

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 style="text-align: center;">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 Costing

SLP SERVICES	\$142/HR
CDA SERVICES	\$95/HR

THERAPY
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