

# Postgraduate Diploma

## Vocal Therapy and Professional Use of the Voice in Medicine



## Postgraduate Diploma

### Vocal Therapy and Professional Use of the Voice in Medicine

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 20 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-vocal-therapy-professional-use-voice-medicine](http://www.techtute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-vocal-therapy-professional-use-voice-medicine)

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# 01

# Introduction

A large percentage of dysphonic patients referred to phoniatic rehabilitation come from the professional field of education, although other professionals are no strangers to this pathology. Teachers use their voice as a fundamental tool in their work, and the misuse or abuse of this instrument becomes a direct cause of diseases or adaptation problems. Consequently, physician specialization is important to help professionals care for and maintain their voice.





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*This Postgraduate Diploma in Vocal Therapy and Professional Use of the Voice will generate a sense of confidence in professional practice, which will help you grow both personally and professionally”*

Such other professions as broadcasters, journalists, sales representatives, announcers, actors, singers, etc., require knowledge and management of their phonatory apparatus since its use is essential for their work. In this sense, it is also important to know the multifactorial nature of the voice and its alterations. The changes that occur in the human voice over time are related, among other factors, to the maturation and development of the phono-respiratory system, as well as to its deterioration. Another type of change is due to sex-related differences. There are also modifications in the voice due to professional use and to structural and functional alterations associated or not with other pathologies. And all of this is evident in both the normal voice and the pathological voice.

For all these reasons, knowledge on using one's own voice, programs for preventing disorders and Vocal Therapy and Professional Use of the Voice in Medicine as applied to the use in different contexts, are crucial elements in the health, well-being and development of any speaker.

This type of specialization makes professionals in this field increase their ability to succeed, which results in better practice and performance that will have a direct impact on their professional work, both in the teaching field and in the field of professional communication.

Furthermore, these studies can facilitate access to employment in this field given the existing lack of such professionals in this complex field of Vocal Therapy and Voice Professional Use in Medicine.

This program offers a very broad view of vocal pathology and voice physiology, with examples of successful cases. It includes all the necessary and basic techniques for the preparation and re-education of the voice, taking into account the professions that use it as their main working tool, providing tools, experiences and advances in this field, which have also been guaranteed by the teaching staff on the course, since all of them work in the field. Professionals will learn based on professional experience as well as evidence-based pedagogy, which makes student specialization more effective and accurate.

This **Postgraduate Diploma in Vocal Therapy and Professional Use of the Voice** is the most complete and up-to-date scientific program on the market. The most important features of the program include:

- ◆ More than 75 practical cases presented by experts in Vocal Therapy and Professional Use of the Voice in Medicine. The graphic, schematic, and eminently practical contents with which they are created provide scientific and practical information on the disciplines that are essential for professional practice.
- ◆ The latests developments in Vocal Therapy and Professional Use of the Voice in Medicine.
- ◆ It contains practical exercises where the self-evaluation process can be carried out to improve learning.
- ◆ With special emphasis on evidence-based methodologies in Vocal Therapy and Professional Use of the Voice in Medicine.
- ◆ All this will be complemented by theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments.
- ◆ Content that is accessible from any fixed or portable device with an Internet connection.



*Update your knowledge through the Postgraduate Diploma in Vocal Therapy and Professional Use of the Voice in Medicine"*

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*This Postgraduate Diploma may be the best investment you can make when choosing a refresher program for two reasons: in addition to updating your knowledge of Vocal Therapy and Professional Use of the Voice in Medicine, you will obtain a qualification from TECH - Technological University”*

