



EAP-Course for Phoniatrians/Physicians Interested in Phoniatics

3rd Voice Course in Preparation of The European Board Exam for Phoniatics

Voice Therapy: The Phoniatrian's Approach

Voice Therapy is the main treatment modality for voice disorders. From the first moment of a voice patient's referral, until the termination of treatment the phoniatrian is responsible on the whole process and ought to have the knowledge of every step of diagnosis and treatment processes of a voice patient. This training program aims to provide a multilevel-multidimensional approach to the phoniatrians who are interested in the management of voice disorders. The last 10 minutes of each session (and 30 mins of coffee-breaks as well) are spared for discussion.

PROGRAM

08.00-08.20: Opening Remarks (Tadeus Nawka)

08.20-09.00: The Multidimensional Approach to Human Voice: Phoniatics and Voice Therapy
Presenter: Mieke Moerman Moderator: Tadeus Nawka

The orator Demosthenes (384 AC- 322 AC) can be regarded as the one who has given the incentive to vocal pedagogy. In the early 1900s, together with a growing interest in the brain, studying voice and communication disorders became a profession - in Europe associated with the medical profession: Phoniatics. Today, the rapidly changing demands of the globe and the digital era triggers a second revolution, with its impacts on physics, imaging and information & communication technology. Voice therapy amongst other healthcare strategies, needs to adapt to current demands, whilst trying to meet new challenges and remaining faithful to its mission.

09.00- 10.30: Philosophy and Possible Physiological Mechanisms of Voice Therapy
Presenters: Reinaldo Yazaki, Ilter Denizoglu Moderator: Bozena Wiskirska-Woznica

Form follows function: This is the main idea of voice therapy. Laryngeal biomovements in normal and pathological conditions show the way for the treatment strategies. The goals of voice therapy can be summarized by two words: safety and efficiency of voice production. Voice therapy is not the application of a certain list of exercises; the clinician is supposed to know the background of a given exercise and consecutively have conscious intentions for the treatment survey. Mechanisms of voice therapy are quite complex and can be explained by biophysical and acoustic laws.

11.00-12.30: Methodology of Voice Therapy
Presenters: Ekaterina Osipenko, Ilter Denizoglu Moderator: Reinaldo Yazaki

It is mandatory to know the process of action before changing the vocal pattern. Decision making through changing the vocal dynamics is the essential factor for a successful treatment. Technique is one side; but to apply a given technique, one has to know answers to why and how: treating a disorder does not mean to develop a new disorder. At least three levels are to be considered when structuring the treatment algorithm of a given voice patient: The action plan, tools (exercises and devices), and monitoring of the patient.

13.30-15.00: Voice therapy techniques
Presenters: Bozena Wiskirska-Woznica, Ilter Denizoglu Moderator: Ekaterina Osipenko

On the basic knowledge of philosophy and methodology, technical applications gain meaning. In this part, various voice therapy techniques are explained in summary to develop a mind-map of the treatment in general. Indirect methods and direct techniques will be demonstrated; live examples of different voice therapy techniques will be given according to how they approach human voice.

15.00-16.00: Patient samples, discussion, and comments
Panelists: Tadeus Nawka, Bozena Wiskirska-Woznica, Ekaterina Osipenko, Mieke Moerman, Ilter Denizoglu
Moderator: Haldun Oguz

Clinical results of voice therapy will be discussed by the presentation of several cases: nodules, muscle tension dysphonias, psychogenic dysphonias, glottal functional gaps, puberphonia, presbyphonia, unilateral vocal fold paralysis, postoperative voice therapy, and so on.