Presentation will provide:

- Framework for the stages of change
- Case examples demonstrating
  - Obstacles with a clear course of action
  - Illustrative vs prescriptive
  - Client-centered approach

Learning Outcomes

1. Identify three potential causes for client resistance to change.

2. Describe one approach to increase a client’s readiness towards change.

3. Develop a clinical scenario and increase the possibility of success in their vocal journey.

Therapeutic Alliance

Attunement

DISCLOSURES

I am a full time employee of George Washington University.

I have previously written on this topic as an author of the book, Transforming Voice and Communication with Transgender and Gender-Diverse People: An Evidence-Based Process, Plural Publishing, August 2019.

I am the Founder of Vocal Self, LLC, private practice focusing on the voice and communicative needs of transgender and gender diverse people.

I am a straight cisgender woman, ally of the LGBTQ communities.
The Transtheoretical Model

<table>
<thead>
<tr>
<th>Stage</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-contemplation Stage</td>
<td>No intention of taking action.</td>
</tr>
<tr>
<td>Contemplation Stage</td>
<td>Aware of the possibility of the need to change.</td>
</tr>
<tr>
<td>Preparation Stage</td>
<td>Intending to make a change.</td>
</tr>
<tr>
<td>Action Stage</td>
<td>Regular sessions for voice training.</td>
</tr>
<tr>
<td>Maintenance Stage</td>
<td>Clients take responsibility</td>
</tr>
</tbody>
</table>


C.D.’s Experience

Motivational Interviewing

Case Examples:

Thank you for the opportunity to share this information with you.
Feel free to contact me for more information at linda@gevo.edu or 703-966-6232

References


