

Voice Care Workshop – Concordia University February 21, 2022
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List of Online Resources and Helpful Books

Online Resources

NCVS (National Center for Voice and Speech)

<http://www.ncvs.org>

This US based site contains useful and up to date information on everything voice related. Here are few links:

- Check Your Meds: Look up medications to determine whether they may affect your voice: <https://ncvs.org/prescriptions/>
- Straw Phonation demonstration (excellent for tired voices) and other informative media: <https://ncvs.org/archive/videos.html>
- [Tips to Keep You Talkin' NCVS](#)

The Voice Foundation:

<https://voicefoundation.org>

World Voice Day – a super annual event (April 16, 2022)

<http://world-voice-day.org>

Otolaryngologists and Laryngologists in Montreal

Canadian Society of Otolaryngology (you can look up members on their list, which provides contact information)

<https://www.entcanada.org>

Go to “Learning” >> “General Public” >> “Membership Directory”

ENT Group – Located in Westmount

<https://entspecialtygroup.com/doctor/>

Speech Language Pathologist (SLP or Speech Therapist) Orthophonie (French term)

Some hospitals offer services at no cost

There are also private clinics that charge. Most specialize in care for children and adolescents – here are several that treat adults.

[The Voice Box - Orthophonie Montreal](#) The site features a useful FAQ page.

[Orthophonie VoxLingue](#)

[Nouvelle Voix](#)

Singing Voice Teachers

There are no official credentials to be a voice teacher. Look up their training and work experience.

NATS – National Association of Teachers of Singing – Find a Teacher

https://www.nats.org/cgi/page.cgi/find_teacher.html

Body work – Neuromuscular re-education

Alexander Technique

CanSTAT (The Canadian Society of Teachers of the F. M. Alexander Technique)

<http://www.canstat.ca/finding-alexander-technique-teacher.html#QC>

Yoga Instruction for Functional Alignment and Movement

Julien Gagnon – I highly recommend this instructor as he has helped me tremendously with alignment that has improved my breathing, and eased back and shoulder pain.

<https://asanaperformance.ca/equipe/professeurs/julien/>

Helpful Books

Benninger, M. S., Murry, T., & Johns, M. M. (Eds.). (2016). *The performer's voice* (Second). Plural Publishing.

Jackson Hearn, L., & Kremer, B. (2018). *The singing teacher's guide to transgender voices*. Plural Publishing.

LeBorgne, W. D. L., Rosenberg, M. D., & Sataloff, R. T. (2019). *The vocal athlete* (Second). Plural Publishing.

Lessac, A. (1996) *The Use and Training of the Human Voice: A Practical Approach to Speech and Voice Dynamics*, 3rd Edition. Mountain View, CA: Mayfield Publishing Co.

Linklater, K. (1976) *Freeing the Natural Voice*. New York: Drama Book Specialists.

McCoy, S. J. (2012). *Your Voice: an inside view* (2nd ed.). Inside View Press.

Malde, M., Allen, M. J., Zeller, K. A., Conable, B., & Nichols, T. R. (2020). *What every singer needs to know about the body* (Fourth). Plural Publishing.

Sataloff, R. T. (Ed.). (2017). *Vocal health and pedagogy : science, assessment, and treatment* (Third). Plural Publishing.

Sundberg, J. (1987) *The Science of the Singing Voice*. Dekalb, IL: Northern Illinois University Press.