



*Lessac-Madsen  
Resonant Voice  
Training*

**A Workshop for  
Speech-Language Pathologists  
and Other Voice Professionals**



Presented by Dr. Katherine Verdolini Abbott

**Indiana Historical Society  
450 West Ohio Street  
Indianapolis, IN 46202**

**October 1-3, 2010**

### **About the Presenter**

**Katherine Verdolini Abbott PhD, CCC-SLP** is a Professor of Communication Sciences & Disorders in the School of Health & Rehabilitation Services at the University of Pittsburgh. Her general area of interest is clinical voice science. Her current research focuses on the role of vocalization for wound healing in the larynx, motor learning principles applied to models of voice therapy, and clinical trials in voice therapy. She has received numerous research awards from the National Institute on Deafness and she serves as consultant and co-investigator on other research awards from the National Institutes of Health. Dr. Verdolini Abbott developed & conducts workshops on a systematic approach to voice training for hyper- and hypoadduction of vocal cords: Lessac-Madsen Resonant Voice Training. She is a Fellow of the American Speech-Language-Hearing Association and received the Honors of the Association in 2009.

### **About the Courses**

**LMRVT-Basic** provides theoretical background and practical training in Lessac-Madsen Resonant Voice Training, which is a holistic approach appropriate for normal voice users, as well as individuals with hyper- and hypoadduction of vocal folds. It arises from the convergence of physical/cognitive sciences and performing arts traditions. A target laryngeal configuration can be identified which produces the strongest voice output with the least amount of pulmonary effort and coincides with relatively low vocal fold impact. A parallel, equally important, premise—in LMRVT and other approaches—is attention to sensory information rather than verbal, mechanistic instructions. The result is a well-functioning voice that can be heard in most environments with minimal risk of injury.

#### **Learning Outcomes:**

- Describe the basic science foundations of LMRVT
- List the steps of the LMRVT method
- Evaluate demonstrations of LMRVT in vocal training
- Apply LMRVT during self-practice & with appropriate clients

**LMRVT-Advanced** assumes prior training in LMRVT. This course extends basic LMRVT science & methods to incorporate additional body, speech, & voice works as developed by Lessac as well as vocal “energy” work as developed by Madsen. Specific instruction will be participatory practice in Lessac’s body, consonant, tonal, & structural “NRGs” as they apply to treatment of vocal pathology. Madsen’s approach to freeing “energy blocks”, based on yogic meridian theory, will be incorporated into participant self-practice and applied to individuals with voice disorders.

#### **Learning Outcomes:**

- Describe body, speech, & voice exercises as developed by Lessac in the context of vocal health
- Describe maneuvers in tissue massage & Asian-inspired body work as used by Madsen
- Evaluate demonstrations of LMRVT-Advanced according to principles introduced in this course
- Apply LMRVT-Advanced principles in self-practice & with appropriate clients

## Schedule

### LMRVT-Basic

#### Friday October 1

8:00-8:30	Registration
8:30-9:00	Historical background of LMRVT & general framework
9:00-12:00	Voice science of LMRVT
12:00-1:00	Lunch (on your own)
1:00-3:00	Learning science in LMRVT
3:00-3:30	Effectiveness data in LMRVT
3:30-4:30	Introductory demonstrations

### LMRVT-Basic

#### Saturday October 2

8:30-11:30	LMRVT step-by-step
11:30-12:30	Lunch (on your own)
12:30-1:30	Participant self-practice in LMRVT
1:30-2:30	Demonstrations of LMRVT
2:30-3:30	Tips, tricks, & integration
3:30-4:30	Questions & answers

### LMRVT-Advanced

#### Sunday October 3

8:00-8:30	Registration
8:30-8:45	Introduction to LMRVT-Advanced
8:45-9:15	Lessac "Body NRG"; role of the whole body in voice
9:15-9:45	Lessac "Tonal NRG"
9:45-10:15	Lessac "Structural NRG"
10:15-11:00	Lessac "Consonant NRG"; phonemes as instruments
11:00-11:30	Lessac "Call"
11:30-12:30	Lunch (on your own)
12:30-1:30	Madsen yogic energy in voice
1:30-2:00	Group practice in methods
2:00-2:30	Incorporation with LMRVT-Basic
2:30-4:00	Participant self-practice of methods
4:00-5:00	Integration, questions, & answers

**NOTE:** Formal 10 minute breaks will be taken both AM & PM at various times each day

***After completing each course, you will receive  
a certificate identifying you as a  
Lessac-Madsen Clinical Provider***

## Registration Form-Indianapolis

\_\_\_\_\_  
Name with credentials/degree(s)

\_\_\_\_\_  
Street Address

\_\_\_\_\_  
City State Zip

\_\_\_\_\_  
Phone (Home) Work or Cell

\_\_\_\_\_  
E-mail (Required for Registration Confirmation)

Disability Accommodation Needed: \_\_\_\_\_ (we will contact you)

### **Course Fees (circle applicable amount)**

	Basic	Advanced	Basic + Advanced
<i>SLPs (with CEUs)</i>	<i>\$475</i>	<i>\$250</i>	<i>\$695</i>
<i>Vocal/Acting Coaches</i>	<i>\$425</i>	<i>\$195</i>	<i>\$595</i>
<i>SLP Graduate Students *</i>	<i>\$235</i>	<i>\$125</i>	<i>\$345</i>
<i>SLP Faculty (with CEUs) *</i>	<i>\$425</i>	<i>\$225</i>	<i>\$625</i>
<i>Vocal/Acting Faculty *</i>	<i>\$385</i>	<i>\$175</i>	<i>\$535</i>

\* Registrations accepted by mail or fax only, with copy of school ID attached.

***\$50.00 late fee for registrations postmarked after September 20, 2010***

### **Payment**

By check or money order, payable to MultiVoiceDimensions

By credit card (Visa & MasterCard accepted):

Card Number \_\_\_\_\_

Name on Card: \_\_\_\_\_

CCV Number (back of card): \_\_\_\_\_ Exp. Date: \_\_\_\_\_ Billing Zip: \_\_\_\_\_

### **How to register**

**By Mail:** MultiVoiceDimensions

P. O. Box 64


Kankakee, IL 60901

**By Fax:** Toll-free 1-888-875-4086

**Online:** At [www.multivoicedimensions.org](http://www.multivoicedimensions.org)

Click on Course Schedule, then Register Now

**Cancellation Policy:** \$50.00 processing fee deducted for cancellations up to 8 days of course. No refund within 7 days of course start date or after course. All cancellations must be in writing.

<p>APPROVED PROVIDER</p>  <p>ASHA CONTINUING EDUCATION AMERICAN SPEECH-LANGUAGE-HEARING ASSOCIATION</p>	<p>Multi Voice Dimensions is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.</p>
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Basic course is offered for 1.4 CEUs (Intermediate level)

Advanced course is offered for .7 CEUs (Advanced level)

Both courses are Professional area

**For questions, contact**  
**[info@multivoicedimensions.org](mailto:info@multivoicedimensions.org)**