

Registration

Lessac Kinesensics

September 3 – 4, 2021

Course Fees and Location

Lessac Kinesensics:

Course Fee Is: \$299.00

Course Location:

**University of Delaware
540 South College Avenue
Newark, Delaware 19713**

or

Online Webinar

How to Register

All registrations are through the web page:

<https://visionsinvoice.com/register/lessac-kinesensics/>

About the faculty

Nancy Krebs, Lessac Master Teacher

Education: B.A. in Theatre, University of Maryland, Baltimore County
Graduate Training: Dallas Theater Center (Trinity University)
Certification in the Lessac Voice & Body Training, 1993 (Master's Equivalent in Voice Training, Lessac Institute)
Master Teacher Certificate: Lessac Voice & Body Training, 2002
Member of AEA, SAG, AFTRA, VASTA, BMI

Nancy graduated in 1972 with a B.A. in Theatre from the University of Maryland, Baltimore County; and went on to graduate school at the Dallas Theater Center under the leadership of Paul Baker. She has been a professional actor/singer since 1975. Her acting credits include: TV series--Once Upon a Town (Emmy award), The Bloomin' Place, One Life to Live; over 150 professional productions in regional theatres such as Alaska Repertory Theatre, Center Stage, Meadowbrook Theatre, summer stock as well as dinner theatres and Inter-Generational theatres in the Baltimore/Washington area; numerous voice over commercials and narrations as well.

As an author, Ms. Krebs has contributed to the texts: Voice and Speech Training in the New Millennium: Conversations with Master Teachers by Nancy Saklad, Collective Writings on the Lessac Voice and Body Work: A Festschrift by Marth Munro, Sean Turner, Allan Munro and Kathleen Campbell and Play with Purpose: Lessac Kinesensics in Action edited by Marth Munro, Sean Turner Allan Munro. She is currently co-authoring a new book using the Kinesensic strategies to teach non-English Speakers how to become more fluent and expressive in North American English speech.

She is also a singer/songwriter/musician and recording artist, having released seven albums of critically acclaimed original Christian meditational music: The Journey, Love makes Room, Come to the Stable, Simple Gifts, Songs from the Heart and Moved by God which receive air-play around the world.

She has been a Certified Lessac Master Teacher since 2002 and has served in many capacities for the Lessac Training & Research Institute since that year—as President, Board member, and Master Teacher Council representative. She received the Lessac Leadership Award in 2011 and continues to be a part of the Master Teacher Team. She has been the Director and Co-Director of Lessac Intensives both in the U.S. and abroad, served on the faculty of the Four Week Workshop, teaching with Arthur Lessac and Senior Master Teacher Sue Ann Park from 1995-2005; and has led and developed numerous shorter Kinesensic-based workshops throughout the years since 1995. She has worked as a vocal/dialect coach for over 150 professional and university productions in the Baltimore-Washington region since 1994. She taught a full four-year Lessac-based voice curriculum in the Theatre Department of the Baltimore School for the Arts from 1981-2019, and currently operates her own voice studio —The Voiceworks Studio..

Katherine Verdolini Abbott, PhD., CCC-SLP, M.Div., is Professor of Communication Sciences and Disorders at the University of Delaware. Prior academic appointments include the University of Iowa, Harvard Medical School, and the University of Pittsburgh. She received training in the Lessac approach to body, voice, and speech, working personally with the approach's founder, Arthur Lessac. She developed *Lessac-Madsen Resonant Voice Therapy (LMRVT)*, which is widely recognized as an important tool in voice therapy for a range of conditions affecting voice, and for which she has received funding for basic and applied science from the National Institutes of Health since 1997. Dr. Verdolini Abbott is a Fellow of the American Speech-Language-Hearing Association, from which she also received the highest Honors in 2009. She is, herself, a singer and actor, committed to the translation of both basic science and performing arts traditions to the practice of speech-language pathology.

Marianna Rubino, MFA, MS, CCC-SLP, is a PhD student in Dr. Katherine Verdolini Abbott's voice lab at the University of Delaware, an adjunct instructor in the Communication Sciences and Disorders graduate department at New York University, and a speech-language pathologist at Christiana Care Hospital in Newark, Delaware. Primary research interests include identity, adherence, and general psychology in relation to voice production, disorders, and rehabilitation as well as the use of actor voice training methods with speech-language pathology clients and patients. Marianna has presented regarding these various topics at national conventions including those hosted by the American Speech-Language-Hearing Association, the Voice Foundation, Fall Voice, and the Pan American Vocology Association. Additionally, Marianna is a classically trained actress and long form improv comedian with multiple Shakespeare and Chicago-based improv credits and a member of the Actors' Equity Association.

