

## Patient information

# Voice and Communication Therapy for Trans and Non-Binary People

## Speech Therapy - Therapies

### What is voice and communication therapy?

Voice and communication therapy is a service that can help to explore and make changes to your voice and communication to a style you are happy with.

This document tells you a bit more about voice and communication therapy. It reviews some ideas and asks you some questions to help you decide if voice therapy is right for you and if you are ready for a referral.

### Main information

The service offers up to six <b>one-to-one</b> voice therapy sessions.	The number of sessions depends on your goal, and if you do the things inside and outside of sessions to meet that goal.  The sessions are usually virtual via video call, however, face to face can be arranged if you'd prefer.
Voice therapy is an <b>active</b> intervention.	This means you will be expected to participate in practical activities.
Your appointments will be <b>regular</b> .	Usually, every two to three weeks.
There is an expectation to <b>practice every day</b> .	For a few minutes each day.

### How can I get the most out of my therapy?

Think about your goal.

### What do you want to achieve or explore by coming to voice and communication therapy?

- You could try writing it down. There is a small section over the page for this.
- You could think about where you might use your voice on a daily basis (e.g., face to face, public transport, restaurant, on the phone etc.).

- You could listen to different voices and save recordings of voices you like to share with your therapist.

**Try making some notes here**

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**What happens in voice and communication therapy?**

- We create a goal for the sessions
- We make a recording of your voice
- We practice exercises to explore and find your new communication style
- We explore things such as pitch, resonance, volume, and rhythm.

**Is there anything that could stop me accessing voice therapy?**

If you have a pre-existing voice difficulty that would get in the way of successful voice modification this will need to be treated first. You may need a referral to a local ENT (Ear, Nose and Throat) or voice therapy service.

If you have had voice surgery, you will need to be seen by ENT.

**When is best for me to start voice therapy?**

Each person will be **ready at different times**.

You can access voice therapy at any stage in your social transition. We want to see you at the time that will benefit you the most.

**Here are some things to consider:**

- Are you comfortable with the idea of trying to use your voice in a new way?
- Do you have opportunities to practice using your voice independently?
- Do you have opportunities to practice using your voice with others?
- What is happening in your general life? Do you have the time and headspace for voice therapy?
- Are you able to practice for a few minutes each day?
- If you live with others, are you comfortable practicing around them?

If you have said no or I don't know to any of these questions this does not mean you cannot access voice therapy. It may, however, be a good idea to think about if this is the right time to begin with voice therapy. You might want to have a chat with your doctor and ask more questions.

## **What's next?**

If you think you are ready, please tell one of the clinicians at CMAGIC and they can make a referral for you.

Try and tell them what you want to achieve or explore by coming to voice and communication therapy.

## **Feedback**

Your feedback is important to us and helps us influence care in the future. Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## **Questions**

If you have any questions, please contact [cmagic.merseycare@nhs.net](mailto:cmagic.merseycare@nhs.net)

Thank you for reading our information leaflet

## **Further information**

**CMAGIC number: 0151 317 8581**

**CMAGIC email: [cmagic.merseycare@nhs.net](mailto:cmagic.merseycare@nhs.net)**

**CMAGIC website: <https://www.merseycare.nhs.uk/our-services/liverpool/sexual-health/cmagic-cheshire-and-merseyside-adult-gender-identity-collaborative>**

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