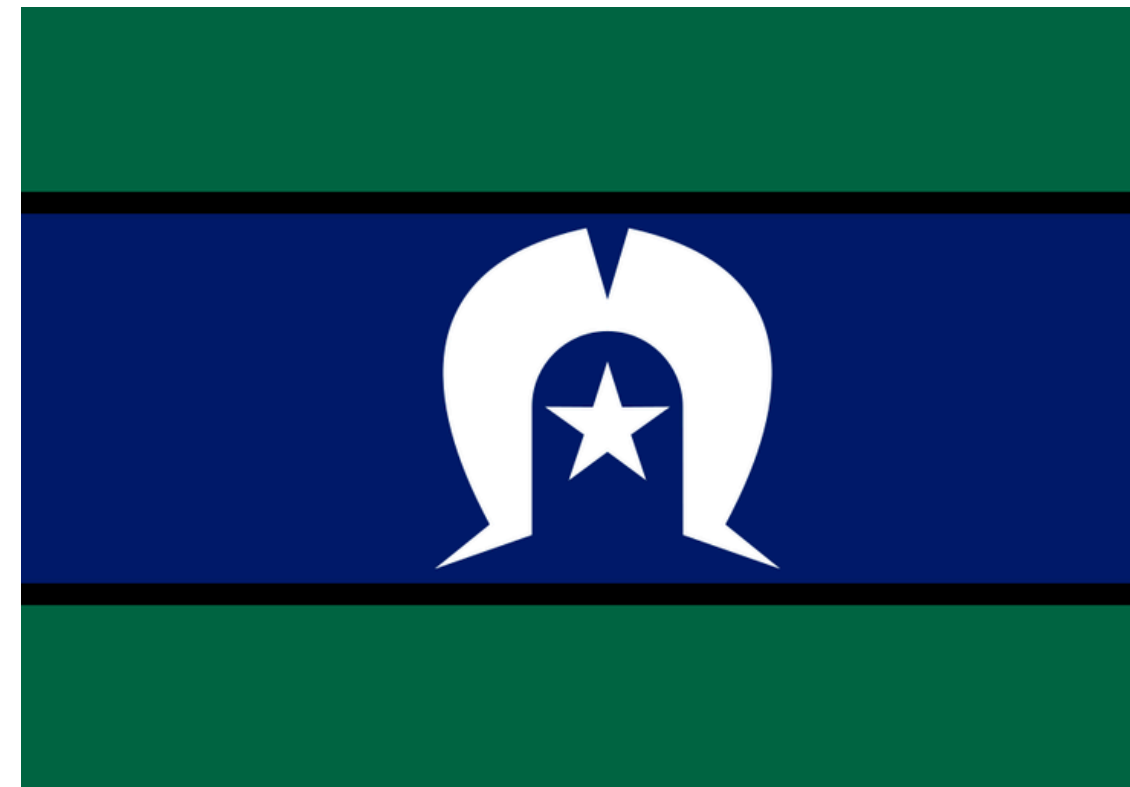


# ACKNOWLEDGEMENT OF COUNTRY



I acknowledge the traditional owners of the land upon which I complete my work, the Wurundjeri Woiwurrung and Bunurong people.

Communication has been taking place on this land for time immemorial, and the countless languages and traditions lost due to colonisation is something to be mourned and remembered.

