



Neurological Responses & the Thriving Voice: Recognizing Trauma, Anxiety, Depression in the voice

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What's the Difference...		
Trauma-Informed Teacher	vs	Therapist
Works With You as a Partner	01	Therapists Are Licenced Medical Practitioners
Can Not Diagnose Any Mental Illnesses	02	Can Diagnose Mental Illnesses
Focused on Helping You Achieve Results	03	Helps You Uncover the Roots of the Problem
Helps You With the Right Mindset	04	Helps You with Mindset and Mood Management
Coaches Help You With Your Future Goals	05	Therapists Help You Overcome Past Trauma

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Steps to creating safe spaces:

1. Understand what a trigger response can look like...Cognitive, Physiological, Behavioral
 - a. Fight/Flight/Freeze
2. Establish an environment of relative safety
 - a. Am I being triggered?
 - b. Asking the student "How can I help?"
3. Recognize what triggers sound like in the voice...
 - a. MTD
 - b. Deviated Uvula
 - c. Severe laryngeal and pharyngeal constriction
 - d. Monotone voice
4. Support initial exploration & acceptance of sensation
 - a. Take the "shoulding" out of making sounds & feeling sensations
5. Restore active responses through self-regulating vocal tools
 - a. Bee Pranayama
 - b. Elongated Voo
 - c. Vocal Toning

Symptoms	Not at all	Mildly - doesn't bother me much	Moderately - it was unpleasant at times	Severely - it bothered me a lot
	0	1	2	3
Numbness or tingling				
Feeling hot				
Wobbliness in legs				
Unable to relax				
Fear of worst happening				
Dizzy or lightheaded				
Heart pounding /racing				
Unsteady				
Terrified or afraid				
Nervous				
Feeling of choking				
Hands trembling				
Shaky /unsteady				
Fear of losing control				
Difficulty in breathing				
Fear of dying				
Scared				
Indigestion				
Faint / lightheaded				
Face flushed				
Hot /cold sweats				
Total				

0-21 = low

22-35 = moderate

36 + = concern

NOTES: