

## Registration

### Adventures in Voice and Voice Therapy Spectrum Webinar

Mar. 8 - 10 and Mar. 16, 2024

All sign-up is through the Web Pages listed below.

**Course Fees and Details** (Circle application amount)

Voice Therapy Spectrum: Days Mar. 8 - 10: **\$499**

Adventures in Voice: Days Mar. 8- 9 and 16: **\$499**

All Four Days--Both Webinars: **\$750** (a savings of \$250)

Student Discount - **\$100**

Participants are required to participate in Day 1 and 2 (Basic Voice Science), and can then choose to participate in Day 3 and/or 4. Day 1 and 2 provides a foundational knowledge required for both VTS and AIV.

**How to Register :**

Visit either of these pages and register from there.

Website: [www.visionsinvoice.com/register/aiv](http://www.visionsinvoice.com/register/aiv)

Website: [www.visionsinvoice.com/register/vts](http://www.visionsinvoice.com/register/vts)

### **About the Speaker**

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.

### **Disclosures**

**Financial:** Dr. Verdolini Abbott is a salaried Professor at the University of Delaware. She also receives salary support from the National Institutes of Health for her research. She receives royalties for publications with Plural Publishing Company and the National Center for Voice and Speech. Rarely, she receives compensation for reviews of others' scholarly work. She is given an honorarium for the presentation of her continuing education courses, including this one. **Non-financial:** Dr. Verdolini Abbott serves as reviewer, editor, and associate editor for several publication entities. Dr. Verdolini Abbott is on the editorial board for several professional journals and has published numerous scholarly articles relevant to the course content.

### **Manuals**

See links on

<https://visionsinvoice.com/register/vts>

## Adventures in Voice and Voice Therapy Spectrum Webinar

*A Webinar for  
Speech-Language Pathologists*

**Mar. 8 - 10 and Mar.16,2024**

**Sessions begin 10:00am ET**

Presented by:

Katherine Verdolini Abbott PhD, CCC-SLP



ASHA CE  
APPROVED PROVIDER

Visions in Voice

Intermediate Level

Up To 2.6 ASHA CEUs

## About the Course

About the Course: Increasing emphasis has been placed on the use of standardized voice therapies for the treatment of voice problems. This approach has lent itself well to evidence-based investigations of voice therapy and a standardization of clinical training. The Voice Therapy Spectrum course is part of this endeavor, but not only this endeavor. The basic premise in the "Spectrum" approach to voice therapy is that a single theoretical framework for therapy can be applied in different ways, for different patients. The framework identifies three broad parameters to address in voice therapy and training: the "what" of training (what is the biomechanical target and what are biological consequences); the "how" of training (how do people acquire and habituate new physical behaviors); and the "if" of training (what are factors affecting patient and student engagement with therapy).

On Day 1 and 2 of the seminar, Basic Voice Science for the foregoing issues will be reviewed. Day 1 and 2 are required for VTS and AIV, both.

On Day 3 is for VTS students only. The primary applications of the foregoing basic science principles will be described and trained in Lessac-Madsen Resonant Voice Therapy (LMRVT). A secondary application will be Casper-Stone Confidential FlowTherapy (CSCFT). The two methods differ in the specific biomechanical target of training; LMRVT targets relatively more complete vocal fold closure and the use of a semi-occluded vocal tract during phonation as compared to CSCFT, which targets slightly greater abduction without semi-occluded tract.

Both of these biomechanical targets fall within the range of what has been identified as "optimal vocal economy," which favors both good acoustic output and relatively minimal vocal fold impact stress and thus putative protection from injury. Both methods utilize the same principles of motor learning and patient engagement. The choice of one approach over the other will depend on clinician and patient preference, and patient pathology. Outcome data will be presented for LMRVT and CSCFT, based on results of large-scale clinical trials.

Day 3 of the seminar will conclude with exposure to methods for creating individualized voice therapy for patients.

**As a reminder, Day 1 and 2 are required for Day 4 – Adventures in Voice.**

On Day 4: Adventures in Voice is a novel approach to pediatric voice therapy, which, in contrast to the traditional approach, does not discourage children from using loud voice. Adventures in Voice (AIV) is founded on the premise that "children will be children" and, rather than restricting their phonation, they should benefit from training in how to produce normal and loud voice -- safely. The biomechanical underpinnings of the program arise from basic science studies showing a barely adducted vocal fold configuration should allow people to produce voice fairly loudly while at the same time minimizing inter-vocal fold impact stress, which is implicated as the primary source of phonotrauma. Also, AIV differs from some traditional learning models in speech-language pathology, which emphasize instrumental conditioning and extrinsic rewards. Instead, AIV's learning approach is based on theory that says that fun activities, in which "rewards" are intrinsic, should optimize learning in the long term. Finally, AIV also incorporates findings from the healthcare literature pointing to factors that may enhance children's engagement in voice therapy. The AIV program may be appropriate for children with voice problems related to under- or overadduction of the vocal folds, which are implicated in the majority of voice disorders in children.

## Schedule

**All times are Eastern U.S.**

### **Mar. 8 : Basic Voice Science-Required for both VTS and AIV**

10:00-10:30 AM Registration & Troubleshooting  
10:30-11:30 AM Introduction to Course  
11:30 AM-1:30 PM Voice Biomechanics and Biology  
1:30-2:00 PM Lunch (on your own)  
2:00-2:30 PM Voice Biomechanics and Biology (continued)  
2:30-5:30 PM Learning Science  
5:30-6:30 PM Self-Study (Quiz Day 1)

### **Mar. 9 : Basic Voice Science-Required for both VTS and AIV and Introduction to Step-by-Step Applications**

10:00-10:30 AM Log on, Troubleshooting  
10:30 AM-12:00 PM Patient Engagement  
12:00-2:00 PM Introduction to Step-by-Step Voice Therapy Spectrum  
2:00-2:30 PM Lunch (on your own)  
2:30-4:30 pm Introduction to Step-by-Step Adventures in Voice

### **Mar. 10 : Voice Therapy Spectrum, Step-by-Step**

10:00-10:30 AM Log on, Troubleshooting  
10:30 AM-12:00 PM LMRVT: The Basics  
12:00-2:00 PM LMRVT: Continued  
2:00-2:30 PM Lunch (on your own)  
2:30-4:00 PM CSCFT: The Basics  
4:00-5:30 PM CSCFT Continued  
5:30-6:00 PM Discussion, Course Evaluation

### **Mar. 16 : Adventures in Voice, Step-by-Step**

10:00-10:30 AM Log on, Troubleshooting  
10:30 AM-12:00 AM AIV: The basics  
12:00-2:00 PM AIV: Continued  
2:00-2:30 PM Lunch (on your own)  
2:30-4:30 PM AIV: Continued  
4:30-5:00 PM Discussion, Course Evaluation

## More Information

### **Learning Outcomes-AIV**

At the completion of this course, participants will be able to:  
Describe the physiologic foundations of Adventures in Voice  
Describe learning theories in children as they relate to acquisition and retention of new motor skills  
List the steps of Adventures in Voice  
Demonstrate the Adventures in Voice method in self-practice and with other participants  
Determine appropriate candidates for Adventures in Voice therapy

### **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 2 days in advance of course start date, along with links to download course handouts and knowledge assessment. Participants will receive a link by e-mail to access the webinar each day. If ordered, course kits and manual flash drives will be shipped to the address noted on registration form. Express shipping is not included if you register late and request expedited shipping.