Sovereignty was never ceded, always was, always will be, Aboriginal land

# ALLIE TALKS

*Gender Voice Therapy*

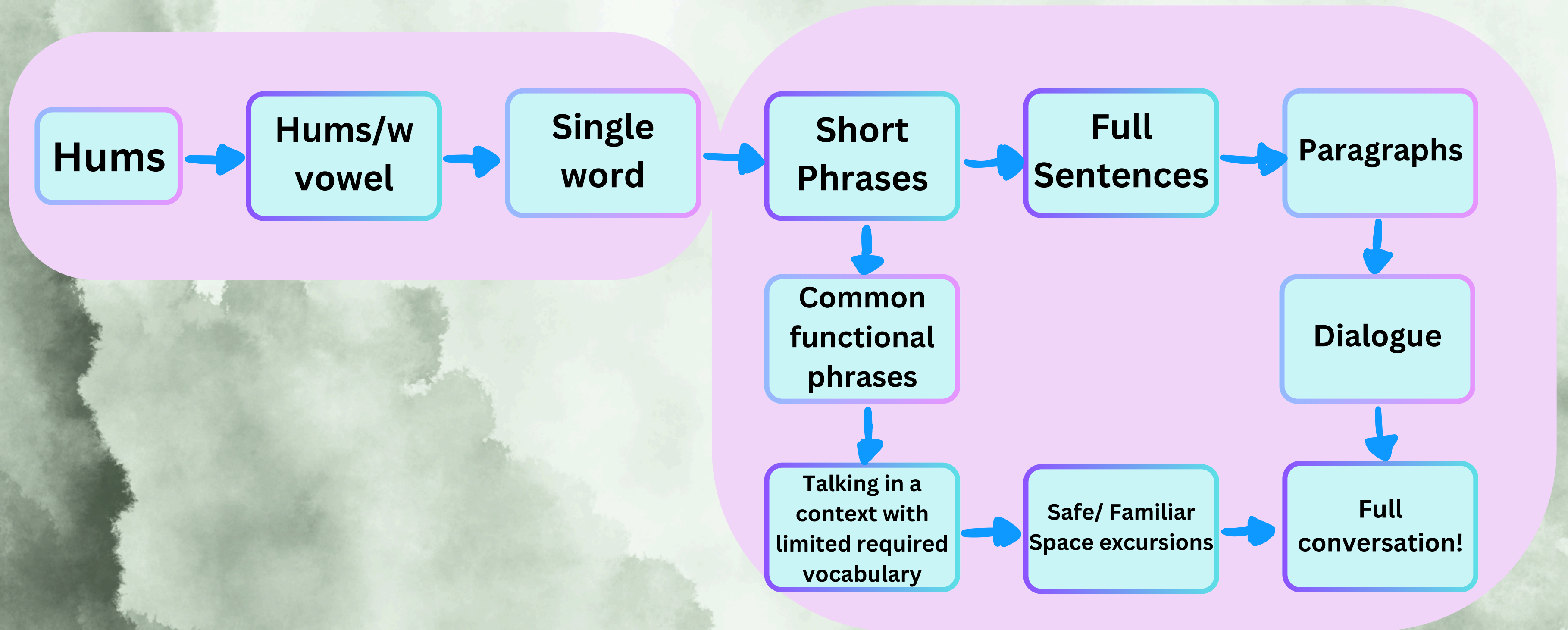


*Allie Cal*

# Practice Doc

*Practice Makes Perfect!*

# Practice Flow Chart



# HOW TO USE THIS DOCUMENT

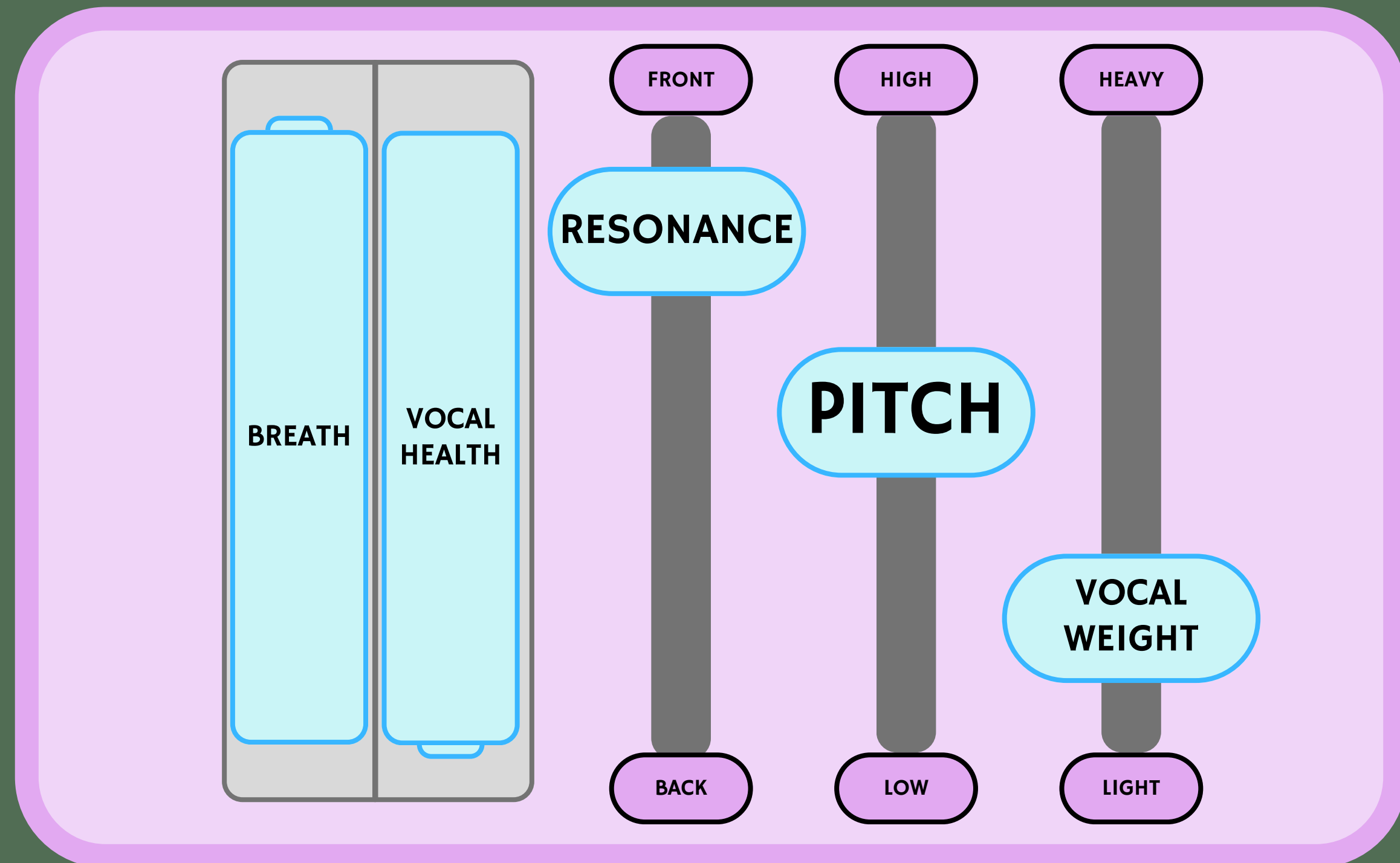
EXPERIMENTATION IS KEY! IF SOMETHING ISN'T WORKING FOR YOU, THAT DOESN'T NECESSARILY MEAN YOU'RE DOING SOMETHING WRONG, IT IS PART OF THE PROCESS!

This is a series of pages of words to work through the practice flow-chart!

It can help to find a **'reset phrase'**, a short sound, series of sounds, or a phrase that you are good at that you can use as a reset.

A hum focusing on the m, the vowels, or an agreement hum works well!

**For Voice Darkening** clients, the above can work but a meditative 'ohm' can work especially well.



# HOW TO USE THIS DOCUMENT

**This document is designed** as supplementary content for either individual sessions, workshops, or just after reading my 'how to voice train' document.

**Take your time!** Voice training takes different amounts of time for different people. Even as a speech pathologist myself, **it took around 6 months to find a voice I feel confident with**, so don't worry about the timeline!

**Accelerators for voice training include;** Singing/ theatre background, safe practice spaces, good vocal health

**Decelerators for voice training include;** Reflux, smoking, not drinking enough water

**In my experience**, with accelerators and individual therapy, achieving a voice you feel confident within 5 weeks is entirely possible, but it's important to take your time <3



# HOW TO USE THIS DOCUMENT

The rest of this document has some tips and reminders, but is mostly stuff to read for practice!

