A word about voice therapy...
Surgical Model vs. Behavioral Model

Surgeries ➔ disorder specific
Surgical Model ➔ Lesions

Rosen & Simpson, 2008
Surgical Model ➔ Motion Impairment

Rosen & Simpson, 2008
Voice Therapy is NOT disorder specific

- The SAME treatment strategy may be used for patients who have different voice disorders
  - MTD vs. lesions

- Treatment depends on the behavior causing the voice problem.
Conversation Training Therapy
Pre-therapy

Post-therapy
Focus on training target voice therapy goals in spontaneous, patient-driven conversational speech in the first session and throughout.
“My voice gets hoarse when I talk”
Meets the patient at their complaint.
YET...

Most Voice Therapy Programs and Techniques = Hierarchical Approach
Direct

Indirect
Most voice therapy programs take 4-24 sessions

Attrition rates for voice therapy are estimated between 16-65%
Relapse rates btw 51-68%

Roy et al., 1997, Van Lierde et al., 2007
Hardest part of voice therapy 64% transfer

Ziegler et al., 2014
Building a hierarchy from less complex to more complex skills may actually impede generalization through unnecessary segmentation.

In order for a skill to be learned and transferred to novel situations, tasks trained in the learning of that skill must closely resemble real-life tasks (e.g., conversation).

Schmidt & Lee (2005)
Ferguson & Martin (2001)
Challenge-point framework
(Guadagnoli & Lee, 2004)

Desirable Difficulties concept
(Bjork, 1994)

Motor learning is enhanced by learner effort
Break (& Assignment)

• Focus on your consonants
METHODS

A prospective, clinical consensus design
A preliminary CTT approach was crafted
Preliminary Data using CTT:

1. CTT piloted on 5 patients with voice disorders.
2. # of CTT sessions ranged from 2-4
   a) representing a 50%-125% reduction in sessions typically required in hierarchical therapy programs.
3. VHI-10 scores:
   Mean pre = 12.2
   Mean post = 5.2
Presented the preliminary CTT program individually to 5 expert, clinical voice-specialized SLPs (consensus group) via Google Hangout®.
Consensus Group / Co-authors

Shirley Gherson, NYU

Edie Hapner
USC

Jenny Muckala
Vanderbilt

Doug Roth
Tufts

Sarah Schneider
UCSF
Trial Period
A neutral third party called each group member for an informal discussion of CTT.

▪ to reduce potential bias/persuasion

▪ to create an atmosphere of freedom in relating their opinions of CTT.
The Development of Conversation Training Therapy: A Concept Paper

Jackie Gartner-Schmidt*, Shirley Gherson†, Edie R. Hapner‡, Jennifer Muckala§, Douglas Roth||, Sarah Schneider¶, Amanda I. Gillespie*
6 tenets

CONVERSATION

Clear Speech

Rapport Building

Negative Practice

Basic Training Gestures

Embedded in speech

Varying Prosody

Auditory Kinesthetic Awareness
Clear Speech

65% of our standard American English sounds are consonants.
Consonant Salad = MOUTH FEEL
Begin a conversation of their choice

Patient driven narrative
Clear speech

Attend to how her resonance shifts from front to back as she becomes aware of forward vibration in speech....

....remember it’s the FIRST SESSION!
Negative Practice

Verdolini Abbott, 2008; Grillo 2012, Bjork, 1994; Bandura, 1977
Meta-therapy

- How we talk about therapy
- What are we doing here?
- The language used to achieve a goal

See Helou, LB., SIG 10, Vol. 2(Part 2), 2017
Labelling

Ownership
Auditory Kinesthetic Awareness

SOUND and FEEL only
Prosody and Pauses

Lincoln & Behrman, 2013; Behrman & Haskell, 2016
Pitch

Time
Sustained Phonemes in Speech

Ffffeell the sssssoundzzzz of ssssspeechchchch...
The patient has given permission to use these videos.
Projection
Rapport Building
By product - Therapeutic Alliance - Rapport
Not boring!

Fly fishing • US tax code • State police academy • Buying a new house (first home) • Threatening husband to buy tickets to the musical “Hamilton” • Pet sitting and finding a snapping turtle out of the cage • Cosplay • Code-switching (AAE vs SAE) • Chemotherapy for dogs • Drag racing • Bible smuggling (into China) • Cicada infestation • Home remodeling • Animation styles • Donald Trump • Waitressing • Your gay roommate makes it hard to get dates with women • Hedging investments • Stock market • Being a flight attendant in the 1970s • School integration • Technology and computer evolution • Frustration associated with time constraint and working issues • Home schooling
Side effects...
Hard things are hard
“It makes it more applicable to my life”
YOU DON'T HAVE TO TAKE

READING RAINBOW

MY WORD FOR IT

memegenerator.net
Audio pre-post examples
Prelim results

VHI-10 change per participant

baseline  short term  long term
Average VHI-10 change

- 1: 20.9
- 2: 10.8
- 3: 8.7