

# *Resonant Voice Therapy*

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## *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**

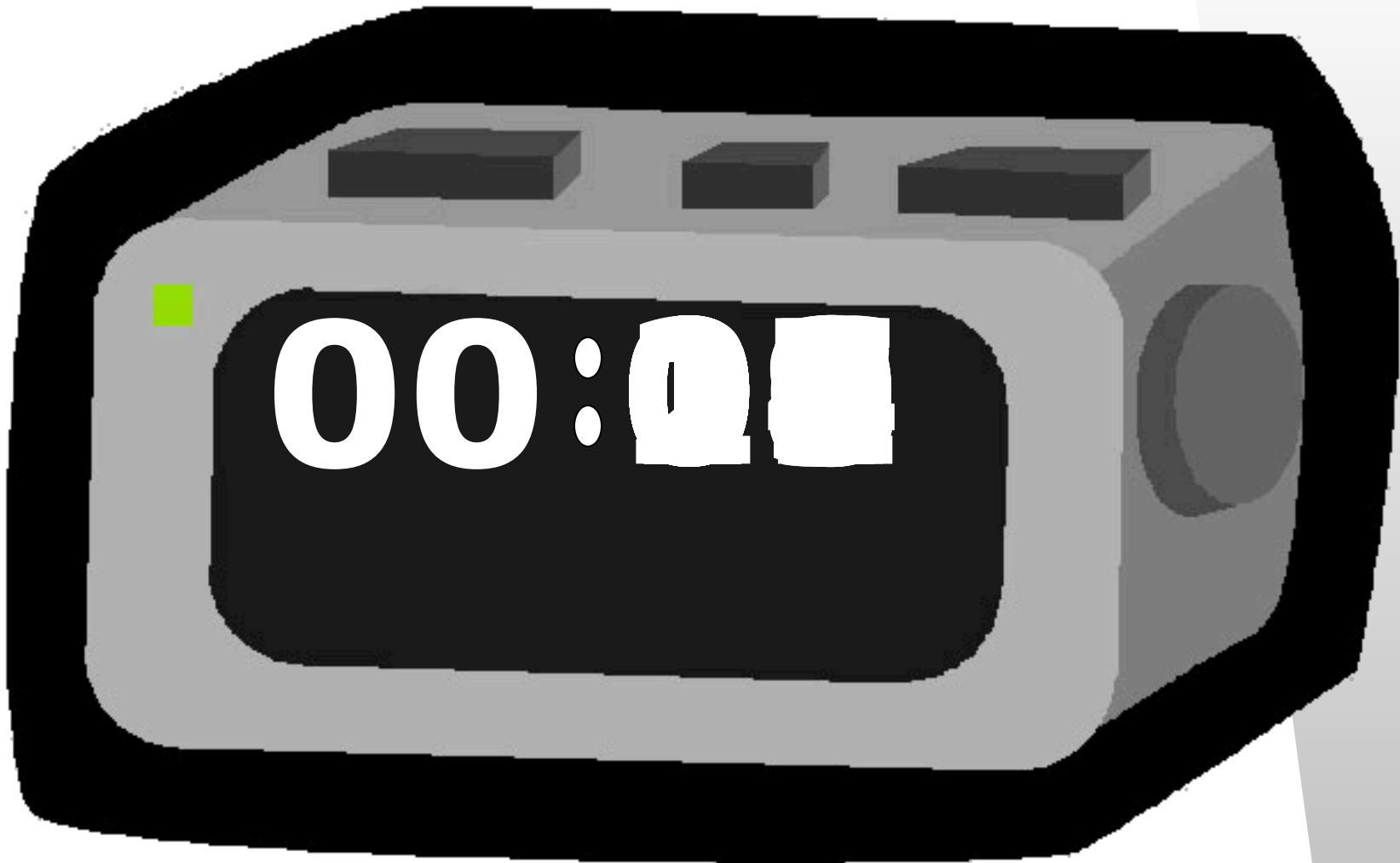
***Test your respiration-phonation***

**1.Goal = 20 seconds**

**2.Ready?**

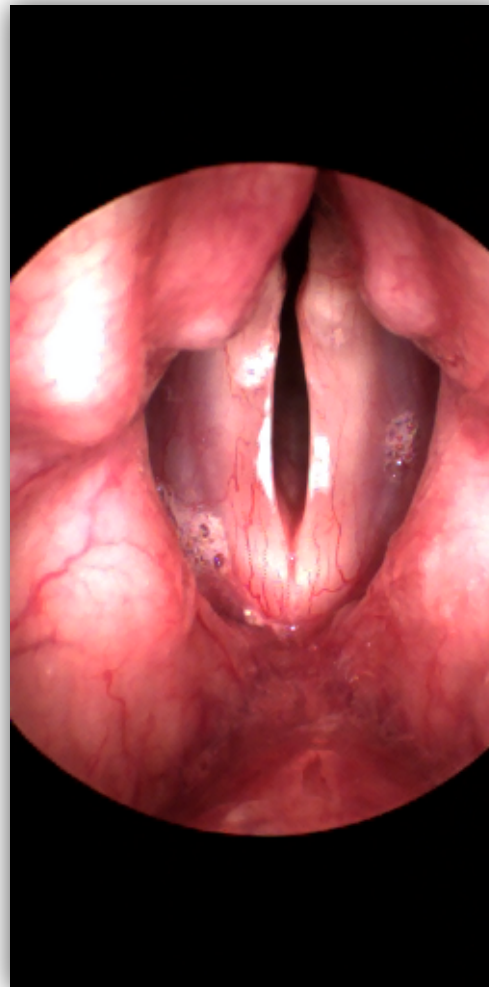
**3.GO!**

*20 Seconds*



## Maximum Phonation Duration (Finnegan, 1984 data collapsed across gender)

Age	Mean (secs.)	SD
3	7.1	1.78
4	9.35	2.18
5	10.3	2.81
6	13.9	3.31
7	14.2	2.63
8	17.0	4.57
9	15.7	4.93
10	19.05	5.37