## General tips will be in the boxes!

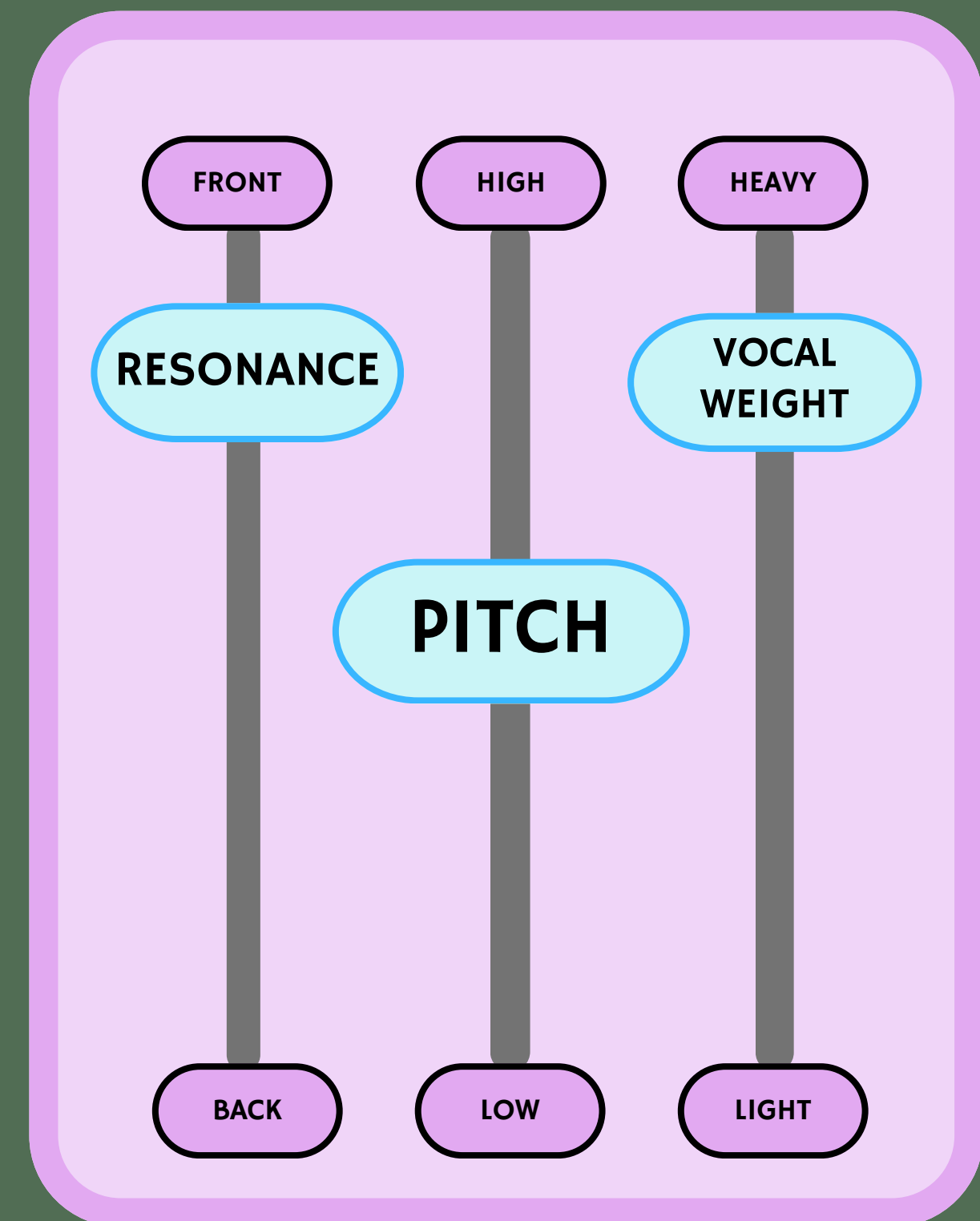
- If you ever feel strained or pain, stop and rest. Do a nice relaxation that we learnt in the how to voice train slides, and do a nice long warmup before your next practice session.
- Remember to drink water and take nice long relaxing breaths
- **Take your time and be kind to yourself**, practice is easier when its fun and not punishing

## Voice Darkening tips will be in these boxes!

- Try and maintain that backed open sensation until the end of the sentence.
- Warmups are especially important for voice darkening clients! Activate your core and use your diaphragm while you practice (but don't yell, keep it smooth)
- Your voice might change over time as T thickens vocal folds, naturally lowering pitch, but achieving a masculine voice without T is very possible!

## Voice Brightening tips will be in these boxes!

- Try and maintain that forward buzzy sensation until the end of the sentence.
- Early on in practice, keep that vocal weight a little higher. This makes it easier to feel your resonance
- If you ever feel a tightness at the back of your throat or hear a 'glottal' or 'froggy' quality, take a deep breath, drink some water and do the relaxation exercise we learned in the 'how to voice train' slides.



