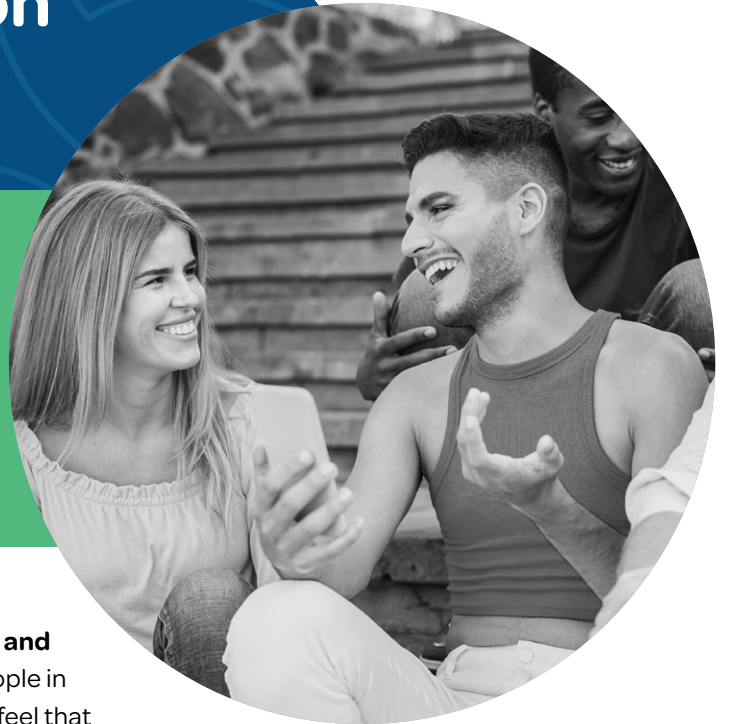


Gender-Affirming Voice and Communication Training

Speech-language pathologists supporting self-expression for your true self.



Voice and communication are uniquely individual and are an outward expression of ourselves. Some people in the transgender and gender diverse community may feel that their voice or communication does not align with their gender identity. Some may want to change their voice and communication to better align with their gender identity, desires for gender expression and reduce incidents of misgendering.

Understanding the Basics

- **Sex:** Usually assigned at birth based on appearance of external anatomy (i.e., male, female, intersex)
- **Gender identity:** A person's deep, intrinsic sense of their gender
- **Gender expression:** How a person outwardly conveys their gender in everyday life
- **Gender attribution:** How others categorize a person as male, female or unknown
- **Misgendering:** When language is used that does not align with a person's gender identity
- **Gender incongruence:** When a person's gender identity does not align with their physically or socially attributed sex assigned at birth
- **Gender dysphoria:** A state of distress or significant discomfort experienced due to gender incongruence

How can speech-language pathologists help?

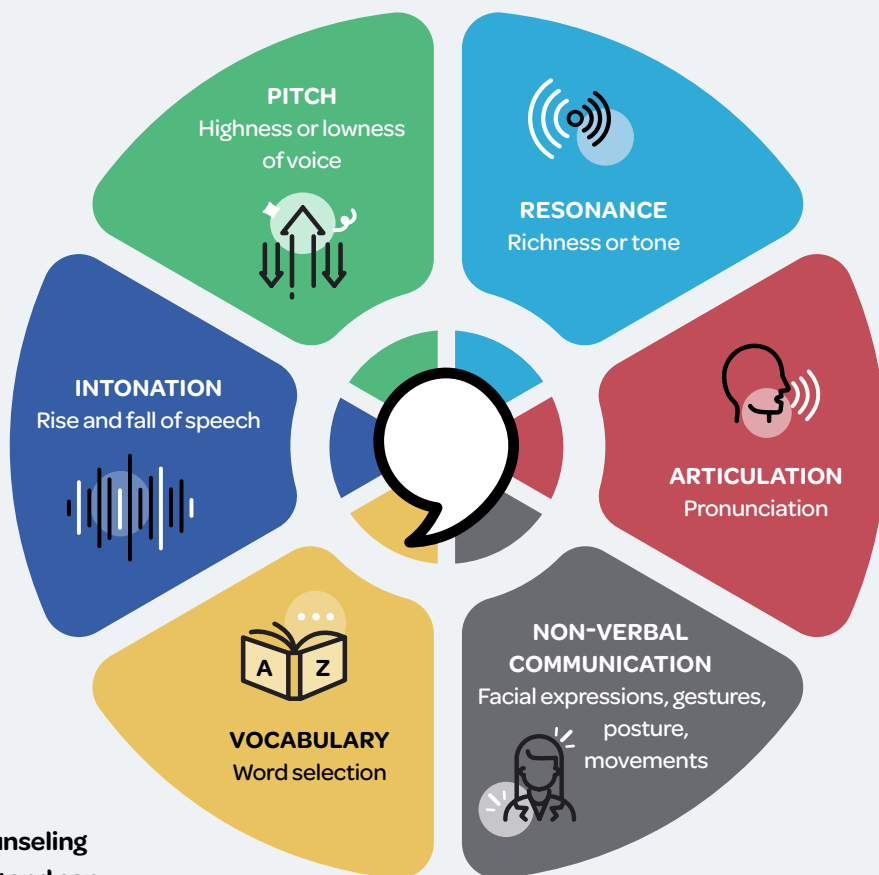
Speech-language pathologists (S-LPs) are voice and communication specialists. Some S-LPs have developed specific skills to work with the transgender and gender diverse community. They support individuals wanting to modify their voice and communication to be more congruent with their gender identity and expression using culturally-responsive and sustainable practices (i.e., without strain or harm to the voice system). S-LPs work in collaboration with other care providers to offer highly individualized self-affirming services.

What is voice and communication training?

S-LPs carry out appropriate assessments and use evidence-informed interventions to introduce and explore meaningful training targets based on the individual's goals. Training targets explored with the individual may include modifying aspects of:

- **Pitch**
- **Resonance**
- **Intonation**
- **Articulation**
- **Vocabulary**
- **Non-Verbal Communication**

S-LPs also provide education and counseling for voice and communication training and can direct individuals to additional specialists for a holistic approach to well-being.



Make a speech-language pathologist part of your team.

Visit speechandhearing.ca to learn more about S-LPs.