Resonant Voice Therapy

Nancy L. Potter, PhD, CCC-SLP
Associate professor
Speech & Hearing Sciences
Washington State University Spokane
What we will learn

1. How vocal folds work
2. How to create a forward focus for speech with easy vocal fold vibrations.
Assessing respiration-phonation

1. Maximum phonation time
   - Sustain “ah”
     • Normal loudness
     • As long as possible
   - Minimum of 8-9 seconds for ages 7-adult
     • For adult length utterances
   - Optimal is 20+ seconds
Test your respiration-phonation

1. Goal = 20 seconds

2. Ready?

3. GO!
20 Seconds
## Maximum Phonation Duration

*(Finnegan, 1984 data collapsed across gender)*

<table>
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<tr>
<th>Age</th>
<th>Mean (secs.)</th>
<th>SD</th>
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<td>7.1</td>
<td>1.78</td>
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<td>5</td>
<td>10.3</td>
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<tr>
<td>10</td>
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<td>5.37</td>
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</table>
Step 1: Stretch shoulders, neck, face

1. Open chest (cactus)
2. Back stretch (press palms forward)
3. Shoulder rolls
4. Neck rolls
5. Neck stretch (hand on head to assist stretch)
6. Neck massage
7. Jaw massage
8. Blow raspberries
9. Roll your R’s
Step 2: *Forward focus-humming*

Use a comfortable pitch slightly higher than your habitual
Always ask yourself...

Did I feel vibrations?
Was my voice easy?
Step 3: Syllables

Me me
May may
Ma ma
Mo mo
Moo moo
Always ask yourself…

Did I feel vibrations?
Was my voice easy?
Step 3: Turning voice on and off

Meet me Peter meet me
Mama Papa Mama
Moo moo poo poo moo moo
Mooching pooches mooching
Always ask yourself…

Did I feel vibrations?  
Was my voice easy?
Health check

1. Drink water
2. Breathe steam
3. Eliminate/reduce reflux and drying medications
4. Stop screaming/yelling for now
Step 2 expanded: Forward focus-humming

Mmmmm
- Wide/narrow
- Change pitch & volume
Always ask yourself...

Did I feel vibrations?
Was my voice easy?
Step 3 expanded: Syllables change mouth shape, pitch, volume

- Me me
- May may
- Ma ma
- Mo mo
- Moo moo
Always ask yourself...

Did I feel vibrations?
Was my voice easy?
Step 3 expanded: Turning voice on and off changing pitch & volume

Meet me Peter meet me

Mama Papa Mama

Moo moo poo poo moo moo

Mooching pooches mooching
Always ask yourself...

Did I feel vibrations?
Was my voice easy?
Vocal communicator

1. M-humm

http://www.learnamericanenglishonline.com/
Always ask yourself...

Did I feel vibrations?
Was my voice easy?
Will resonant voice therapy work for me?

1. Did you feel vibration in the front of your face?
2. Did your vocal folds vibrate easier?
3. Within 2 sessions, you should notice an improvement if this approach will work for you.
4. Questionable effectiveness with true spasmodic dysphonia without additional vocal tension.
References for review

Resonant voice therapy was developed by Katherine Verdolini Abbot

- https://www.youtube.com/watch?v=rv9aJy1086g

Here is a student video demonstrating the first three sessions of resonant voice therapy

- https://www.youtube.com/watch?v=R3o98UAzQwo
Contact information

Nancy L. Potter, Ph.D., CCC-SLP
Washington State University Spokane
P.O. Box 1495
Spokane, WA  99210-1495
509-368-6894
nlpotter@wsu.edu

Thank you!