# Hums

## VOICE BRIGHTENING

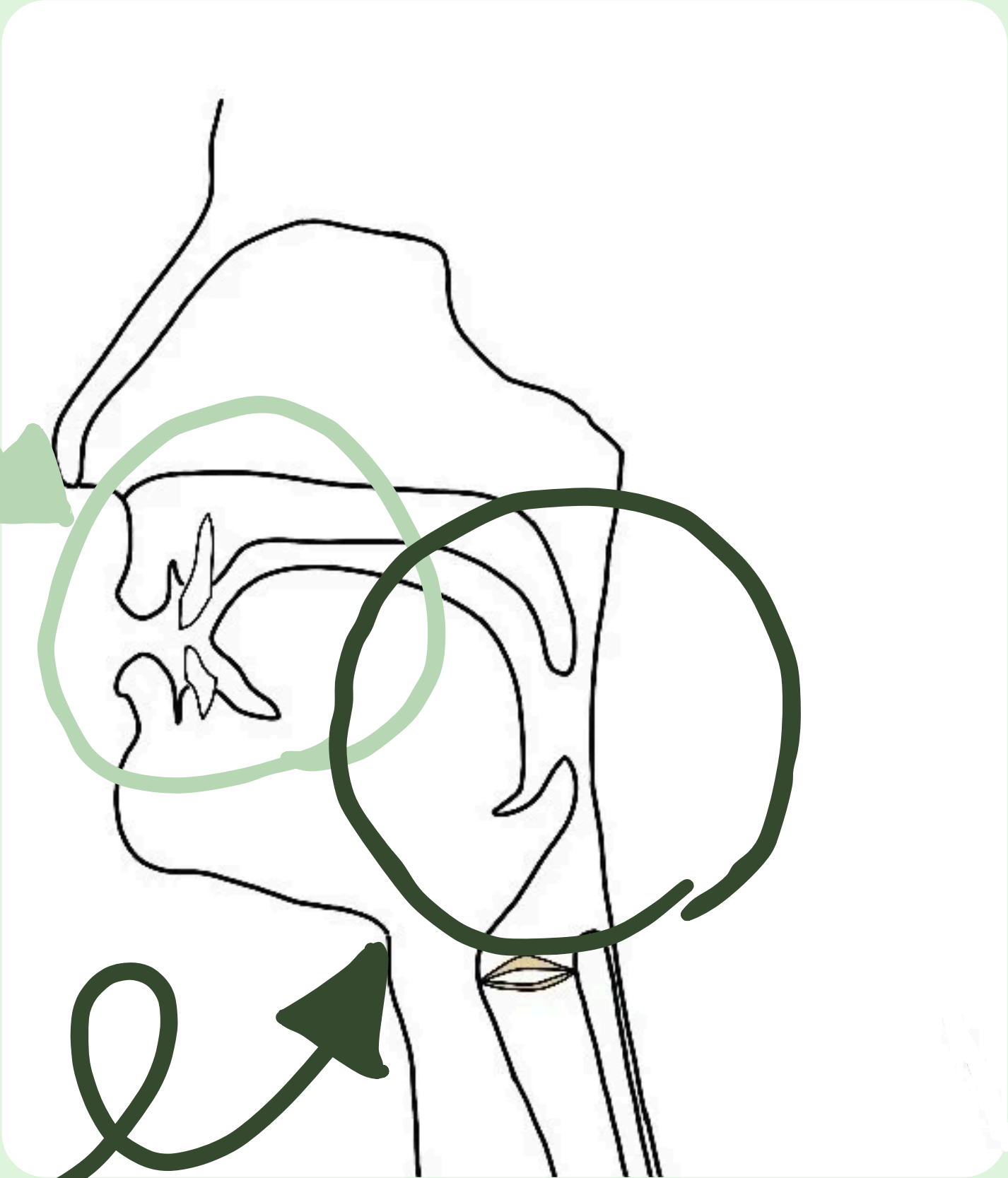
Exercise One; Racecar noise - Do an exaggerated 'neeeeeowww!' to feel the buzz in your nose! Putting your finger to your nose can help you feel the buzz.

Exercise Two; Try and maintain that forward buzz in a hum, and think about pushing the energy into your nose in an agreement hum like 'MmmHmm!'

## VOICE DARKENING

Exercise One; Meditative Ohm - Do an extended meditative 'oooohmmm', focusing on keeping the sound 'open' and focused towards the back of your mouth.

Exercise Two; Try and maintain that backed, open sound and move it into an agreement 'yeah' in various tones. 'Oooohmyeah... Ooooohmyeah! ...'



# Humms with Vowels

Maintain that buzz or that backed and open sensation through these vowel sounds!

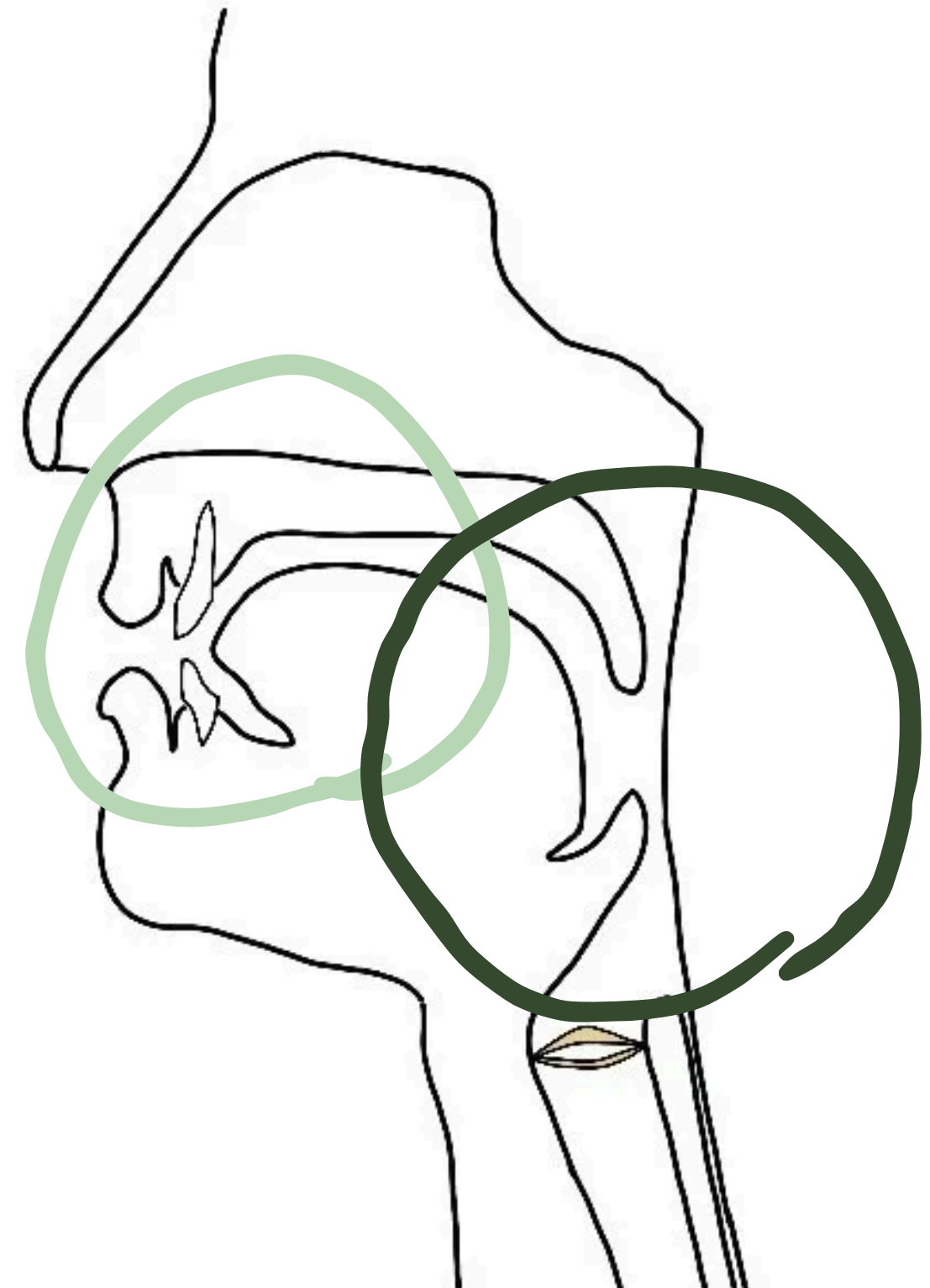
Consider practicing these lots and using them as your 'reset phrase'!