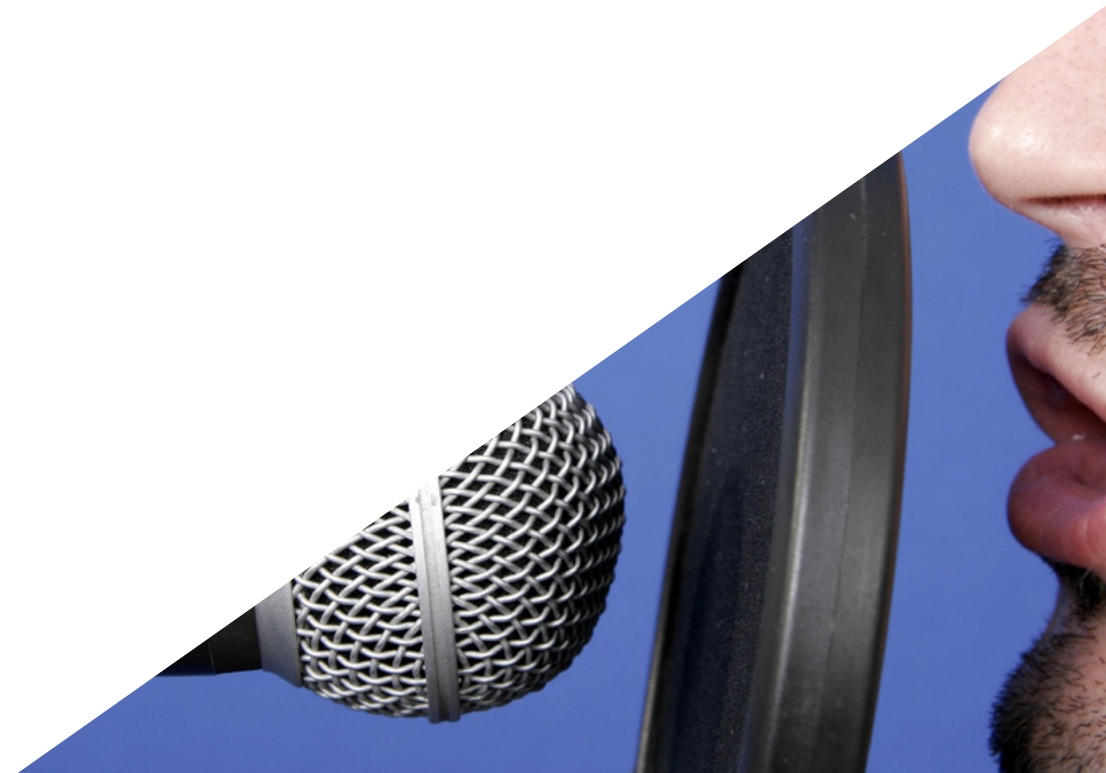
The teaching staff includes medical professionals who bring their experience to this specialization program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive training experience designed to train for real-life situations.

This program is designed around Problem Based Learning, where the medical professional must try to solve the different professional practice situations that arise during the course. For this purpose, specialists will be assisted by an innovative, interactive video system created by renowned experts in the field of Vocal Therapy and Professional Use of the Voice with extensive experience.

*Increase your decision-making confidence by updating your knowledge through this specialist course.*

*Take the opportunity to learn about the latest advances in this field and apply it to your daily practice.*



# 02 Objectives

The Postgraduate Diploma in Vocal Therapy and Professional Use of the Voice in Medicine is aimed at facilitating professional performance in early intervention in patients with speech therapy problems.







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*This Postgraduate Diploma will allow you to update your knowledge of Vocal Therapy and Professional Use of the Voice in Medicine with the use of the latest educational technology to contribute quality and safety to decision making”*



## General Objectives

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- ◆ Learn the specific anatomical and functional aspects of the phonatory system as a basis for the rehabilitation of vocal pathologies and for vocal work with voice professionals
- ◆ Gain in-depth knowledge of the most current diagnostic and treatment techniques
- ◆ Delve into the knowledge and analysis of the results obtained in objective voice assessments
- ◆ Learn how to implement a correct and thorough assessment of vocal function in daily clinical practice
- ◆ Know the most important features of the voice and learn to listen to different types of voices in order to know which aspects are altered to guide clinical practice
- ◆ Analyze the different possible vocal pathologies and achieve scientific rigor in treatments
- ◆ Learn about different approaches to the treatment of vocal pathologies
- ◆ Raise awareness of the need for vocal care
- ◆ Teach vocal therapy work focused on different voice professionals
- ◆ Learn the importance of multidisciplinary work in some voice pathologies
- ◆ View the voice as a global ability of the person and not as an exclusive act of the phonatory system
- ◆ Solve real case studies with current therapeutic approaches based on scientific evidence



