

Group voice and communication therapy for trans individuals:

*The reciprocal benefits of involving student
volunteers in delivering care*

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What are your pronouns?



Non-genderbread people

Gender Identity Clinics (GICs)

England and Scotland

Adults

Children and Young People



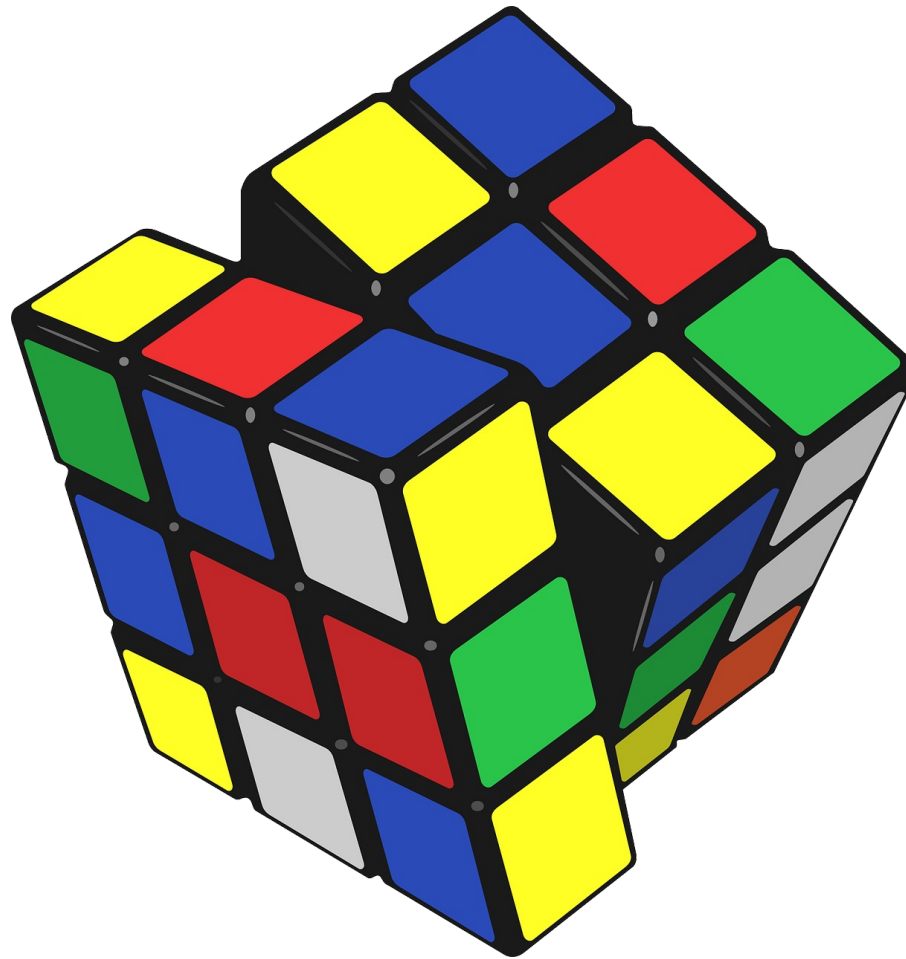
Gender identity clinic service under strain as referral rates soar

[Guardian](#), 10th July 2016

Aims of Project

- Pilot scheme
- Voice and Communication skills for trans people
- Addressing barriers to access
- Gather research and learn from partnership model of delivery
- Mutually benefit trans service users and university students

Challenges

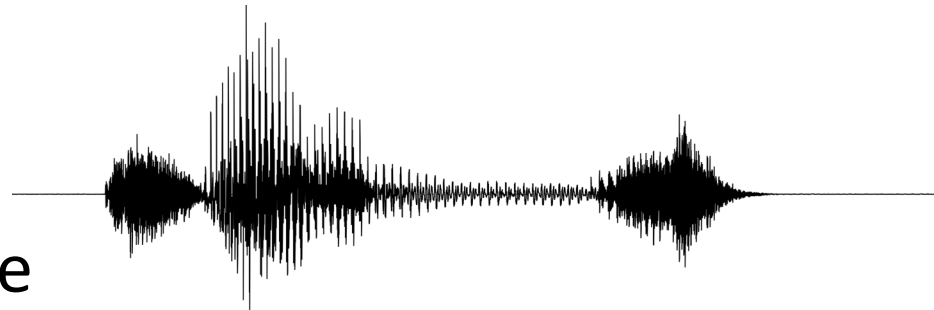


Matching resources



Voice and communication

- **Advice on vocal hygiene** and protecting the voice when making changes
- **Assessment**
 - Computerised assessment of vocal pitch and loudness
 - Assessment of voice and communication
- **Voice coaching**
 - Exercises in groups
 - Individual home practice



Gender perception

Pitch

Articulation

Resonance

Language use

Volume

Non verbal

Student training



**Sparkle**

LGBT
foundation

Taster session
Introductory course
Intensive courses

15.00
15.30
16.00
16.30
17.00
17.30
18.00
19.00
21.00

	Mo	Di	Mi	Do	Fr	Sa	Su
Juli							
Wo							
27							
28	5	6	7	8	9	10	11
29	13	14	15	16	17	18	12
30	20	21	22	23	24	25	19
31	27	28	29	30	31		26

Outcomes: Trans people

60+



Outcomes: Trans people

- “Every aspect was an eye-opener...”
- “...really helped build my confidence and capacity/ability to do the exercises”
- “Thank you so much. I have felt on my own for so long with regards to my voice, ...This has been a lifesaver (genuinely)”



Outcomes: Students

- 10-25 volunteers for each group
- ✓ Only one student had previously worked with a trans person
- ✓ More likely to want to work with trans people in their future career
- ✓ All felt more skilled with working with trans people
- ✓ All recommended volunteering to other student speech and language therapists

Outcomes: Professionals

- ✓ Better shared understanding
- ✓ Feedback and involvement of trans people to shape services
- ✓ Specialist knowledge to share with colleagues:
 - Email and 'phone advice to other SLTs
 - Part of the advisory panel for the competencies framework at the Royal College of Speech and Language Therapists, London
 - Knowledge and skills to train future SLTs

Recognition

The project won the University of Manchester's Making a Difference Award for Outstanding Contribution to Equality and Diversity



The future



Self-help video clips



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