosterone affects the voice? This talk will discuss the typical changes of the voice associated with testosterone treatment as well as the effectiveness of testosterone treatment in masculinizing the voice.

Session 4

Fact or Fiction? Exploring Common Vocal Gender Affirmation (Mis)Conceptions

Brianna Williams, MS, CF-SLP

This lecture will explore common tips & tricks for voice feminization and masculinization, debunking myths and reinforcing the facts. The presentation will review concepts for pitch, resonance, and articulation changes.

Session 5

Voice Surgery for Vocal Gender Affirmation

Seth H. Dailey, MD

Explore options for voice surgery, including two different approaches, their advantages, and expectations for outcomes. Learn about the critical importance of voice therapy in the process of voice affirmation, and its role in conjunction with and in relation to voice affirming surgery. There will be time for questions and answers.

10:10 – 10:40 Lecture Breakout, Block #2

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10:40 – 10:55 Break

10:55 – 11:40 Workshop Breakout, Block #1

Session 1

The Sound of Gender: Tuning Your Ear and Your Voice

Kevin Pasternak, MS, CCC-SLP

What makes a voice sound “male,” “female,” or “androgynous” to the human ear? In this workshop, we’ll explore voice and other communication characteristics that contribute to gender identification. This hands-on exploration will include listening to and describing a variety of voices and experimenting with our own voices to understand what is unique and possible for each person.

Session 2

Toolbox for Voice Masculinization

Caitlin Croegaert-Koch, MS, CCC-SLP

This workshop will outline considerations for voice masculinization, and explore and practice methods for voice modification, taking advantage of the physical and physiological attributes of your own vocal tract. The exercises are intended to provide techniques for affirming a transmasculine voice regardless of whether someone is taking testosterone or not.

Session 3

A Creative Arts Approach to Vocal Expression

Colleen Conroy, MFA

This workshop will use imagery and physical gesture as a means to explore vocal expression. It will offer space to center and discover your unique voice and how it conveys your identity.

Session 4

Singing Voice Across the Gender Spectrum

Emerald Doll, MS, CCC-SLP

This workshop will discuss and experiment with techniques for the singing voice of those who are gender expansive. This workshop will benefit those who rehabilitate the voice, singing teachers and professionals, and those who are working to modify their singing voice to reflect their gender identity.

Session 5

Exploring the Voice: Playground for Gender Expression

Carol Tolejano, MS, CCC-SLP

The way a voice sounds depends on the interplay of many different factors in addition to pitch. We can control some of these, such as breath flow and resonance, in ways that affect gender perception. In this workshop, we will explore how we can manipulate and use these factors in different combinations. This interactive workshop will build on knowledge gained from the "Principles of Voice Production and Gender Perception" presentation.

11:45 – 12:30 Workshop Breakout, Block #2

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12:35 – 1:00 Concluding Panel

Voice and Gender Identity: Perspectives from Lived Experience

*Moderator: Ari Maxwell Stone, UWSMPH Class of 2021 and Study Coordinator,
Department of Surgery*

A panel discussion featuring people from across the gender spectrum who will share thoughts and personal experiences about their voices.