

# GENDER AFFIRMING

## VOICE THERAPY

### ★ WHAT IS GENDER AFFIRMING CARE? ★

#### ★ Gender Affirming Care: ★

Involves social, psychological, behavioral, and/or medical interventions to support an individual's gender. It's a single or combination of a number of these services, depending on each person's unique needs and wants.

#### Gender Affirming Voice Care: ★

Helps modify voice and communication patterns so that they align with gender identity and/or expression, allowing transgender and non-binary persons to feel and express as their authentic self, reduce gender dysphoria, and improve mental health and quality of life. ★

### ★ WHO PROVIDES GENDER-AFFIRMING CARE? ★

- Medical providers
  - endocrinology
  - otolaryngology
- Advocacy
  - lawyer
  - social worker
  - mental health counselor
  - legal support
- Transitional services
  - plastic surgery
  - speech therapy
  - occupational therapy
  - recreational therapy
- Other
  - hair stylist
  - makeup artist

### ★ FEMININIZATION VS MASCULINIZATION ★

- 3 main principles to increase pitch:
    - tension increase
    - mass thinning of vocal folds
    - shortening vocal fold length
  - Includes changing the resonance and articulation of your words, like moving voice "forwards" and over-articulating.
  - Can also include using more feminine intonation, gestures, and more descriptive language.
- Typically, taking testosterone will help with lowering the pitch of one's voice.
  - If there is desire for a more masculine voice after testosterone, there are certain tactics that can be used.
  - These revolve around:
    - Changing articulation to emphasize sounds and making more pronounced.
    - Moving voice "backwards"
    - Using less descriptive and more direct language.

### ★ RISKS OF SELF-THERAPY FOR VOICE ★

Attempting to modify pitch or attempting to produce voice in a different way than what is usual or comfortable can be fatiguing, potentially damaging, and can lead to voice disorders and/or negative physical changes to the voice box.

Speech language pathologists can help safely modify and adapt voice and communication behaviors.

### ★ COMPONENTS OF GENDER PERCEPTION ★

- **Pitch** ★
  - need to reach a comfortable pitch level
- **Articulation**
- **Breath support**
- **Body language**
  - gestures, posture, gait
- **Resonance** ★
  - feminine = forward
  - males = backward
- **Intonation of voice**
  - feminine = pitch variance
  - masculine = loudness variance

## RESOURCES



### Gender-Affirming Care and Young People



### Gender-Affirming Voice and Communication Change for Transgender and Gender-Diverse People

## REFERENCES



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