## Specific Objectives

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- ◆ Learn about the phylogenetic origin of the phonatory system
- ◆ Learn about the evolutionary development of the human larynx
- ◆ Learn the main muscles and the functioning of the respiratory system
- ◆ Learn about the main anatomical structures that make up the larynx and how they function
- ◆ Learn the histology of the vocal cords
- ◆ Analyze the vibratory cycle of the vocal chords
- ◆ Analyze the different structures and cavities that form the vocal tract
- ◆ Study the different theories that have given answers to how voice is produced
- ◆ Study the characteristics of phonatory physiology and its main components
- ◆ Learn the risk groups of professional vocal pathology
- ◆ Apply a plan of hygienic measures to care for the voice
- ◆ Learn the specific objectives of vocal work for each group of professionals
- ◆ Learn to work on aspects of vocal flexibility
- ◆ Learn to work on aspects of vocal resistance
- ◆ Learn to work on the versatility of the voice required in these professional groups
- ◆ Make work proposals according to each group
- ◆ Solve practical cases
- ◆ List the components of the singing voice
- ◆ Describe the aspects of emission, articulation and intonation
- ◆ Explain the different vocal registers
- ◆ Programming vocal therapy goals in professional singing voice

- ◆ Describe the artistic part of the process
- ◆ Explain, handle and manipulate the tone
- ◆ Explain, manage and manipulate intensity in a healthy way
- ◆ Know, handle and manipulate projection in a healthy way
- ◆ Know how to apply a vocal resistance program without damage
- ◆ Define the basis of sensorimotor learning applied to the singing voice
- ◆ Localize the muscular work in each emission
- ◆ Solve practical cases

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*Take the step to get up to date on the latest developments in Voice Therapy and Professional Use of the Voice”*

03

# Structure and Content

The structure of the contents has been designed by a team of professionals from the best educational centers and universities in the country, who are aware of the relevance of up-to-date training and are committed to quality teaching through new educational technologies.



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*A comprehensive teaching program, structured in well-developed teaching units, oriented towards efficient and swift learning that is compatible with your personal and professional life"*

## Module 1. Anatomical, Physiological and Biomechanical Basics of the Voice

- 1.1. Laryngeal Phylogeny and Embryology
  - 1.1.1. Laryngeal Phylogeny
  - 1.1.2. Laryngeal Embryology
- 1.2. Basic Concepts of Physiology
  - 1.2.1. Muscle Tissue
  - 1.2.2. Types of Muscle Fibers
- 1.3. Respiratory System Structures
  - 1.3.1. Chest:
  - 1.3.2. Airways
- 1.4. Respiratory System Musculature
  - 1.4.1. Inspiratory Muscles
  - 1.4.2. Expiratory Muscles
- 1.5. Respiratory System Physiology
  - 1.5.1. Respiratory System Function
  - 1.5.2. Lung Capacities and Volumes
  - 1.5.3. Lung Nervous System
  - 1.5.4. Breathing at Rest VS Breathing in Phonation
- 1.6. Laryngeal Anatomy and Physiology
  - 1.6.1. Laryngeal Skeleton
  - 1.6.2. Laryngeal Cartilages
  - 1.6.3. Ligaments and Membranes
  - 1.6.4. Joints
  - 1.6.5. Musculature
  - 1.6.6. Vascularization
  - 1.6.7. Laryngeal Innervation
  - 1.6.8. Lymphatic System
- 1.7. Structure and Function of the Vocal Cords
  - 1.7.1. Histology of the Vocal Cords
  - 1.7.2. Biomechanical Properties of the Vocal Cords
  - 1.7.3. Phases of the Vibration Cycle
  - 1.7.4. Fundamental Frequency
- 1.8. Anatomy and Physiology of the Vocal Tract
  - 1.8.1. Nasal Cavity
  - 1.8.2. Oral Cavity
  - 1.8.3. Laryngeal Cavity
  - 1.8.4. Linear and Non-Linear Source and Filter Theory
- 1.9. Voice Production Theory
  - 1.9.1. Historical Recap
  - 1.9.2. Edald's Primitive Myoelastic Theory
  - 1.9.3. Husson's Neuro-Chronaxial Theory
  - 1.9.4. Completed Mucocondulatory Theory and Aerodynamic Theory
  - 1.9.5. Neurooscillatory Theory
  - 1.9.6. Oscillo-Impedial Theory
  - 1.9.7. Mass-Spring Models
- 1.10. The Physiology of Phonation
  - 1.10.1. Neurological Control of Phonation
  - 1.10.2. Pressure
  - 1.10.3. Thresholds
  - 1.10.4. Beginnings and Endings of the Vibration Cycle
  - 1.10.5. Laryngeal Adjustments for Phonation

