

Community Partners Facilitate Access to Voice and Communication Services for Transgender and Gender-Diverse People

Alyssa Giegerich, Kristen Davis, Sara Griffiths, Adrienne Hancock

BACKGROUND & PURPOSE

Voice training for transgender and gender-diverse people is in demand, yet is often inaccessible due to **cost, availability**, and the populations not **knowing** about the services.

Can a brief voice therapy workshop overcoming those barriers be effective?

- **Cost:** free to participants
- **Availability:** Saturday at Whitman Walker Health
- **Knowledge** of service: flyers included FAQs, distributed to LGBTQ safe spaces

METHOD

WHO:

- 9 Trans women and GD individuals, never had voice tx
- Led by 6 graduate speech-language pathology clinicians and two licensed speech-language pathologists.

WHAT:

- 2 hour workshop aimed at “voice feminization”
- Practiced adjusting their voice (pitch, intonation, resonance/quality) in small and large groups.

OUTCOMES:

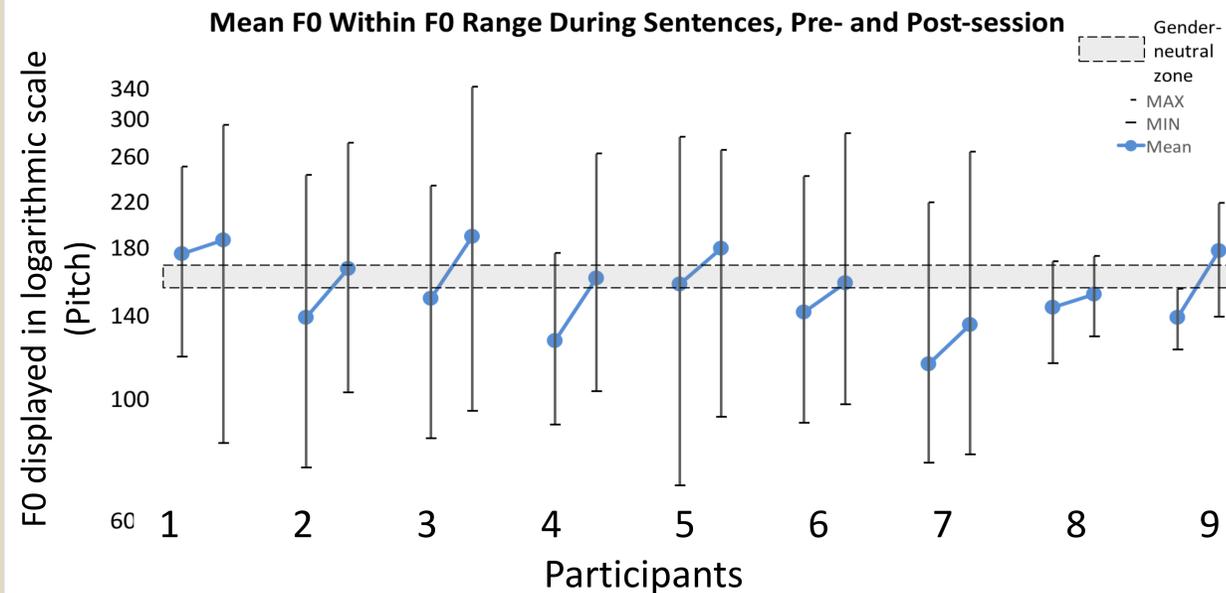
Voice change (pre to post workshop):

- **Acoustic:** fundamental frequency (pitch) average and range
- **Self-evaluation:** how well their voice aligned with their gender identity, how well they liked their voice, and their satisfaction with their voice

Program evaluation: overall workshop, structure, content, effectiveness, pleasantness/helpfulness of staff, day and time of workshop, length of workshop, extent of progress

Follow up: 7 participants provided update and perspective 2 weeks later.

RESULTS



Acoustic Data

Speaking pitch (mean F0) increase:
M = 2.84 ST
SD = 3.71 ST
Range = 0.9 (P1) - 4.61 ST (P3)

Intonation:
5 increased & 3 decreased their range (Max-Min).
Most shifted range upward

Self-Evaluation (Mean, sd)

ALL areas rated as “good” (3) or better on 1-5 scale by “post”.

	Pre	Post	Change
Voice Aligned with Identity	2.8 (1.0)	5.1 (1.4)	2.3 (1.1)
Like Voice	2.0 (1.5)	4.0 (1.7)	1.9 (1.0)
Satisfied with Voice	1.4 (1.7)	3.9 (6.9)	2.5 (1.3)

Follow Up Phone Calls

- Guided practice and individual feedback, particularly about resonance, was useful - and even more was desired.
- People who made the most acoustic and perceptual gains reported positive psycho-social benefits in relation to voice as a result of the workshop.

Program Evaluation

ALL participants rated their progress as “very good” or “excellent” on 1-5 scale.

Program element	Mean (sd) rating
Overall	4.22 (.67)
Content	4.22 (.67)
Effectiveness	4.22 (.97)
Day/time	4.22 (.97)
Staff	4.89 (.33)
Structure	3.65 (.52)
Length	3.22 (.97)

CONCLUSION

This brief workshop was accessible and effective. It is recommended that similar workshops be created to benefit the target population and their experience with voice feminization. A longer session or a series of sessions would likely provide the desired additional practice and help sustain voice change.

Thank you Whitman Walker Health, Thomas Coughlin, Dara Yazdani, Julia Donovan, Emily Chessher, Linda Siegfriedt