

Objectives of Training Program for Correction of Tense Voice Production

Objective 1: The student will understand the purpose of this training, the basic physiology of respiration and voice production, and the effect of laryngeal tension on voice quality.

Objective 2: The student should be able to control inhalation and exhalation through thoracic adjustments with relaxed laryngeal musculature.

Objective 3: The student should be able to use the tactile sense to differentiate the therapist's tense vs. relaxed phonations of the vowels /ä/, /ō/, /ü/.

Objective 4: The student should be able to identify his vowel phonations as being tense or relaxed.

Objective 5: The student should be able to voluntarily produce repetitive and sustained phonations of the vowel /ä/ with relaxed laryngeal musculature.

Objective 6: The student should be able to voluntarily produce repetitive and sustained phonations of the vowel /ō/ with relaxed laryngeal musculature.

Objective 7: The student should be able to voluntarily produce repetitive and sustained phonations of the vowel /ü/ with relaxed laryngeal musculature.

Objective 8: The student should demonstrate motoric control of the phonatory and articulatory adjustments necessary to produce sustained and repetitive vowel sequences, using /ä/, /ō/, and /ü/.

Objective 9: The student should be able to sustain relaxed phonation at a constant intensity level while producing nine repetitive CV syllables (/w/ + vowels /ä/, /ō/, /ü/) in three seconds.

Objective 10: The student should be able to use a relaxed voice to produce /w/ + vowel in one syllable of a two-syllable meaningful utterance.

Objective 11: The student should be able to use a relaxed voice to repeat nine CV syllables (/b/ + /ä/, /ō/, or /ü/) in three seconds on one exhalation.

Objective 12: The student should be able to use a relaxed voice to repeat three VC syllables (/ä/, /ō/, or /ü/ + /b/) on one exhalation.

Objective 13: The student should be able to use a relaxed voice to produce /w/ + vowel and /b/ + vowel in two-syllable meaningful utterances on one exhalation.

Objective 14: The student should be able to use a relaxed voice to repeat nine CV syllables (/d/ + /ä/, /ü/, or /i/) in three seconds on one exhalation.

Objective 15: The student should be able to use a relaxed voice to repeat three VC syllables (/ä/, /ü/, or /i/ + /d/) on one exhalation.

Objective 16: The student should be able to use a relaxed voice to produce three-syllable meaningful utterances (all syllables beginning with /w/, /b/, /d/ or a vowel) on one exhalation.

Objective 17: The student should be able to use a relaxed voice to repeat CV syllables (/p/ + /ō/, /i/ or /ə/) for three seconds on one exhalation.

Objective 18: The student should be able to use a relaxed voice to repeat three VC syllables (/ō/, /i/ or /ə/ + /p/) on one exhalation.

Objective 19: The student should be able to use a relaxed voice to produce four CV syllables (/p/ and /b/ + vowels) that provide contrasts in voicing on one exhalation.

Objective 20: The student should be able to use a relaxed voice to produce three-syllable meaningful utterances (all syllables beginning with /w/, /b/, /d/, /p/ or a vowel) on one exhalation.

Objective 21: The student should be able to use a relaxed voice to repeat CV syllables (/t/ + /ü/, /a/ or /e/) for three seconds on one exhalation.

Objective 22: The student should be able to use a relaxed voice to repeat three VC syllables (/ü/, /a/ or /e/ + /t/) on one exhalation.

Objective 23: The student should be able to use a relaxed voice to produce four CV syllables (/t/ and /d/ + vowels) that provide contrasts in voicing on one exhalation.

Objective 24: The student should be able to use a relaxed voice to produce three-syllable meaningful utterances (all syllables beginning with /w/, /b/, /d/, /p/, /t/ or a vowel) on one exhalation.

Objective 25: The student should be able to use a relaxed voice to repeat nine CV syllables (/l/ + /ä/, /a/, /ü/) in three seconds on one exhalation.

Objective 26: The student should be able to use a relaxed voice to produce three-syllable meaningful utterances (all syllables beginning with /w/, /b/, /d/, /p/, /t/, /l/ or a vowel) on one exhalation.

Objective 27: The student should be able to use a relaxed voice to repeat CV syllables (/f/ + /a/, /i/ or /ə/) for three seconds on one exhalation.

Objective 28: The student should be able to use a relaxed voice to repeat three VC syllables (/a/, /i/ or /ə/ + /f/) on one exhalation.

Objective 29: The student should be able to use a relaxed voice to produce three-syllable meaningful utterances (all syllables beginning with /w/, /b/, /d/, /p/, /t/, /l/, /f/ or a vowel) on one exhalation.

Objective 30: The student should be able to use a relaxed voice to produce four-syllable meaningful utterances (all syllables beginning with /w/, /b/, /d/, /p/, /t/, /l/, /f/ or a vowel) on one exhalation.

Objective 31: The student should be able to use a relaxed voice to produce five-syllable meaningful utterances (all syllables beginning with /w/, /b/, /d/, /p/, /t/, /l/, /f/ or a vowel) on one exhalation.