**Module 2. The Professional Use of the Spoken Voice**

- 2.1. Risk Factors in Voice Professionals
  - 2.1.1. General Aspects
  - 2.1.2. Teachers
  - 2.1.3. Actors
  - 2.1.4. Dubbing
  - 2.1.5. Broadcasters
  - 2.1.6. Telephone Operators
  - 2.1.7. Hygienic Measures Plan for Vocal Care
- 2.2. Bases and Objectives of Vocal Training
  - 2.2.1. Physiological Basis of the Spoken Voice
  - 2.2.2. Objectives of Vocal Training in Healthy Voices
- 2.3. Flexibility
  - 2.3.1. What is Flexibility?
  - 2.3.2. Vocal Flexibility
    - 2.3.2.1. Power
    - 2.3.2.2. Source
    - 2.3.2.3. Filter
    - 2.3.2.4. Body
    - 2.3.2.5. Emotion
- 2.4. Resistance
  - 2.4.1. What is Vocal Endurance?.
  - 2.4.2. Vocal Endurance
- 2.5. Communication: A Versatile Voice
  - 2.5.1. Theoretical Framework
  - 2.5.2. Paralanguage
  - 2.5.3. Strategies for Working on the Aspects of Paralanguage
- 2.6. The Teacher's Voice
  - 2.6.1. Features
  - 2.6.2. Objectives of Vocal Work
  - 2.6.3. Work Proposal
- 2.7. The Actors's Voice
  - 2.7.1. Features
  - 2.7.2. Objectives of Vocal Work
  - 2.7.3. Work Proposal
- 2.8. Dubbing
  - 2.8.1. Features
  - 2.8.2. Objectives of Vocal Work
  - 2.8.3. Work Proposal
- 2.9. Broadcasters
  - 2.9.1. Features
  - 2.9.2. Objectives of Vocal Work
  - 2.9.3. Work Proposal
- 2.10. Telephone Operators
  - 2.10.1. Features
  - 2.10.2. Objectives of Vocal Work
  - 2.10.3. Work Proposal

## Module 3. Professional Singing Voice

- 3.1. Musical Concepts
  - 3.1.1. Introduction
  - 3.1.2. Musical Sounds
  - 3.1.3. Major Scale Tonality Intervals
  - 3.1.4. Chords Common Combinations
- 3.2. Physiological Bases of the Singing Voice
  - 3.2.1. Power, Source and Filters
  - 3.2.2. Transmission
  - 3.2.3. Articulation
  - 3.2.4. Tuning
  - 3.2.5. Vocal Registers
- 3.3. Objectives of the Vocal Technique
  - 3.3.1. Vocal Technique as a Mechanical Process
  - 3.3.2. The Training System
  - 3.3.3. Healthy vs. Fatigue
  - 3.3.4. Vocal Technique and the Artistic Side
- 3.4. Tone
  - 3.4.1. Tone as Frequency
  - 3.4.2. Low Frequencies
  - 3.4.3. The Use of the Spoken Voice
  - 3.4.4. High Frequency
  - 3.4.5. Extension and Tessitura
- 3.5. Intensity
  - 3.5.1. Levels of Intensity
  - 3.5.2. Healthy Ways of Increasing Intensity
  - 3.5.3. Working with Low Intensity
- 3.6. Projection
  - 3.6.1. How to Project the Voice
  - 3.6.2. Healthy Ways of Using Projection
  - 3.6.3. Working With or Without a Microphone
- 3.7. Endurance
  - 3.7.1. Vocal Athletes
  - 3.7.2. Healthy Training
  - 3.7.3. Harmful Habits
- 3.8. Importance of Sensorimotor Learning
  - 3.8.1. Proprioception and Muscle Work Placement
  - 3.8.2. Sound Proprioception
- 3.9. Exercises to Improve the Singing Voice
  - 3.9.1. Introduction
  - 3.9.2. Kim Chandler - Funky' n Fun
  - 3.9.3. Estill Études Volume I - Alejandro Saorín Martínez
  - 3.9.4. Other Publications
  - 3.9.5. Compilation of Exercises Indicating Their Authors
    - 3.9.5.1. Relief of Muscle Tension
    - 3.9.5.2. Work on Articulation, Projection, Resonance and Intonation
    - 3.9.5.3. Work on Register, Tessitura and Vocal Instability
    - 3.9.5.4. Others
- 3.10. Proposal of Adapted Songs by Level
  - 3.10.1. Introduction
  - 3.10.2. Categories





