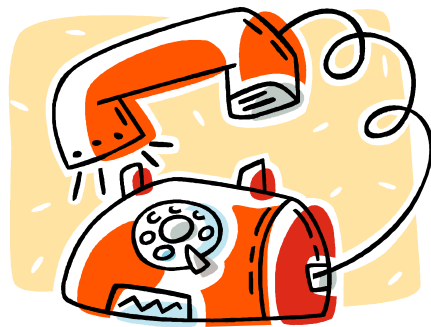


LA TROBE COMMUNICATION
VOICE CLINIC



PHONE BUDDY
PROGRAM

FOR
TRANSSEXUALS

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INTRODUCTION FOR CLINICIANS AND STUDENTS

The La Trobe Communication Voice Clinic has devised the 'Phone Buddy' system to allow transsexuals to communicate amongst each other in a safe and friendly environment.

It was found that the market today provides minimal tools to assist transsexuals with opportunities and new ways to practise their female voice. The following La Trobe Phone Buddy program for transsexual clients has been developed to address this training gap. The program is designed to assist transsexuals to practise and develop their skills and techniques outside of the clinical setting.

An instruction sheet for the client and a permission form (pg 3, 4 & 5) are provided in the manual, which the client must read and sign before any interaction can begin.

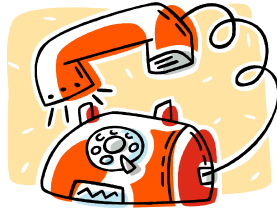
This program was trialed by the La Trobe Communication Voice Clinic over a semester and it was found to be very useful for the clients, particularly those who have no interaction with other transsexuals. The results indicated that the program should only run during the semester unless an agreement was met by both transsexuals involved. This would prevent either party from feeling obliged to continue if they are not happy with the program.

It is recommended that clients are matched based on their stage of therapy. It was found through our trial that although both clients were transitioning, one client was further with therapy than the other. They found that this prevented them from practising certain techniques. Therefore, matching clients is essential for the program to be effective and efficient.

This program not only assists transsexuals to practise and develop their skills and techniques outside the clinical setting, but also allows for the development of confidence. It also assists with promoting interaction with others working through similar issues. The program has revealed that it has created opportunities for support and reassurance amongst this cliental.

Shae Wissell
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4th yr Speech Pathology

Phone Buddy



Welcome to the La Trobe Communication Clinic 'Phone Buddy' program created for transsexual clients. The program has been established to provide people who share the same dedication and commitment to developing a more female voice, with the opportunity to practise on the telephone in a supportive environment.

Those wishing to be involved in the program will be required to sign a release form that give La Trobe Communication Voice Clinic permission to disclose their telephone number to a Phone Buddy. Only those who have attended a La Trobe Communication Voice Clinic will be permitted to be involved in the program and eligible to receive a telephone number.

When you take on the role of a Buddy these guidelines are to be used:-

- This system works on the assumption that contact will only be made via the telephone at an agreed time on an agreed day. Neither party is obligated to meet the other face-to-face unless both parties are willing. This program has been set up for phone practise of voice techniques only.
- At the first phone contact you must:
 - Arrange a time with each other to practise your techniques

- Agree as to how many times a week you will practise. It may be once a week or it may be few times a week. You may even want to specify how long calls will be. Remember that even a few minutes can serve as a valuable reminder that you must practise your techniques.

Be aware of phone call costs if using a mobile phone. If you are calling from a mobile, just notify your Buddy of this (so you can monitor the cost).

- It is suggested that you practise your techniques before you start the working day (if possible). This will set your target pitch before you start the day. The conversation could be for just five minutes before you start your day, on the way to work or at work as a warm up session.
- When speaking at your higher pitch;
 - You could begin each phone call by discussing your day / week / weekend.
 - Discuss a topic of choice, for example:
 - Favourite food, movie etc
 - Recent shopping expeditions /outings
 - Hobbies
 - Holidays
 - Movies
 - Family
- Practise the techniques you need to work on such as pitch, intonation, articulation.
- Decide what techniques you would like your buddy to critique i.e. pitch, intonation, speed of talking, articulation, loudness / softness etc, and notify your Buddy before the start of the conversation.
- It is recommended that frequent , positive feedback be provided by both parties throughout the conversation, e.g.:
 - “That was good”
 - “That was a great high pitch”
 - “You started a bit low but ended high”
 - “I liked the way you remembered to raise your voice at the end”

“That was 10/10, fantastic, keep it up”

“Good clear sounds, great keep it up!”

Give support and encouragement. Some days will be harder than others.

Share ideas about techniques that have helped to maintain the voice e.g.,
Post -it notes around house, screen savers on the computer, asking friends
to critique etc...

Remind each other to practise, practise, practise.

Finish phone call by arranging your next contact time / day

Your Phone Buddy is.....

Contact Number.....

The Buddy program only runs during the semester period. If you wish to continue outside of this then an arrangement needs to be made between you and your buddy. Neither party is obliged to continue after the therapy block has ceased.

We thank you for participating in this program and hope you find it beneficial.

“Be there for your Buddy and your Buddy will be there for you”
(Turnbridge, 1994)

La Trobe Communication Voice Clinic



Phone Buddy Release Form

Date.....

I _____

Here by give permission for my name and telephone number to be released for the sole purpose of the La Trobe Communication Voice Clinic Phone Buddy program and to be forwarded to the person whom I will be communicating with.

This exchange of numbers will be carried out by the clinicians at the Royal Victorian Eye and Ear Hospital site or at La Trobe University Campus.

Signature

We thank you for participating in this program.

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