

T H E R A P Y
S P O T



Voice
Handbook



Why Choose Therapy Spot to provide your voice therapy?

VOICE DISORDERS	TRANSGENDER VOICE	PROFESSIONAL SINGING & VOICE COACHING
<ul style="list-style-type: none"> ● Vocal nodules/polyps ● Vocal fold paralysis ● Paradoxical vocal fold movement ● Spasmodic dysphonia ● Parkinsons <p>Therapy Spot Treatment Techniques</p> <ul style="list-style-type: none"> ● Lee Silverman (LSVT) ● Lessac Madsen ● Resonant Voice ● Stemples ● Vocal Function Exercises ● Boone Program ● Oral Resonance Therapy ● Voice Pitch Therapy ● Vocal massage 	<ul style="list-style-type: none"> ● Pitch, resonance, articulation, intonation, language, breath, prosody, rate of speech, nonverbal communication and your social and occupational voice use ● Understanding communication differences such as use of tag questions and identifiers ● nonverbal communication (i.e. posture and positioning, use of gesture, turn taking, eye contact and facial expression, coughing, sneezing, laughing) 	<p>Seth Riggs, Speech Mode Singing</p>



Being a professional singer, clinical director (Ophelia Reid) brings to the table a strong passion for, and background in, voice and vocal health. Aside from having a deep anatomical (muscular and neural) and psychological understanding of voice and the impact of voice on our lives from the perspective of a trained and experienced Speech-Language Pathologist, she also has lived it personally.

At Therapy Spot, Ophelia has developed a vocal program for each area: Vocal Disorders, Transgender Voice and Professional Singers. She has trained, mentored and oversees all senior therapists in the systematic approach.



At Therapy Spot we do not look at you only from the eyes of a professional Speech Therapist. We look at you through the eyes of someone who has lived and breathed the importance of voice and the kind of voice quality that you would like in your life. We understand the psychological impact this can have on your life and are invested in getting you where you would like to see yourself.

Whether you are a professional (e.g., teacher or pilates instructor) who has a voice disorder, a transgender individual who wants a voice he/she identifies with, or a professional singer, we will help you to define your goals and develop a clear step by step individualized systematic program that can be achieved. We have the professional knowledge and experience, but we also have a deeper personal understanding of the impact of voice on our lives.

How Are Services Offered at Therapy Spot?

Step One

Assessments at Therapy Spot:

- Interview of the individual, their family, or important communication partners
- Review of case history (pre-injury status, academic, employment status, medical & rehabilitation history, etc.)
- Comprehensive assessment of
 - voice (Pitch, resonance, breath, articulation, intonation, language, prosody, rate of speech, nonverbal communication and your social and occupational voice use)
 - **we do on-site hearing tests for understanding speech and language**



- contributing factors (stress, mental health etc)
- What are your voice needs in all different areas of life (i.e, work, school, family interactions, community involvement)?
- Selection, administration, and interpretation of standardized tests
- Consultation with other professionals or review of their reports as indicated
- Careful understanding of what you would like to achieve with your voice.

Step 2: Analysis of Results and Development of Treatment Plan

An individualized 12-week (most often) plan is developed for you. The plan takes into consideration :

- your assessment results,
- your current needs,
- goals you want to achieve
- Task analysis of each goal in order to break it down into sub-steps that can be achieved over a 12 week period.

Decision on where Treatment will take place:

- your home
- your work-place
- your school
- our clinic



Step 3: Treatment

- Treatment would focus on the specific goals you have laid out.
- All Treatment would be collaborative. You will never feel tested.
- Goals will be broken down into achievable steps and each therapeutic session will target one of those sub-steps to allow for continued progress.
- You will be able to see the progress each week
- Further evaluation of progress will occur at 6 week and the 12 week mark.

Service Pricing

VOICE ASSESSMENT

ASSESSMENT TYPE	APPOINTMENT TYPE	APPOINTMENT LENGTH	ASSESSMENT COST
Voice	Session 1 - Direct 1 on 1 with Therapist and Client to review history, discuss concerns and complete standardized tests	1.5 Hours (Client present)	\$616.00
	Session 2 - Indirect (no client present) Scoring of tests, Analysis of Data and Treatment Plan Creation	1.5Hour (No Client present)	
	Session 3 - Direct 1 on 1 with Therapist and Client to review Assessment Findings, review treatment plan and prescription.	1 Hour (Client Present)	





Treatment Service Pricing

Senior Speech-Language Pathologist: \$142/hour

CEO (Simone Friedman): \$157/hour

Clinical Director: \$157/hour

Communicative Disorders Assistant: \$95/hour

SENIOR SPEECH-LANGUAGE PATHOLOGIST (\$139/HOUR)			
SESSIONS LENGTH	SERVICE TYPE	SESSION COST	AVERAGE DISCOUNT PERCENTAGE ON BLOCK RATE
45 minutes	Block Rate	\$117.00	22% Discount
1 hour	Block Rate	\$142.00	25% Discount
1.5 hours	Block Rate	\$213.00	16.5% Discount
2 hours	Block Rate	\$284.00	12.5% Discount
45 minutes	Regular Rate	\$142.00	
1 hour	Regular Rate	\$177.50	
1.5 hours	Regular Rate	\$248.50	
2 hours	Regular Rate	\$319.50	

CEO AND/OR CLINICAL DIRECTOR (\$154/HOUR)			
SESSIONS LENGTH	SERVICE TYPE	SESSION COST	DISCOUNT PERCENTAGE ON BLOCK RATE
45 minutes	Block Rate	\$133.00	18.5% Discount
1 hour	Block Rate	\$157.00	25% Discount
1.5 hours	Block Rate	\$235.50	16.5% Discount
2 hours	Block Rate	\$314.00	12.5% Discount
45 minutes	Regular Rate	\$157.00	
1 hour	Regular Rate	\$196.25	
1.5 hours	Regular Rate	\$274.75	
2 hours	Regular Rate	\$353.25	



For therapy sessions with a Communicative Disorders Assistant (CDA), SLP supervision time is also billed at 25% of the treatment sessions. This charge is averaged over the treatment sessions at the rate of \$10/session.

COMMUNICATIVE DISORDERS ASSISTANT (\$85/HOUR)				
SESSION LENGTH	SERVICE TYPE	SLP SUPERVISION	TOTAL SESSION COST	DISCOUNT PERCENTAGE ON BLOCK RATE
45 minutes	Block Rate	\$10.00	\$80	19% Discount
1 hour	Block Rate	\$10.00	\$95.00	23% Discount
1.5 hours	Block Rate	\$10.00	\$138	15% Discount
2 hours	Block Rate	\$10.00	\$180.4	11.5% Discount
45 minutes	Regular Rate	\$10.00	\$95.00	
1 hour	Regular Rate	\$10.00	\$116.25	
1.5 hours	Regular Rate	\$10.00	\$158.75	
2 hours	Regular Rate	\$10.00	\$201.25	



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