

## Workshop

### **TRANSGENDER VOICE (MtF)- AN APPROACH IN FOUR STAGES**

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The purpose of this workshop is to give a presentation from my experiences with persons with gender incongruence (F64.0). The workshop will include recordings, before and after intervention. Also, I will give you some step-by-step insight to achieve a more feminine touch in the voice. A self-report questionnaire has recently been developed.

The last year (2016), Team of Voice disorders at Statped had 31 persons with gender incongruence, two FtM and twenty-nine MtF. The number of persons with gender incongruence who seek consulting for their voices has increased.

Voice therapists, both nationally and internationally work with persons with the diagnosis F64.0. There seems to be a broad interest in solving the challenge of changing the voice from a masculine towards a more feminine voice, without surgery. Voice therapists are considering what the best approach is in training the voice and accentuation to a more feminine expression.

My background as logopedic/speech- and voice therapist, singer and singing teacher gives me the possibility to use a multidisciplinary and wide range of methods and techniques for the clients. In this case, I have sought different sources to develop an approach to train the transgender voice. Among the sources are people with gender incongruence who have changed their voices by themselves and made instructional films posted on YouTube. Through my work I have analyzed their voices, explanation of their process and personal experiences. I have tried to develop an approach and by that, a new way of working. I have tested this out with some persons (MtF), in the age group of 20-35 years. The focus is mainly on timbre, and secondary on pitch. I use two techniques that develop a bright, feminine timbre in the voice, around 200/220 Hz. The clients express that their voice is bright, feminine and feels natural for them.

The approach has four stages, starts with finding a bright sound that is familiar to the sound of a woman. To start talking in every day speaking voice with the bright timbre, take some time and might be compared with learning a new language or a new musical instrument.

I invite you to join this workshop, and discuss this field of transgender Voice, MtF.

Welcome!