

ABOUT US

The Center for Speech and Language Pathology is a full service center that specializes in the evaluation and treatment of children and adults with voice disorders. Our center consists of eight full-time, dedicated, well-trained speech-language pathologists who strive for excellence in patient care, teamwork, and continued improvement of knowledge and skills in our field.



Josephine K. Chen, M.S., CCC, LLC

Center for
Speech & Language Pathology

(203) 869-8272

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REFERENCES

<http://www.voicefoundation.org/vfvoicecarinfo.htm>

<http://www.voiceproblem.org>

<http://www.gbmc.org/voice/disorders.cfm>



*For external sources and
additional information please visit our
website or one of the sites listed below:*

www.speechtherapyct.com

www.asha.org

www.speech-language-therapy.com

Voice Therapy For Children and Adults



Josephine K. Chen, M.S., CCC, LLC

**Center for Speech & Language
Pathology**

**Greenwich and Norwalk,
Connecticut**

Please visit our website at:

www.speechtherapyct.com

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WHAT IS A VOICE DISORDER?

A voice disorder is any change in pitch, loudness, vocal quality and/or progression of vocal issues.

WHAT ARE THE SYMPTOMS OF A VOICE DISORDER?

- Hoarseness
- Breathiness
- Pitch/Voice breaks or changes
- Loss of voice/Pitch Range
- Pain or fatigue with voicing
- Frequent throat clearing
- Loss of vocal range
- Strain when speaking

WHAT CAUSES VOICE DISORDERS?

A voice disorder may be caused by upper respiratory infections, reflux, phonotraumatic behaviors (e.g. yelling), benign growths, neuromuscular conditions, habitual coughing/throat clearing, and/or laryngeal cancer. If you suspect a voice disorder you should first consult an Ear, Nose and Throat doctor or an Otolaryngologist.

WHAT DISORDERS DO WE TREAT?

Voice disorders associated with:

- Vocal fold Nodules, Polyps, Cysts and Granulomas
- Laryngopharyngeal Reflux (LPR)
- Paradoxical Vocal Fold Movement
- Vocal Fold Paresis/Paralysis
- Parkinson's Disease and other Neuromuscular conditions
- Muscle Tension Dysphonia
- Psychogenic Voice Disorders

We provide training in:

- Resonance & Nasality
- Prosody
- Vocal Intensity
- Alaryngeal Speech
- Electrolarynx Training

HELPFUL TIPS

Minimize habitual yelling/making cars and animal noises

Manage symptoms of reflux

Minimize throat clearing/coughing/whispering

Renew breath often when speaking

Drink lots of water

To schedule an appointment for you or your child in our Greenwich or Norwalk office, please call: (203) 869-8272

TREATMENT

Use of traditional voice therapy approaches combined with extensive education assist with the modification of maladaptive vocal behaviors. Speech visualization software facilitates the recognition and modification of phonotraumatic behaviors, promotes learning and increases progress towards goals. Voice goals may include:

- Education regarding vocal hygiene and elimination of phonotraumatic behaviors.
- Behavioral intervention techniques to modify biomechanics of voice
- Exercises to improve breath support with use of diaphragm.
- Strategies to improve resonance, pitch and intensity
- Modification of vocal tract to achieve adequate glottal closure

OBTAINING SERVICES

Research has shown that education, intervention and generalization of techniques learned in voice therapy have a significant impact on the remediation of vocal disorders.

Our offices are open Monday through Friday, with a wide variety of times available to suit every schedule. Call to make your appointment with us today!