



Speech and Language Therapy (also known as Voice and Communication Therapy) Service at the London GIC

What we offer you

- Voice therapy and coaching so you can develop and sustain your authentic voice and communication
- Coaching, teaching and support so you can use your voice confidently in all situations in a way that fits you
- An initial appointment to discuss your needs, up to four individual therapy sessions and up to five voice group sessions – all held at monthly intervals and offered here at the London GIC

How can you be referred for voice and communication therapy?

Ask your GIC clinician in any appointment (the earlier you request this, the earlier you will be seen by us). We are not able to accept self-referral – ask any of your GIC clinicians to do this for you. Local services are patchy, but if there is a speech and language therapy service offering voice and communication therapy closer to where you live, you can be referred there by your GIC clinician – discuss this with them.

Key areas we explore if you identify as non-binary or gender diverse

- Exploring your authentic pitch – whether you are taking T or not
- Developing resonance (vocal tone) and personal expression which fits with you
- Developing personal authority and presence in all your communication

Voice Group Programmes and Specialist Voice Workshops

Groups offer ways to develop new vocal and communicative skills in social contexts through practice, conversation and peer support. We will focus on:

- Further voice practice, development and stabilisation towards becoming automatic
- Voice projection
- Public speaking and presentation skills
- Assertiveness awareness and training
- Body language
- Speaking on the telephone and in digital contexts – skype/face-time/online
- Developing your singing voice – range and power

“Working in a peer-supported environment, while being guided by expert speech and language therapists every step of the way, gave me confidence to actively use and experiment with developing my voice...I would highly recommend group work to anyone undertaking their quest to sound authentic and become more comfortable in using the great gift that is our voice.” – Natasha S.

Your initial appointment with us will involve

- Discussing your specific needs and goals for your voice and communication
- Listening to your voice to ensure it is working healthily
- Measuring and giving you feedback on your current vocal pitch
- Explaining how your voice works and the process of exploring and changing it
- Providing initial exercises and advice about how to practice between appointments at home

Key areas we explore if you wish to feminise your voice

- Raising pitch to a comfortable degree without causing strain
- Achieving a brighter vocal tone (resonance)
- Exploring expression
- Increasing confidence with specific situations e.g. telephone speaking, voice projection

Key areas we explore if you wish to masculinise your voice

- Monitoring the progress of how testosterone alters your pitch over time
- Developing a robust breath support to accompany vocal change and growth
- Developing chest resonance (testosterone alone may not achieve this)
- Increasing social confidence and personal authority in everyday life speaking situations



Things you can do before your appointment with us

- Keep yourself well and healthy
- Stop smoking; reduce alcohol and caffeine
- Hydrate your body and voice: drink 1.5-2 litres (7 small cups) of water per day
- Inhaling steam for 10 minutes is useful if you experience voice fatigue and in the early stages of voice change with testosterone
- Think about how you would like your voice to be in your life, who you communicate with, and how you can make it consistent
- Reduce vocal misuse – e.g. shouting over background noise
- Be prepared to practice regularly when you start voice therapy – voice changes with a 'little and often' approach
- Enjoy your voice as much as possible as it right now – it will actually change more quickly if you have a degree of self-acceptance with it how it is today

Wait times and appointments

We currently have a large waiting list for our specialist service and team of speech and language therapists at the London GIC. You will be offered an appointment as soon as one becomes available. We do have cancellations and may call you at short notice to offer you one of these slots. We thank you for your patience.

We may offer to see you in an introductory workshop or suggest exploratory preparation work before your first individual appointment. If you are unable to attend any appointments with us, it is very important that you give us as much notice as possible, so we may be able to offer the slot to someone else.

If you are on the waiting list and have seen a local speech and language therapist, or no longer require to be seen by us at the London GIC, please let us know.