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*A unique, key, and decisive master's degree experience to boost your professional development”*

04

# Methodology

This training program provides you with a different way of learning. Our methodology uses a cyclical learning approach: ***Re-learning***.

This teaching system is used in the most prestigious medical schools in the world, and major publications such as the ***New England Journal of Medicine*** have considered it to ***be one of the most effective***.



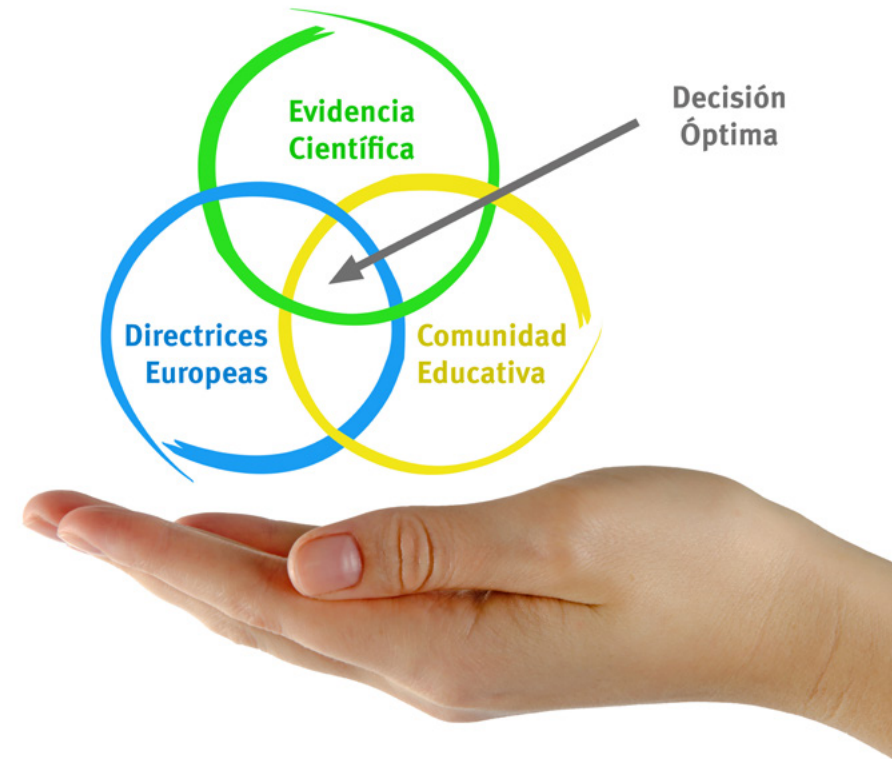
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*Discover Re-learning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization”*

## At TECH we use the Case Method

In a given situation, what would you do? Throughout the program, you will be presented with multiple simulated clinical cases based on real patients, where you will have to investigate, establish hypotheses and, finally, resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH you can experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching potential or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in professional medical practice.

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*Did you know that this method was developed in 1912 at Harvard for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method.*

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only grasp concepts, but also develop their mental capacity by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Re-learning Methodology

At TECH we enhance the Harvard case method with the best 100% online teaching methodology available: Re-learning.

Our University is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, which represent a real revolution with respect to simply studying and analyzing cases.



