Essentially, two theories of thought served as the foundation for therapy:

- Altering the actual voice to the measurement desired.
- Educating the client and developing her vocal perception.

Diagnosis: Muscle Tension Dysphonia
A voice disturbance caused by abnormal muscle activity in the absence of structural or neurological abnormalities.

At the onset of therapy, the client desired to modify her vocal pitch, resonance, and vocal inflection to closely align with her gender identity.

Therapy Objectives

Long-Term Objective: The client will report satisfaction and increased confidence in daily communication using feminine-perceived vocal characteristics and nonverbal communication skills.

- Objective 1: The client will be able to engage in more feminine nonverbal communication with particular attention to body gestures/mannerisms, posture, and facial expressions.
  - Activities Used: Nonverbal communication graphic, Bingo, and Charades

- Objective 2: The client will be able to increase feminine speaking patterns by increasing the use of adjectives and adverbs.
  - Activities Used: Taboo, What’s in the Bag, and Guess Who

- Objective 3: The client will be able to exhibit an understanding of a preferred timbre/tone by producing their desired feminine voice across various activities.
  - Activities Used: Taboo, reading song lyrics, movie clips, monologues, and vocal quality reminders

- Objective 4: The client will be able to consistently reach target pitches ranging between 156-220 Hz.
  - Activities Used: Taboo, Jeopardy, What’s in the Bag, movie guessing games, trivia, monologues, and song lyrics

- Objective 5: The client will be able to decrease her rate of speech by increasing the number of pauses per sentence.
  - Activities Used: Song lyrics and Jeopardy

Rate of Speech:
Typically, female speakers incorporate a greater number of pauses into their utterances for greater emphasis.

Tone:
After provision of various examples, the client desired to produce a mellow, smooth, casual, and comforting tone of voice.

Pitch:
Upon referring to the Voice Tools app, the client selected the tones F#3 and A3 (185Hz-220Hz) to establish her desired pitch range.

Vocabulary:
In most cases, female speakers will express their thoughts, ideas, and feelings utilizing a greater number of adjectives and adverbs.

Upon administering the VAS questionnaire a final time, the client expressed ultimate satisfaction with her voice. According to the gathered data, the client’s ideal voice perspective paralleled her habitual voice perspective although her current voice made minimal change.

This graph represents the client’s vocal range each session throughout the semester. Although her average pitch did not consistently increase, her overall range began to decrease.

The client’s perceptions of her voice

The client’s average pitch range over time