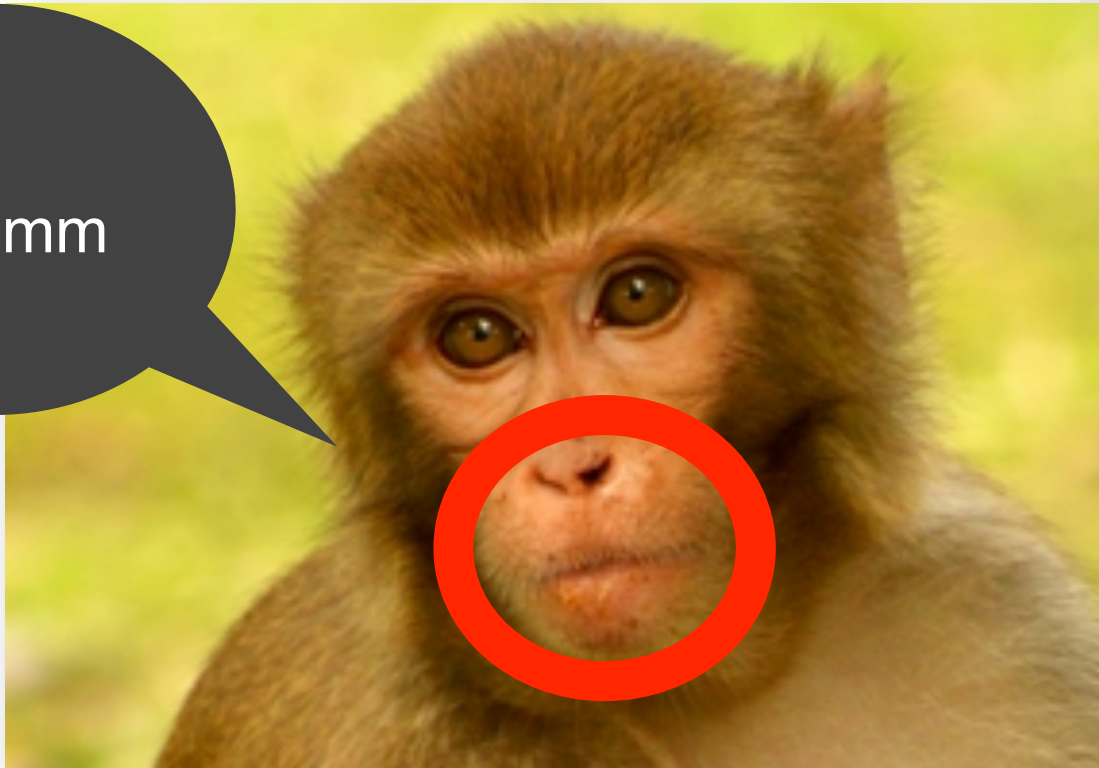


## ***Step 1: Stretch shoulders, neck, face***

- 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***

Mmmmm



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

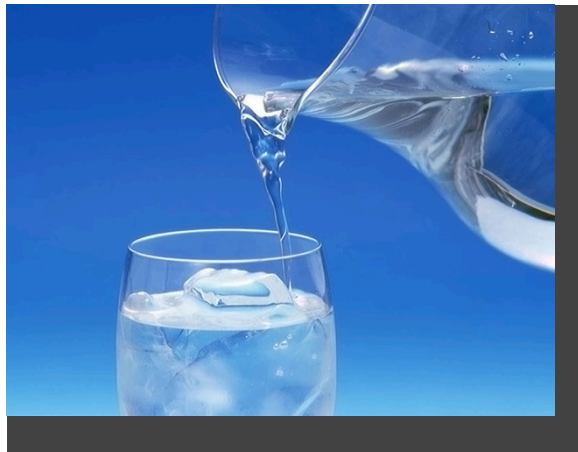


***Always ask yourself...***

Did I feel vibrations?  
Was my voice easy?

