

HOW CAN I KEEP FROM SINGING?

Rehabilitation of the Distressed Singing Voice

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It's a wonderful feeling to sing when everything is going well but if only this were true for singers experiencing difficulties. A singer having to perform when suffering from vocal instability due to symptoms of hoarseness, restricted range, loss of power or vocal stamina will have a degree of anxiety which may heighten performance nerves leading to lack of confidence and emotional problems.

During the past 2 years I have been working with a professional Tina Turner Tribute Artist who was diagnosed with long standing (10 years) vocal nodules. Initially my remit was to help her, safely, maintain her hectic schedule and build awareness of the vocal patterns and habits that had led to her problems.

After a further consultation with Mr Julian McGlashan, Honorary Assistant Clinical Professor at the Queens University Hospital, Nottingham, UK, he persuaded her to undergo surgery to remove the nodules. So in January of this year she cleared her diary until the end of March and had the operation. Post-operative advice was given by the Speech and Language Therapy department, but as her recovery was excellent it was decided she could see me after 2 weeks.

During this experiential Workshop I will show videos of this singer's problems prior to and after surgery so delegates will have the opportunity to see and hear the results throughout her rehabilitation. Together we will sing through the course of exercises that developed flexibility, correct placing, tongue position and range extension. Alignment and breathing patterns will be discussed and we will work through the progression from exercises to sustaining the new patterns within a song.

I am a recommended singing teacher for the Queen's University Hospital, Nottingham and Guy's and St Thomas' Hospitals, London. Recently I made 4 films on Vocal Health for Help Musicians UK as part of their "Well Being" programme.