



10th PAN-EUROPEAN VOICE CONFERENCE
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Celebrating Interdisciplinary Collaboration

Book of Abstracts
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What Can We Learn from Voice Therapy of the Speaking Voice for Singer's Voice? (no. 184)

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- **Form:** Oral Presentation
- **Category:** Medicine
- **Topic:** Voice Therapy

Objective

Voice therapies of muscle tension dysphonia in Germany need to be increased in effectiveness by applying intensive, manualized procedures and standardized assessment protocols. The same holds true for therapies of disturbed singer's voices. According to a Cochrane review on the effectiveness of therapies of functional dysphonia neither direct nor indirect voice therapies alone but combinations of both elements are effective (Ruotsalainen et al., 2007).

Method

A voice therapy concept has been developed in a Spanish-German research project which includes the following elements: a 10-day intensive training, performed in small groups, which aims predominantly on an improvement of resonance and 'placement', and a computer-feedback-based home training. Twenty patients with dysphonia of different etiology underwent the therapy, 10 of them using the computer feedback, 10 who did not.

Results

There were (1) highly significant pre-post-treatment improvements with large effect sizes in nearly all perceptive parameters (GRBAS scale) and tendentious improvements in the (2) self-perceptual (Voice Handicap Index), and (3) some acoustic parameters. A comparison of case (home training using computer feedback) and control group (without computer feedback) showed an additional increase of effectiveness by the newly developed software.

Conclusion

It can be assumed that a therapy of disturbed singer's voices may function similarly. Elements which train singer's placement, resonance, breath support, and register techniques should be constituents of this therapy. We propose an adapted concept of the described voice therapy which has been proven to be evidence-based for dysphonia of the disturbed singer's voice.

References

Ruotsalainen, J. H., Sellman, J., Lehto, L., Jauhiainen, M., & Verbeek, J. H. (2007). Interventions for treating functional dysphonia in adults. *Cochrane Database of Systematic Reviews*, Issue 3. Art. No.: CD006373. DOI: 10.1002/14651858.CD006373.pub2.

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