Lessac Kinisensics

*A Workshop for
Speech-Language Pathologists*

September 3 – 4, 2021

Nancy Krebs, Lessac Master Teacher



Katherine Verdolini Abbott, PhD., CCC-SLP, M.Div



Marianna Rubino, MFA, MS, CCC-SLP



Visions In Voice is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

About the Course

About the course:

This course provides basic training in Lessac Kinesensics for application to speech-language pathology. The course is designed for SLP clinicians and clinicians in training, and is an abbreviated version of longer, more intensive courses offered for those seeking recognition as Lessac teachers for expanded applications. The course will provide exposure to Lessac body, voice, and speech training with special attention to use for individuals with voice and possibly fluency disorders. Data will be provided on the acoustics and aerodynamics of Lessac body, voice, and speech "energies," as well as on outcomes from clinical trials in LMRVT for individuals with phonogenic voice disorders.

Disclosures: Financial disclosures: Ms. Krebs receives compensation for her voice and speech work through public and private venues teaching the Lessac work. Dr. Verdolini Abbott receives royalties for her LMRVT products, including clinician and patient manuals, through Plural Publishing. She also receives royalties for a text she co-authored with Dr. Ingo Titze, *Vocology*, published through the National Center for Voice and Speech. None of these products will be sold for the purposes of the present course. **Non-financial disclosures:** Dr. Verdolini Abbott serves as reviewer for peer-reviewed submissions to several professional journals and for the National Institutes of Health. Ms. Krebs has no existing relevant non-financial relationship.

Learning outcomes:

At the conclusion of the course, participants will be able to:

- Demonstrate three Lessac body energies --"NRGs" and three voice/speech energies-- "NRGs."
- Describe application of these "NRGs" to individuals with voice disorders of a variety of origins, in particular phonogenic origins, including findings from clinical trials.
- Describe acoustic and aerodynamic data associated with three body "NRGs" and three voice/speech "NRGs."

Cancellation Policy

There are no cancellations for this course. No fees will be returned. We are not responsible for any adverse events relating to travel to the course. We reserve the right to cancel the course 7 days prior to the course date with full refund of course fee if registrations are insufficient to support the course. If we cancel or reschedule, we are not responsible for any travel expenses or penalty fees incurred by the registrant.

Confirmation

Confirmation of registration will be sent by e-mail approximately 14 days in advance of course start date, along with links to download course handouts and knowledge assessment. Receipts will be sent by e-mail and will show contact hours earned and amount paid.

Schedule

DAY 1 (Participants experiences Lessac Kinesensic Training)

Morning Session:

9:00-9:15 Introduction to the overall experience and relevance to SLP community
9:15-10:15 Introduction to the Lessac principles, inner vs. outer environment, Body Work comes first: posture/breathing, Body Pain Relievers/Relaxer-Energizers
10:15-10:30 Break
10:30-12:00 Body Energies (NRGS*)
Experiments with these Body Energies (w/relevance to SLP clinical work)
Buoyancy-Potency-Radiancy-Inter-Involvement
*NRG--Neural Regenerative Growth and acronym for 'Energy'

12:00-1:00 Lunch Break

Afternoon Session:

1:00-1:30 Introduction to the Principles of Lessac Voice Training (w/relevance to SLP)
(Tuning fork, hearing vs. 'feeling', kinesensic learning, Familiar events, organic instruction for voice, 3 Vocal NRGs)
1:30-2:15 Consonant NRG Introduction, covering some of the instruments (strings, drumbeats—the 'small combo')
2:15-2:30 Break
2:30-2:40 Vocal Tune-up with Rounds using the strings./shakeout re-energizing
2:40-3:00 Continuation of Consonant NRG adding Body NRG 'support'
3:00-3:30 Introduction to Tonal NRG bridging from the Y French Horn (Y Buzz)
3:30-3:45 Break
3:45-4:15 Tonal NRG (+Y and the Call) (posture check throughout)
4:15-4:45 Structural NRG introduction (Woo-Woe-War-Wah-Wow)
4:45-5:00 Q & A --assignment explanation

Assignment: Review what we've done today, use the poems to expand your sense of 'kinesensic' (the 'feeling process') understanding of Consonant NRG. Also include exploring them with a body NRG present--then change the body energy and explore the poem again--see what differences you might feel taking place.

Hand out one line explorations for tomorrow

Schedule Continued

DAY 2 (Participant experiences Lessac Kinesensic work, con't)

Morning Session:

8:30-8:45 Scat Bands and Vocal Tune-up (refresh posture and breathing)
8:45-9:15 Continuation of Structural NRG into the 4 Step progression
9:15-9:35 Neutral vowels as an extension of Structural and Consonant NRG
9:35-9:45 Break
9:45-10:15 Exploration of Text (supported by a Body NRG) using handout of short lines
10:15-11:00 Improv
11:00-12:00 Intro to basic science
12:00-1:00 Lunch break

Afternoon Session:

1:00-4:00 Basic Science & Clinical Journey with Lessac Kinesensics: Kittie Verdolini and Marianna Rubino

2:30-2:45 Break

LMRVT addendum
2:45-4:00 Course evaluation
4:00-5:00 Final questions, improv, adjourn

Please visit the website page for Lessac-Kinesensics for full details of Day 2 activities:

<https://visionsinvoice.com/register/lessac-kinesensics/>

***This program is offered for 1.3 ASHA CEUs
(Intermediate level, Professional area).***