



MUSIC THERAPY ED

Caring for Your Instrument: Vocal Health for Music Therapists With Laura Seipert, MT-BC

“After losing my voice, training with Laura has given me the **tools to help me to recover and sing in a way that is sustainable**. Because Laura is experienced as a music therapist, she **understands the unique demands which are placed on my voice** and helps me to navigate through challenging repertoire. Her exercises and approach to teaching have helped me to gain confidence in my singing again. **Laura has helped me to increase my authenticity in vocally delivering a variety of genres and styles**. I highly recommend her program to music therapists who want to grow in confidence with their vocal skills, as well as those who want to ensure that they are singing in a healthy and sustainable way.” – Jillian Lurlano, MT-BC, Hospice Music Therapist

“I feel like **Laura knew how to diagnose my current struggles in singing and had great exercises to address the problem**. I’ve been working with her for a couple of months and it has been helpful. I sang 14 hours in 3 gigs last weekend and after listening back to the performances I can say I was happy with the overall consistency and quality of my voice. I feel like I’ve tapped into some ease around singing that I have been wanting and Laura has been a great support in the process.” – Sammy Pond, lead singer of the band Summer Bloom

DESCRIPTION:

Your voice is one of your most powerful tools as a music therapist. Maintaining its health and enhancing its capabilities is crucial for sustainability and longevity in this field. Unfortunately, vocal injury is a prevalent issue for music therapists, as our jobs often demand high vocal use and many music therapists have minimal or limited vocal training. This class is designed for music therapists who are concerned about maintaining good vocal health, as well as those who are interested in training their voices for greater therapeutic impact. We will explore the anatomy of the vocal mechanism and highlight common vocal health issues and their causes. Attendees will have the opportunity to participate in stretches and exercises specific to vocal health and training, including laryngeal massage, SOVT warm-ups with a straw, and vocal exercises. Strategies will be discussed amongst attendees for maintaining vocal health in daily life, including hydration, diet, vocal rest, and stress management. It will conclude by emphasizing the role of professional guidance from voice coaches, speech therapists, and vocal health specialists.



You will walk away with:

- 4 effective ways to help your voice recover from illness, fatigue, and injury
- A 5-minute vocal warm-up to use right before starting your session
- A vocal exercise routine that will help you sing in a healthier, and more authentic and natural way while building confidence in your voice

BOARD CERTIFICATION DOMAINS:

By the end of the course, the participant will:

V. A. 6.: Expand musicianship, leadership skills, and therapeutic effectiveness.

PREREQUISITES: Facebook profile is recommended, not required. The course forum is held in a Facebook group.

INSTRUCTOR QUALIFICATIONS: Laura Berg Seipert, MT-BC is a Utah State University Alumna, where she received her Bachelor's in Music Therapy. She was a music therapy intern at the University Hospitals in Cleveland, OH and worked closely with the Oncology Outpatient Unit. Laura's career then took her to Naples, Florida where she worked as a music therapist for Avow Hospice for four years. In 2020, Laura started The Mindful Voice Teacher- an online and in-person music studio which provides therapy-centered voice and guitar lessons to individuals hoping to build more confidence and self-esteem and learn sustainable coping strategies for mental health struggles. This quickly expanded into also providing resources and education that help music educators more confidently address mental health struggles that come up in lessons with students. As part of this mission, Laura hosts "The Mindful Voice Teacher Podcast." Laura became certified as a voice teacher in the Your True Voice program under the tutelage of Debra Bonner, and now teaches other music therapists vocal health and technique through online group and one-on-one lessons. Laura also enjoys contracting with Mundi Project, a non-profit organization that provides music education, to provide an intergenerational music therapy group at Neighborhood House in Salt Lake City, UT.

Laura loves using her extensive background in voice and music therapy to inspire change, growth, and healing in the lives of the people she comes in contact with.

FORMAT:

The course will take place LIVE over zoom, with recordings available 2 days after each session. You do not have to attend each session live in order to participate. You can watch recordings instead.



CLASS PREP (84 minutes)

- **Listen** to the following podcast episodes:
 - o Implementing meditation in your lessons with Annie Little (45m) Link: <https://open.spotify.com/episode/0QJygh802DXHEDx1Y8EI8n>
 - o How do your nerves affect your singing? With Kimberly Moller (39m) Link: <https://open.spotify.com/episode/4dzMm73u7MUIJ2HOT2YDCc>
- **Please bring a coffee straw and regular straw with a cup half full or less with water to the sessions.**

LIVE SESSION 1 (120 Minutes)

- The Voice- your instrument and why it's important to take care of it. (15 minutes)
- Understanding the voice- explanation of the anatomy of the vocal mechanism. (15 minutes)
- Common vocal health issues (vocal strain, hoarseness, nodules, etc.) and their causes (10 minutes)
- Impact of lifestyle choices (hydration, diet, smoking, etc.) on vocal health. (10 minutes)
- Good vocal hygiene practices (10 minutes)
- Cough/Throat clearing prevention (10 minutes)
- Laryngeal Massage and Vocal Massage (20 minutes)
- Straw Phonation Exercises (20 minutes)
- When to seek professional guidance: voice coaches, speech therapists, and vocal health specialists (10 minutes)

ACTION STEP: Spend 15 minutes practicing straw phonation exercises.

LIVE SESSION 2 (120 minutes)

- The Benefits of Vocal Training (10 minutes)
- Check current vocal function with Vocal Function Exercises (10 minutes)
- Deep, Diaphragmatic Breathing Practice (10 minutes)
- Foundation of the Your True Voice Vocal Training Program, mainly speech-centered singing and creating sounds similar to an infant's cry to strengthen vocal muscles. (10 minutes)
- 5-minute Vocal warm-up to do right before your session. (10 minutes)
- Live Experiential Vocal Exercise Training Regimen. (30 minutes)
- Live one-on-one with training with individual attendees. (30 minutes)
- How to continue working with me. (10 minutes)

ACTION STEP: Spend 15 minutes practicing breathing & vocal warm-ups.



BONUS VIDEO WORKSHOP: 45m

FINAL EVALUATION (10 minutes)

Total time: 409 minutes

Number of CMTEs: 8

Price: \$95 per month (included in VIP)

Refund Policy: Within 30 days of your first membership payment, if you are not 100% completely satisfied we will gladly refund your money - no questions asked. VIP Membership payments after 30 days are final sale only. Send an email to Info@MusicTherapyEd.com for more information. By signing up for a VIP Membership plan, you understand that you may cancel your membership at any time through your MusicTherapyEd.com account under "Billing," or by sending an email to Info@MusicTherapyEd.com.

CBMT Relationship: *Caring for Your Instrument: Vocal Health for Music Therapists* is approved by the Certification Board for Music Therapists (CBMT) for 8 Continuing Music Therapy Education credits. MUSIC THERAPY ED, Approved Provider #P-110, maintains responsibility for program quality and adherence to CBMT policies and criteria.