**Mee, May, My, Mow, Moo**

**Mah, Maw, Meh, Mab, Meer**

These ones are a little tougher as they are short sounds, try going slow motion if you're having trouble!

**Mit, Met, Mot, Mat, Mut**

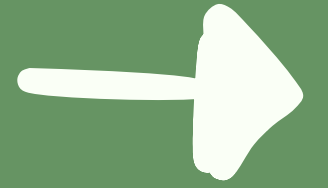


# Single Word

Easy Mode,  
read down



Hard Mode,  
read accross



Meal

Mean

Meat

Made

Mail

Main

Mile

Mime

Mice

Mine

Mouth

Mouse

Mount

Mound

Mood

Moon

Moose

Move

Mile

Make

Map

Man

Mad

Mat

Met

Men

Mess

Mill

Milk

Mint

Mist

Mop

Moss

Moth

Mud

Mug

Mule

Moon

Mood

Moat

Mouse

Mouth

March

Mask

Mass

Mesh

Mold

Monk

Mark

Mild

# Single Word

For Voice Brightening, 'Ooh' 'Aw' 'Oh' and sounds with 'r' are hardest, take these slow and really exaggerate! Consider doing your reset phrase/hum directly before these vowels

For Voice Darkening, 'Eee' 'A (as in cap)' and 'ay' sounds are hardest, take these slow and really exaggerate! Consider doing your reset phrase/hum directly before these vowels

Cat

Dog

Fish

Bird

Tree

Grass

Sun

Moon

Star

Sky

Cloud

Rain

Wind

Snow

Rock

Stone

Sand

Beach

Lake

Pond

Frog

Duck

Horse

Sheep

Goat

Cow

Pig

Mouse

Bread

Cheese

Milk

Fruit

Chair

Desk

Book

Pen

Clock

Door

Floor

House

Car

Train

Bike

Road

Path

Light

Dark

Smile

Laugh

Dream

# Short Phrases (continued)

Having trouble? Remember your reset phrase, and keep that vocal weight nice and strong until you're feeling really confident!

Tiny yellow duck

Walk by lakes

Shine like gold

Laugh with friends

Climb steep hills

Watch the stars

Drink cool water

Big red ball

Run through grass

Jump over logs

Bright blue sky

Warm summer day

Small brown dog

Fresh baked bread

Tall green tree

Fast racing car

Soft white cloud

Cold winter wind

Sweet ripe peach

Dark night sky

Try practicing with different intonations!

Open the door

Close the window

Turn on lights

Turn off lights

Wash your hands

Brush your teeth

Put it away

Pick it up

Take a seat


Pass the salt

Check the mail


# Choose your own Adventure!

It is important to keep things exciting! But also voice training involves consistent practice to increase the amount of time you can maintain your preferred resonance

So, from here, I would recommend swapping between;



Using your preferred voice in sentences you might use out and about or in contexts you feel safe (slides 22-25)



Maintaining your preferred voice for longer and longer utterances (slides 14-21)

# Full Sentences

Having trouble? Try splitting the sentence in half and using your reset phrase in the middle!

Try and use different intonations! Pretend like you're telling a story to a friend, feel free to change a few words around to suit!

Don't forget to take breaks and drink your water!

The small dog ran quickly across the grassy field.

We packed lunch and walked beside the quiet river.

The bright sun warmed our faces during the picnic.

She carefully planted flowers in the garden this morning.

The train arrived early and everyone boarded without delay.

My friend baked fresh cookies for the school fundraiser.

The children laughed loudly while playing games after lunch.

A gentle breeze moved the leaves through the park.

We watched colorful birds gather near the old tree.

The chef prepared a delicious meal using local ingredients.

He found a shiny coin beneath the wooden bench.

The teacher read an interesting story to the class.

Our family visited the beach and collected smooth shells.

The cat slept peacefully beside the warm fireplace tonight.

They built a sturdy bridge across the narrow stream.

The gardener watered vegetables before the afternoon heat arrived.

We listened carefully as the guide explained the trail.

The baker displayed fresh bread in the shop window.

A light rain fell gently throughout the quiet evening.

The team celebrated together after winning the championship match

# Full Sentences (Poetry)

What is poetry but a series of sentences? Stuff like this keeps voice training interesting, feel free to find your own poems or fun things to read for practice!

Its all public domain stuff for now, contact me if you would like your poetry here!

**Like practicing these?**  
Consider printing them off and putting them on your fridge so you remember to practice!

## Emily Dickinson - We talked as Girls do

We talked as Girls do –  
Fond, and late –  
We speculated fair, on every subject, but the Grave –  
Of our's, none affair –  
We handled Destinies, as cool –  
As we – Disposers – be –  
And God, a Quiet Party  
to our authority –  
But fondest, dwelt upon Ourselves  
As we eventual – be –  
When Girls, to Women, softly raised  
We – occupy – Degree –  
We parted with a contract  
To cherish, and to write  
But Heaven made both, impossible  
Before another night.

## David Ngunaitponi (Unaipon)

Like children at play we begin Life's journey,  
Push our frail bark into the stream of Time,  
That flows from snow-capped Mountain.  
With no care; Singing and laughing as our boat glides  
Upon the tide wending its way through steep rocky  
banks,  
And meadows with bushes and plants all abloom, with  
sweet fragrant flowers.  
Until we arrive in the Great Ocean where we are battled  
and tossed by the angry waves. Onward and onward.  
For three score years and ten. Then we are cast forlorn  
and shipwrecked upon the shore of a strange land.

# Full Sentences (Poetry)

Half the difficulty of longer sentences is the 'mental load', challenge yourself to picture the imagery of the poem while you read if you want to make it a little harder!