*The physician will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*

At the forefront of world teaching, the Re-learning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best Spanish-speaking online university (Columbia University).

With this methodology we have trained more than 250,000 physicians with unprecedented success, in all clinical specialties regardless of the surgical load. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*Re-learning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

In our program, learning is not a linear process, but rather a spiral (we learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.



In this program you will have access to the best educational material, prepared with you in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is really specific and precise.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



#### Latest Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All this, in first person, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.



#### Interactive Summaries

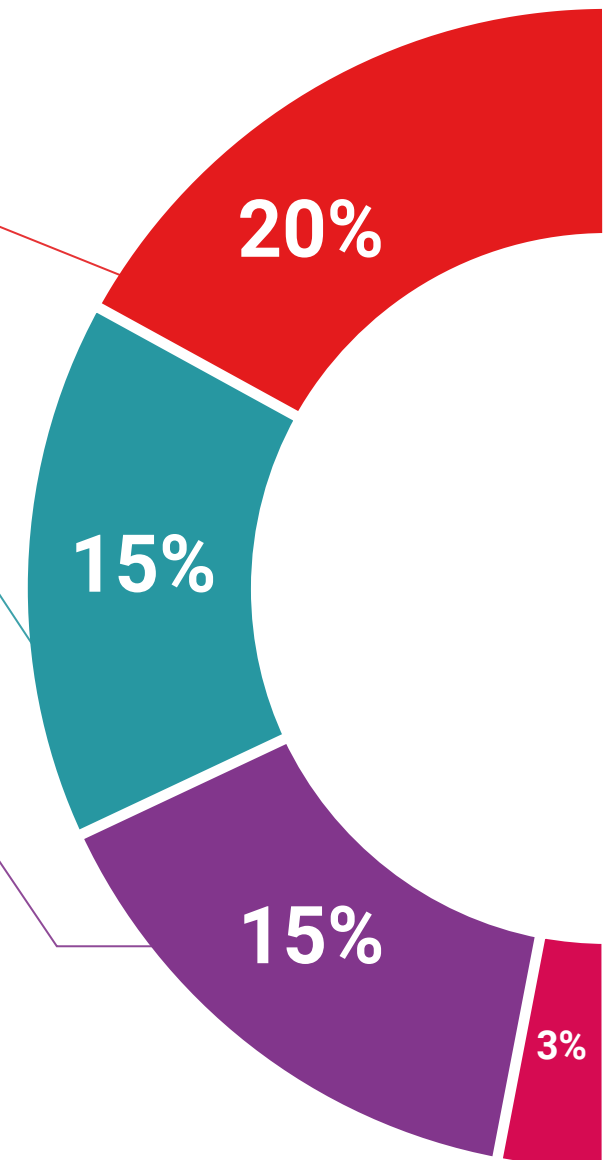
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".

