

GENDER AFFIRMING VOICEWORK TRAINING AND CERTIFICATION

SCHEDULE: Part I

Week 1: 1/22/2023

3:30pm - 4:30pm - Introductions / Unpacking personal experiences with cisnormativity

4:30pm - 5:30pm - Introduce theoretical underpinnings of gender affirming voicework

Week 2: 1/29/2023

3:30pm - 3:45pm - Broad overview of vocal mechanisms & acoustics

3:45pm - 4:30pm - Develop awareness of vocal embodiments (beyond dyadic sex and/or cisnormative vocal narratives)

4:30pm - 5:30pm - Introduce transactional vs. transformational therapeutic spaces

Week 3: 2/5/2023

3:30pm - 3:40pm - Discuss influences of Estill Method, Alexander Technique, CoreTone, and conversation training therapy SLP approach.

3:40pm - 4:25pm - Effort & Power (Experientials to develop awareness of Breath, False Vocal Folds, Head, Neck, Torso & Jaw positioning)

4:25pm - 5:30pm - Pitch (CoreTone & True Vocal Folds; Experientials focused on pitch / finding CoreTone)

Week 4: 2/12/2023

3:30pm - 5:00pm - Resonance (Experientials to develop awareness of Larynx positioning, Aryepiglottic Sphinctor, Velum, Thyroid & Cricoid Cartilage)

5:00pm - 5:30pm - Articulation (Experientials to develop awareness of Tongue & Vowels/Formants, Lip and Jaw positioning)

Week 5: 2/19/2023

3:30pm - 3:50pm - Reviewing past two weeks, Estill & Alexander technique Influences, Conversational Improv.

3:50pm - 5:30pm - Experientials to synthesize physical components of vocal function

Week 6: 2/26/2023

3:30pm - 3:50pm - Transactional vs Transformational Skills: Attending to internalized beliefs - introducing processing and music holding skills

3:50pm - 4:10pm - Breathwork applications - w/ experientials

4:10pm - 5:10pm - Diane Austin influences (vocal holding techniques) & Lisa Sokolov influences (body-focused work) - w/ experientials

5:10pm - 5:30pm - Debrief discussion

Week 7: 3/5/2023

3:30pm - 4:00pm - Starting off - introducing client to gav - how to situate scope of practice, dual-relationships philosophy and contraindications

4:00pm - 5:10pm - Work through assessment session framework, re-emphasizing resource-oriented approach & transformative paradigm, continuing conversation about scope of practice, contraindications, and person-of-the-therapist ethical imperatives

5:10pm - 5:30pm - Q/A - what areas would you want to change? What is missing?

Week 8: 3/12/2023

3:30pm - 4:30pm - Wrapping up - what are folks uncertain about - inviting collaborative additions/critiques/resources

4:30pm - 5:00pm - Discuss triad group-work during next section of training

5:00 - 5:30pm - Review self-evaluation document - illuminate scope of practice embedded in self-evaluation

SCHEDULE: Part II

Cohort split into triads, with each triad split into three pairs that contain one of each of the following roles:

- Facilitator: Practices facilitating gender affirming voicework
- Participant: Explores their own relationship with their voice and gender, including the mechanics of their voice
- Observer: Observes the participant/facilitator and offers feedback
- A-C = Trainees

Week 9: 3/19/2023

3:30pm - 3:40pm - Discuss initial self evaluation for A

3:40pm - 5:10pm - A, B, C - assessment

5:10pm - 5:30pm - Debrief

Week 10: 3/26/2023

3:30pm - 3:40pm - Discuss initial self evaluation for B

3:40pm - 5:10pm - B, C, A - assessment

5:10pm - 5:30pm - Debrief

Week 11: 4/2/2023

3:30pm - 3:40pm - Discuss initial self evaluation for C

3:40pm - 5:10pm - C, A, B - assessment

5:10pm - 5:30pm - Debrief

Week 12: 4/16/2023

3:30pm - 3:40pm - Check-in

3:40pm - 4:20pm - A, B, C

4:20pm - 4:35pm - Debrief

4:35pm - 5:15pm - B, C, A

5:15pm - 5:30pm - Debrief

Week 17: 6/4/2023

3:30pm - 3:40pm - Check-in

3:40pm - 4:20pm - B, C, A

4:20pm - 4:35pm - Debrief

4:35pm - 5:15pm - C, A, B

5:15pm - 5:30pm - Debrief

Week 22: 7/23/2023

3:30pm - 3:40pm - Check-in

3:40pm - 4:20pm - C, A, B

4:20pm - 4:35pm - Debrief

4:35pm - 5:15pm - A, B, C

5:15pm - 5:30pm - Debrief

Week 13: 4/23/2023

3:30pm - 3:40pm - Check-in

3:40pm - 4:20pm - C, A, B

4:20pm - 4:35pm - Debrief

4:35pm - 5:15pm - A, B, C

5:15pm - 5:30pm - Debrief

Week 18: 6/11/2023

3:30pm - 3:40pm - Check-in

3:40pm - 4:20pm - A, B, C

4:20pm - 4:35pm - Debrief

4:35pm - 5:15pm - B, C, A

5:15pm - 5:30pm - Debrief

Week 23: 7/30/2023

3:30pm - 3:40pm - Check-in

3:40pm - 4:20pm - B, C, A

4:20pm - 4:35pm - Debrief

4:35pm - 5:15pm - C, A, B

5:15pm - 5:30pm - Debrief

Week 14: 4/30/2023

3:30pm - 3:40pm - Check-in

3:40pm - 4:20pm - B, C, A

4:20pm - 4:35pm - Debrief

4:35pm - 5:15pm - C, A, B

5:15pm - 5:30pm - Debrief

Week 19: 6/25/2023

3:30pm - 3:40pm - Check-in

3:40pm - 4:20pm - C, A, B

4:20pm - 4:35pm - Debrief

4:35pm - 5:15pm - A, B, C

5:15pm - 5:30pm - Debrief

Week 24: 8/6/2023

3:30pm - 4:30pm - Whole cohort reconvening to process and prepare for clinical work
60 min - 1:1 final self/facilitator evaluation review & discussion of future practice (done throughout the week 24)

Week 15: 5/7/2023

3:30pm - 3:40pm - Check-in

3:40pm - 4:20pm - A, B, C

4:20pm - 4:35pm - Debrief

4:35pm - 5:15pm - B, C, A

5:15pm - 5:30pm - Debrief

Week 20: 7/9/2023

3:30pm - 3:40pm - Check-in

3:40pm - 4:20pm - B, C, A

4:20pm - 4:35pm - Debrief

4:35pm - 5:15pm - C, A, B

5:15pm - 5:30pm - Debrief

Week 16: 5/21/2023

3:30pm - 3:40pm - Check-in

3:40pm - 4:20pm - C, A, B

4:20pm - 4:35pm - Debrief

4:35pm - 5:15pm - A, B, C

5:15pm - 5:30pm - Debrief

Week 21: 7/16/2023

3:30pm - 3:40pm - Check-in

3:40pm - 4:20pm - A, B, C

4:20pm - 4:35pm - Debrief

4:35pm - 5:15pm - B, C, A

5:15pm - 5:30pm - Debrief