*Elizabeth Barrett Browning - Patience Taught By Nature*

'O DREARY life,' we cry, ' O dreary life ! '  
And still the generations of the birds  
Sing through our sighing, and the flocks and herds  
Serenely live while we are keeping strife  
With Heaven's true purpose in us, as a knife  
Against which we may struggle ! Ocean girds  
Unslackened the dry land, savannah-swards  
Unweary sweep, hills watch unworn, and rife  
Meek leaves drop year]y from the forest-trees  
To show, above, the unwasted stars that pass  
In their old glory: O thou God of old,  
Grant me some smaller grace than comes to these !--  
But so much patience as a blade of grass  
Grows by, contented through the heat and cold.

*Wild Geese by Mary J Oliver*

Wild geese  
You do not have to be good.  
You do not have to walk on your knees  
For a hundred miles through the desert, repenting.  
You only have to let the soft animal of your body  
love what it loves.  
Tell me about despair, yours, and I will tell you mine.  
Meanwhile the world goes on.  
Meanwhile the sun and the clear pebbles of the rain  
are moving across the landscapes,  
over the prairies and the deep trees,  
the mountains and the rivers.  
Meanwhile the wild geese, high in the clean blue air,  
are heading home again.  
Whoever you are, no matter how lonely,  
the world offers itself to your imagination,  
calls to you like the wild geese, harsh and exciting --  
over and over announcing your place  
in the family of things.

# Paragraphs

These will have a few different types of tone! Try saying it neutrally, then when you're feeling confident, try using a different tone to suit the text.

This is an excerpt of an interview with Nico Carney, a fave trans comedian of mine! Read it neutrally the first time, then try and pretend like you're telling a story to a friend.

**Tell us a story from your childhood that you think might explain why you ended up becoming a comedian.**

“The summer before third grade, I went to a local summer camp where we did one activity in the morning and one in the afternoon. I signed up for magic in the morning and golf in the afternoon. Little did I know the last day of magic camp would involve painting our faces with clown makeup. So I showed up to golf camp with a full face of clown makeup and played three holes under the hot July sun as “Oreo the Magnificent.”

**Tell us everything about your worst show ever. (This can involve venue, audience, other acts on the lineup, anything!)**

I've done plenty of shows at restaurants where the audience was expecting a meal, and surprise, there's a comedy show! Nothing can prepare you for doing anecdotal material about coming out as trans to a room full of people who just wanted to eat their burritos in peace.

One time, I did a bar show where the mic was so close to the end of the bar and the only audience members were all seated at the bar, so that was kind of like giving a toast to a group of strangers.

If I had to choose one single worst show ever, it was probably a college gig I did a few years ago that took place during a 24-hour student union event. They put me in a massive auditorium, and I performed to silence for less than a dozen students, most of whom left. The faculty member who organized it wanted me to stand in the elevator before the show and promote it. The only thing more humiliating than doing stand-up for a group of uninterested college students is barking for audience members in an elevator.

# Paragraphs

Keep using your reset phrase as much as you need! You will need to use it less and less with time and practice.

Here's an excerpt from *Pride and Prejudice* by Jane Austen

Not all that Mrs. Bennet, however, with the assistance of her five daughters, could ask on the subject, was sufficient to draw from her husband any satisfactory description of Mr. Bingley. They attacked him in various ways, with barefaced questions, ingenious suppositions, and distant surmises; but he eluded the skill of them all; and they were at last obliged to accept the second-hand intelligence of their neighbour, Lady Lucas. Her report was highly favourable. Sir William had been delighted with him. He was quite young, wonderfully handsome, extremely agreeable, and, to crown the whole, he meant to be at the next assembly with a large party. Nothing could be more delightful! To be fond of dancing was a certain step towards falling in love; and very lively hopes of Mr. Bingley's heart were entertained.

“If I can but see one of my daughters happily settled at Netherfield,” said Mrs. Bennet to her husband, “and all the others equally well married, I shall have nothing to wish for.” In a few days Mr. Bingley returned Mr. Bennet's visit, and sat about ten minutes with him in his library. He had entertained hopes of being admitted to a sight of the young ladies, of whose beauty he had heard much; but he saw only the father. The ladies were somewhat more fortunate, for they had the advantage of ascertaining, from an upper window, that he wore a blue coat and rode a black horse.

An invitation to dinner was soon afterwards despatched; and already had Mrs. Bennet planned the courses that were to do credit to her housekeeping, when an answer arrived which deferred it all. Mr. Bingley was obliged to be in town the following day, and consequently unable to accept the honour of their invitation, etc. Mrs. Bennet was quite disconcerted. She could not imagine what business he could have in town so soon after his arrival in Hertfordshire; and she began to fear that he might always be flying about from one place to another, and never settled at Netherfield as he ought to be.

# Dialogue

Dialogue was really the missing link for me in voice training!

Below is an interview with great dialogue, **but I also recommend video games\*** with lots of dialogue for practice too!

\*With video game dialogue, I recommend games where a voice doesn't say your line of dialogue when you select it, so you have to formulate your own intonation :)

## **Nori Reed**

So, here is everything that's wrong with you.

## **Dylan Mulvaney**

Yes.

## **Nori Reed**

I'm gonna start with too beautiful.

## **Dylan Mulvaney**

Oh.

## **Nori Reed**

I think that is, that's what I'm gonna start with. I think my formal diagnosis is too beautiful, too kind, yeah, too talented. It's kind of a triple diagnosis there.

## **Dylan Mulvaney**

Okay, and do you think, like, what would the like? What should I start doing to not be that way?

## **Nori Reed**

You know, I think it's incurable, there's no cure. I think the only kind of treatment is just to keep on succeeding.

## **Dylan Mulvaney**

This is the best \$700 I've ever spent, and that's how much you should be charging. Because I don't think you should go through insurance.

## **Nori Reed**

I would never do insurance.

## **Dylan Mulvaney**

So there's a little drink to your right, honey. And this we are calling, 'there's something wrong with Yuzu'. And by Yuzu I mean Mizu. That's crazy. So cheers to you.

## **Nori Reed**

Cheers.

## **Dylan Mulvaney**

Cheers to yuzu. What is yuzu, honey, and why did you ask for it?

## **Nori Reed**

It's she is exotic. She's from Japan. Okay, sips, I believe maybe even Kyoto more like in Kyoto, they really like it. Okay, I love Japan, I'm obsessed.

## **Dylan Mulvaney**

You just, we're gonna talk about Japan. Oh, okay. You traveled there, right?