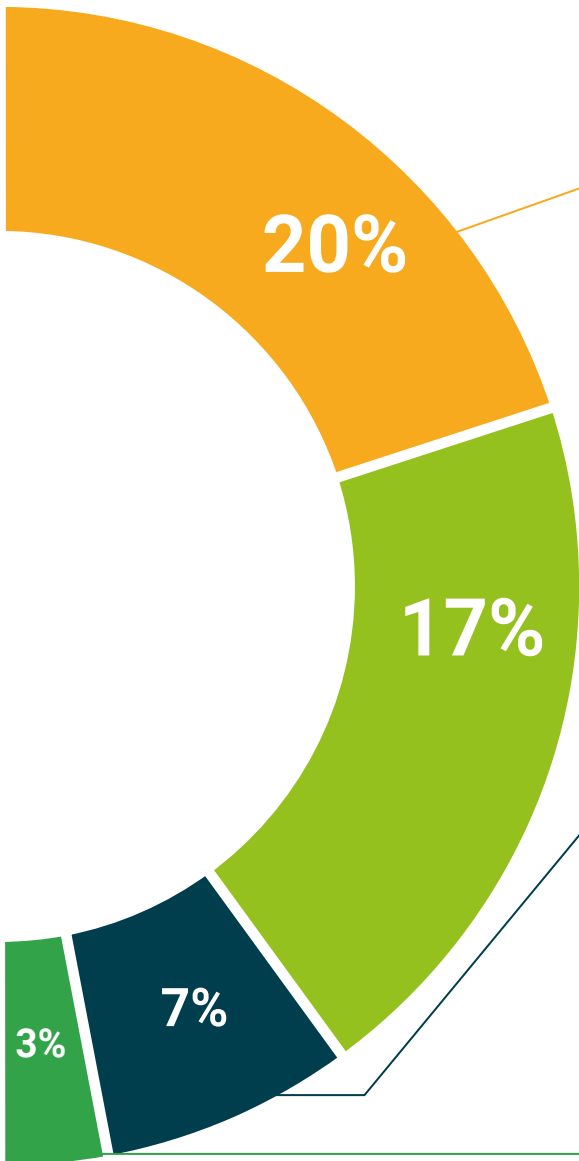


#### Additional Reading

Recent articles, consensus documents, international guides. in our virtual library you will have access to everything you need to complete your training.







**Expert-Led Case Studies and Case Analysis**

Effective learning ought to be contextual. Therefore, we will present you with real case developments in which the expert will guide you through focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



**Testing & Retesting**

We periodically evaluate and re-evaluate your knowledge throughout the program, through assessment and self-assessment activities and exercises: so that you can see how you are achieving your goals.



**Classes**

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an expert strengthens knowledge and memory, and generates confidence in our difficult future decisions.



**Quick Action Guides**

We offer you the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help you progress in your learning.



# 05 Certificate

The Postgraduate Diploma in Vocal Therapy and Professional Use of the Voice in Medicine guarantees, in addition to the most accurate and up-to-date specialization, access to a qualification issued by TECH Global University.



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*Successfully complete this specialisation  
and receive your university degree without  
travel or laborious paperwork”*

This private qualification will allow you to obtain a **Postgraduate Diploma in Vocal Therapy and Professional Use of the Voice in Medicine** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

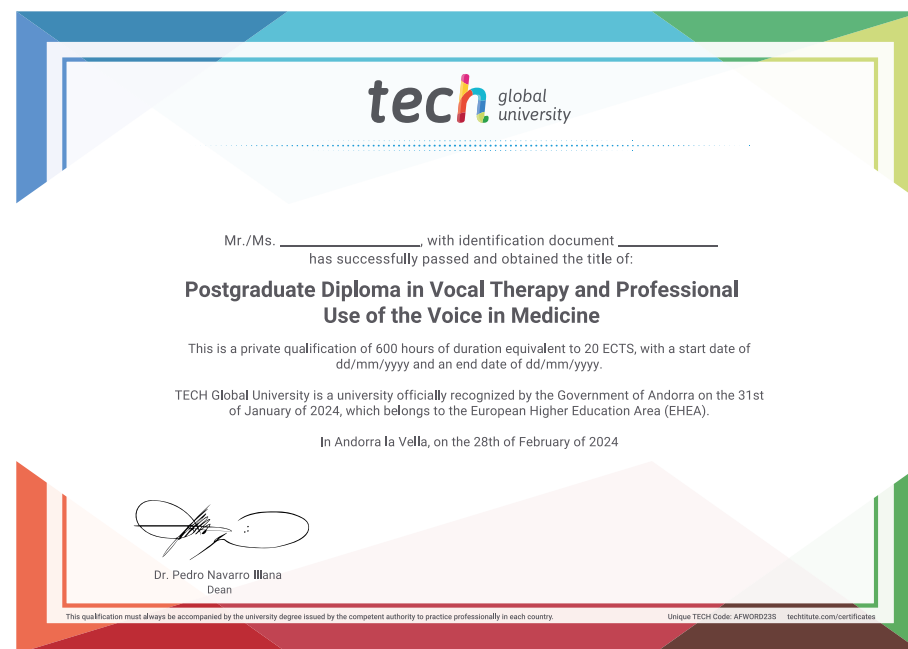
This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Diploma in Vocal Therapy and Professional Use of the Voice in Medicine**

Modality: **online**

Duration: **6 months**

Accreditation: **20 ECTS**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.



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Vocal Therapy and Professional  
Use of the Voice in Medicine

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