## *Health check*

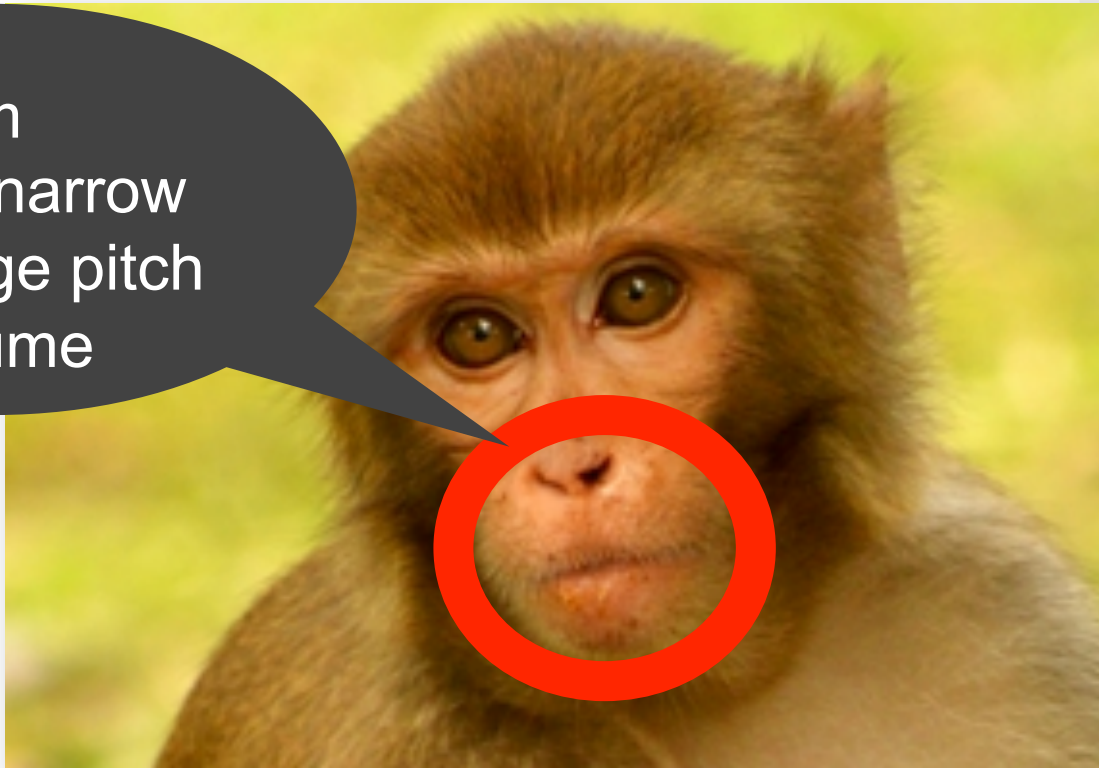
- 1. Drink water**
- 2. Breathe steam**
- 3. Eliminate/reduce reflux and drying medications**
- 4. Stop screaming/yelling for now**



## ***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



***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***

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**Thank  
you!**