## **Nori Reed**

Always, yeah.

## **Dylan Mulvaney**

Okay, and this also has ketamine in it. I'm kidding, thank God.

## **Nori Reed**

Well, you know, I do so many podcasts, and they never give them ketamine, and I'm just like, why am I here?

# Dialogue

Similar to last one! Maybe try reading with a friend or friends, but also you can practice reading one of the characters at a time!

This is an excerpt from my favourite fun fact podcast; 'no such thing as a fish' :)

**Dan Schreiber:** Let's start with fact number one, and that is Anna's.

**Anna Ptaszynski:** My fact this week is that the reason chefs started wearing hairnets around food was to keep the hairnet industry going.

**Andrew Hunter Murray:** It's amazing! I don't think of it as being an industry even, I suppose someone has to make them. I just never just never thought about that! You never think about the hairnet makers. Do you imagine it will be like a cottage industry? Some kind of village in the north of England where they're all made? Maybe in the 1500s perhaps, but I think now, like everything else, some giant city in China makes them. So hairnets, nothing to do with hygiene, it turns out!

**Anna Ptaszynski:** This is because bobs happened in the 1915s, 1920s. That is, women had had long hair. Suddenly the Bob became fashionable, short hair, and they didn't need hairnets anymore. So for hundreds of years, women had worn hairnets to sort of keep their hair tidy. They'd lie in hairnets to stop, like, messing up on their pillows. They have it so that it keeps the curlers in. The Bob meant none of that's necessary. The hairnet industry plummets. And the hairnet maker Vanida, the biggest hairnet maker around in the US, hired marketing bloke Edward Bernays.

**Dan Schreiber:** Oh, we've talked about him before, haven't we?

**Anna Ptaszynski:** I think we have mentioned him before.

**James Harkin:** I think he invented, did he invent egg and chips or something? It was bacon and eggs.

**Dan Schreiber:** Bacon and eggs. He made that the American breakfast. He was the one, he was that PR spin master. He's the one who made it so that women became a massive market for the cigarette industry. Sticks of... Joy of Liberty. Torches of Liberty.

**Anna Ptaszynski:** So he was hired by the hairnet makers and he, because he was a PR genius, he did two main things. He got in touch with loads of celebs and said, hey, start talking about how great long hair is because we need to get hairnets going again. And then B, he thought, I'm going to sort of spread this rumour that it's really unhygienic to have hair fall into your food. So in restaurants and stuff, if hair gets in the food, that's very bad. So he spread this rumour. That you'll get all sorts of diseases from that. And within a couple of years, it was state law throughout the to have hairnets in restaurants if you were working around food.

**James Harkin:** So people didn't used to care if you got hair in their food.

**Anna Ptaszynski:** (sarcastic) They liked it. It was actively sought after

## Common Functional Phrases

Using your voice out and about for the first time can be really scary, but trust me, it only gets easier!

Personally, my first time out was ordering coffee. The average busy barista won't remember you, even if you mess up a little and your voice sounds a little funky! So, practice at home and with friends, and then next time you order give it a go.

**Customer:** "Can I get a large cappuccino?"

Barista: "Sure, that'll be ready shortly."

**Customer:** "Thanks, I'll wait over there."

**Passenger:** "I need a ticket to the city."

Clerk: "That'll be \$4.50."

**Passenger:** "Here you go."

**Customer:** "I'd like to return this, please."

Staff: "Do you have the receipt?"

**Customer:** "Yes, right here."

**Patient:** "Do you have anything this week?"

Receptionist: "We have Wednesday at 3pm."

**Patient:** "That works for me."

**Guest:** "I have a reservation under Lee."

Receptionist: "You're in room 512."

**Guest:** "Great, thank you."

**Customer:** "Can I get a chicken burger meal?"

Server: "That's \$12.90."

**Customer:** "I'll pay by card."

**Visitor:** "Is the library nearby?"

Local: "Go two blocks down and turn right."

**Visitor:** "Got it, thanks."

**User:** "My laptop won't connect to Wi-Fi."

Technician: "Try restarting your network settings."

**User:** "I'll do that now."

**Passenger:** "Can I get a ride to the airport?"

Dispatcher: "Your driver will arrive in 5 minutes."

**Passenger:** "Perfect, I'll be ready."

**Customer:** "Are you open for this lane?"

Cashier: "Yes, I can help you here."

**Customer:** "Just these items, thanks."



**Talking in a context with limited required vocabulary**

A lot of the difficulty with using your preferred voice out and about is the ‘increased mental load’, meaning having to juggle;

1. Thinking of what to say
2. What you are doing
3. The techniques for your preferred voice.

So, I recommend finding a context where you are only saying or talking about specific things, meaning you have to think less about what you are going to say. This could be anything, but my personal recommendations include;

**Board Games;**

- Could you please pass the dice?
- I trade 3 stone for 2 wool
- My potion dragon swaps with the bread dragon
- I have only 3 cheese, I swear I am not lying
- Cassie is the werewolf, I know because I am the seer!
- My courthouse means I get one stone whenever I build
- I turn Martin into a frog, so he drops all of his items.

**Small Talk**

- It is nice weather today isn't it!
- Aww gorgeous dog! What is their name?
- Just passing on your left.
- How has your day been so far?
- Up to anything exciting later?
- What are you having for lunch?
- That looks delicious! Where is that on the menu?

**Magic the Gathering/ DnD;**

- I bolt the bird
- I tap 1 colourless and 1 blue for dramatic reversal
- I cast walking balista where X equals 4, meaning it enters with 4 +1/+1 counters.
- I rolled an 11, with +5 bonus so 16
- I would like to roll to persuade the guard
- Ok, the DC for this is 22, as the guard is having a bad day

**Cooking Instructions**

- Could you please pass the chocolate chips?
- If you could please chop the carrots, I will get started on the mince
- I'm feeling tired, could you please make me some peanut butter toast? With the nice bread we kept in the fridge from yesterday.
- We need to grease the pan before we can put the baking paper on

# Safe/ Familiar Spaces

This is more of a general advice slide about finding safe spaces in your town or city where you can find other trans people to connect with!

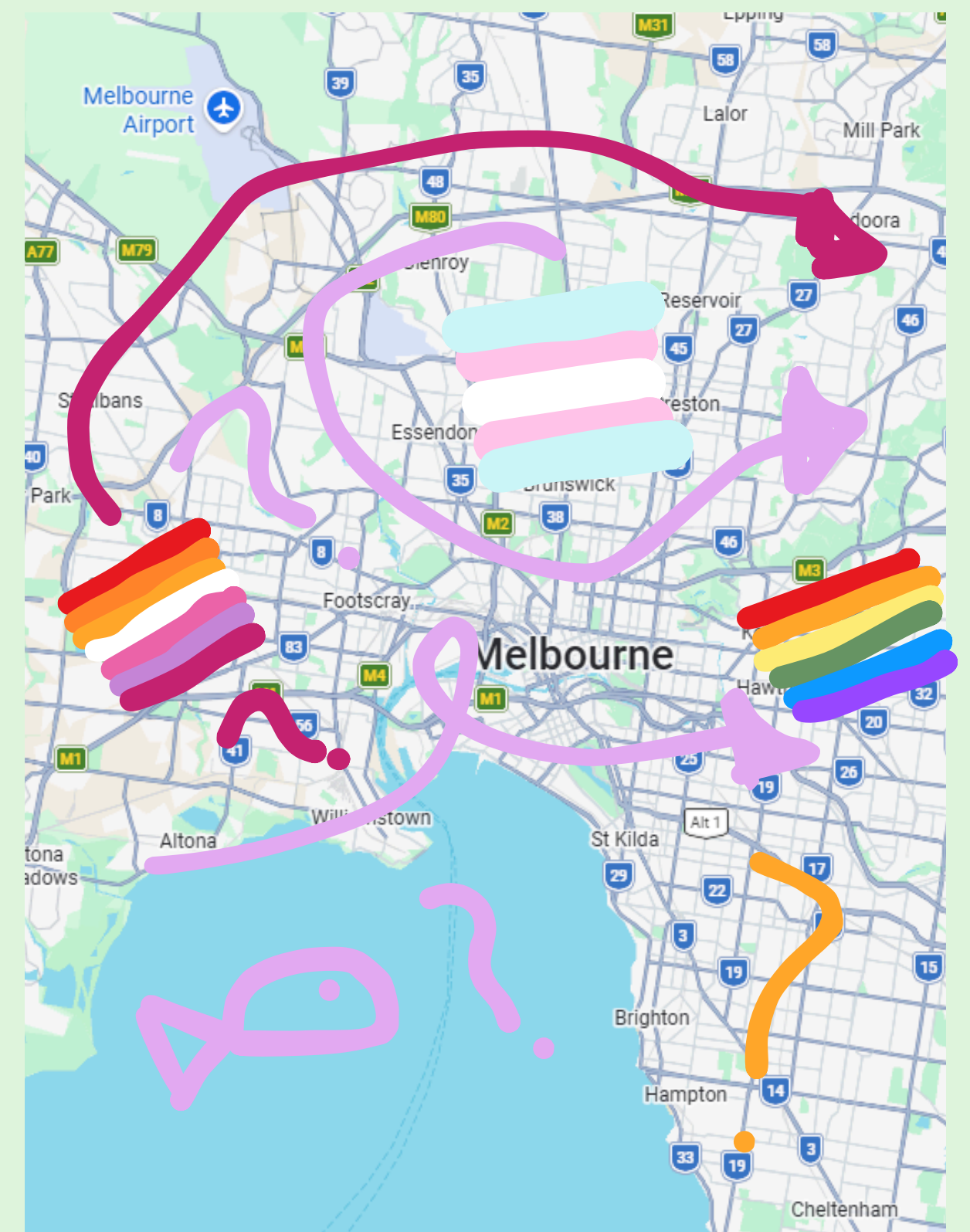
From personal experience, I have had good success with queer facebook groups and the app called 'meet up' looking up local queer meetups.

I also recommend queer groups with an activity in the event, great examples include 'queer rock climbing', 'queer board games', 'queer stand up', 'queer movie group'.

If you're feeling nervous, I have found it can help to message the organisers that you will be attending ahead of time and let them know you're new and a little nervous, this can be scary to do but it means when you get in you'll be looked after and introduced to people quickly, which makes everything 1000x easier!

In larger cities especially, there are often queer or trans organisations which run various events, and these can be a great way to meet people too!

In terms of voice training, so many people in the queer community are familiar with voice training, so these are great places to practice as so often people won't even blink an eye if your voice suddenly changes! No need to ask permission in my opinion, you can even do what I do and just randomly change your voice mid sentence to suit the mood, people are chill and rarely bring it up!



# Full Conversation

The voice training final boss!  
It's tough to do, so here's a few things to remember!

About to go have a long conversation? Remember to do a warmup, drink some water, and take a nice relaxing deep breath!

Remember to use your reset phrase! If you want it to be an incognito reset phrase, I recommend an agreement 'mmhmm' or 'yeah'

Remember we are our own worst critics. We analyse our voices more than anyone else will analyse them, so if you think you sound a bit off, chances are the other person is too busy planning what they're going to say to notice.

Drink lots of water, always feel free to take a second if you need. Got lost thinking about how to say something, and missed what was said in the conversation? Always feel free to ask someone to repeat themselves, or even ask a nice open question to buy some time for a reset!

Voice training doesn't happen overnight. Had a try at full conversation, and had to give up halfway? That's not a failure, that's an entire half of a conversation you nailed! There will be more opportunities, and it will be even easier next time, I promise. Take a step back, give yourself a break, do some more practice, then have another go. I call this the final boss for a reason, it takes a few goes and some practice, but you can do this ❤️

# THAT'S IT!

**You've reached the end of the practice document!**

**Liked any particular part?** Consider printing it off and sticking it somewhere you often are to remind yourself to practice!

**Got questions?** Feel free to contact me on [allie@allietalksgendervoicetherapy.com](mailto:allie@allietalksgendervoicetherapy.com), or swing by and ask on stream at [twitch.tv/AllieCatMakes](https://www.twitch.tv/AllieCatMakes) on Wednesdays 6-10pm!

**Want a session?** Book in on [allietalksgendervoicetherapy.com](https://allietalksgendervoicetherapy.com)

**THANKS SO MUCH! Have a wonderful day**



A white, handwritten signature that reads 'Allie Cat' in a cursive, flowing script.