

# gender affirming voice therapy

## Gender Affirming Voice Therapy: Empowering Authenticity Through Voice

**gender affirming voice therapy** is an essential and transformative process for many transgender, non-binary, and gender diverse individuals seeking to align their voice with their gender identity. Our voice is a powerful part of how we express ourselves and relate to others, and for many, it is deeply tied to their sense of self. Voice therapy tailored to affirm gender helps people develop vocal qualities that feel authentic, comfortable, and affirming, enhancing confidence and social interactions.

In this article, we'll explore what gender affirming voice therapy entails, why it's important, and how it can be approached to support individuals on their journey. Whether you're someone considering voice therapy or a professional looking to understand this specialized field better, understanding the nuances of voice and gender can open doors to meaningful change.

## What is Gender Affirming Voice Therapy?

Gender affirming voice therapy is a specialized form of speech therapy designed to help individuals modify various aspects of their voice to better align with their gender identity. Unlike general voice training, this therapy focuses on the unique vocal goals of transgender and gender diverse people, addressing pitch, resonance, intonation, speech patterns, and non-verbal communication cues.

The goal is not just to change how the voice sounds but to empower clients to find a voice that reflects who they truly are. This process is deeply personal and varies widely from person to person; what feels right for one client might differ completely for another.

## Why Voice Matters in Gender Affirmation

Voice plays a critical role in how others perceive gender. It is often one of the first attributes people notice during interaction, influencing social acceptance and personal confidence. For many transgender individuals, their pre-transition voice may not match their gender identity, which can lead to feelings of dysphoria or discomfort.

Gender affirming voice therapy helps bridge that gap, allowing individuals to communicate in a way that feels congruent with their identity. This alignment can significantly reduce gender dysphoria and improve overall well-being.

# Key Components of Gender Affirming Voice Therapy

When working with a speech-language pathologist or voice therapist specializing in gender affirming care, several vocal elements are typically addressed:

## Pitch Adjustment

Pitch is one of the most noticeable aspects of voice and is commonly targeted in therapy. For transfeminine individuals, this often means increasing the fundamental frequency of the voice to sound higher, while transmasculine clients may focus on lowering pitch. However, pitch alone isn't the whole story—voice quality involves much more.

## Resonance and Voice Quality

Resonance refers to where the sound vibrates in the vocal tract. Feminine voices often have a brighter, more forward resonance, while masculine voices tend to sound darker or more chest-focused. Therapy helps clients explore these sensations to create a voice that aligns with their gender expression.

## Intonation and Speech Patterns

The melody and rhythm of speech—how the voice rises and falls, the speed of talking, and the use of emphasis—also carry gendered qualities. For example, feminine speech patterns may include more varied pitch contours and expressive intonation, while masculine speech might be more monotone or direct. Gender affirming voice therapy can teach strategies to adopt speech patterns that feel authentic.

## Non-Verbal Communication

Voice is closely tied to body language, facial expressions, and gestures. Therapists often incorporate coaching on these aspects because a congruent overall presentation strengthens the perception of gender identity.

## How Gender Affirming Voice Therapy Works

Therapy typically begins with an assessment where the clinician evaluates

vocal range, quality, and the client's goals. From there, sessions may include exercises, feedback, and real-world practice.

## Vocal Exercises and Techniques

Clients learn exercises to develop control over pitch, breath support, and resonance. These may include humming, vocal glides, and pitch matching. Over time, this builds muscle memory and vocal endurance.

## Breathing and Posture

Proper breath support and posture are foundational for voice production. Therapists guide clients in techniques to improve breathing, which in turn supports vocal stability and control.

## Practice and Feedback

Consistent practice is key. Many therapists use recordings and live feedback to help clients notice subtle changes and track progress. Homework assignments encourage daily practice.

## Benefits Beyond Voice Modification

Gender affirming voice therapy offers more than a change in sound—it fosters self-expression, confidence, and mental health.

- **Reduced Gender Dysphoria:** Aligning voice with gender identity can ease the distress caused by voice incongruence.
- **Increased Social Comfort:** Feeling authentic in communication improves interactions in social, professional, and familial settings.
- **Empowerment:** Developing a voice that is uniquely one's own encourages self-acceptance and resilience.
- **Connection:** Voice therapy can strengthen connection to community and identity by reinforcing authentic communication.

# Challenges and Considerations in Voice Therapy

While transformative, gender affirming voice therapy can come with challenges:

## Individual Variation

Every voice is unique, and not all goals are achievable for everyone. Factors like anatomy, age, and hormone therapy influence vocal outcomes. Patience and realistic expectations are important.

## Emotional Journey

Changing one's voice can bring up complex feelings. Working with a supportive therapist who understands gender diversity is crucial to navigate emotional ups and downs.

## Access and Resources

Finding knowledgeable voice therapists can sometimes be difficult, especially in underserved areas. Teletherapy has expanded access but may not suit all clients.

## Tips for Those Considering Gender Affirming Voice Therapy

If you're thinking about starting voice therapy, here are some helpful pointers:

1. **Research Specialists:** Seek out clinicians experienced in transgender voice training to ensure affirming and knowledgeable support.
2. **Set Personal Goals:** Reflect on what you want your voice to convey and share these goals openly with your therapist.
3. **Be Patient:** Voice change is a gradual process that requires consistent effort and time.
4. **Practice Regularly:** Daily exercises and mindful practice outside of sessions promote lasting change.

5. **Take Care of Your Voice:** Stay hydrated, avoid strain, and communicate any discomfort to your therapist.
6. **Consider Holistic Support:** Combining voice therapy with counseling or support groups can enhance emotional well-being.

## The Role of Technology in Modern Voice Therapy

Advancements in technology have made gender affirming voice therapy more accessible and effective. Voice analysis software helps track pitch, resonance, and intonation, providing objective feedback. Apps for vocal exercises enable practice anytime, anywhere.

Teletherapy platforms allow clients to connect with specialists remotely, broadening options for those in rural or underserved regions. Virtual reality and biofeedback tools are emerging as innovative ways to engage clients and accelerate learning.

## Understanding Voice and Hormone Therapy

Many transgender individuals pursue hormone therapy alongside voice training. It's important to note that while testosterone often deepens the voice for transmasculine people, estrogen and other feminizing hormones do not typically raise pitch. This makes voice therapy especially crucial for transfeminine individuals.

A coordinated approach between medical providers and voice therapists ensures comprehensive care, addressing both physiological and behavioral aspects of vocal transition.

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Finding a voice that truly represents your gender identity is a powerful step toward living authentically. Gender affirming voice therapy offers tools, guidance, and support to help you discover that voice—one that resonates with confidence, comfort, and pride. Whether you're just beginning your journey or seeking to refine your vocal expression, the path to vocal authenticity is unique, rewarding, and deeply transformative.

## Frequently Asked Questions

## **What is gender affirming voice therapy?**

Gender affirming voice therapy is a specialized therapeutic process aimed at helping transgender and non-binary individuals modify their voice and communication patterns to better align with their gender identity.

## **Who can benefit from gender affirming voice therapy?**

Anyone who feels that their voice does not align with their gender identity, including transgender women, transgender men, non-binary, and genderqueer individuals, can benefit from gender affirming voice therapy.

## **What techniques are commonly used in gender affirming voice therapy?**

Common techniques include pitch modification, resonance adjustment, speech pattern changes, breath control, and non-verbal communication training to create a voice that aligns with the client's gender identity.

## **How long does gender affirming voice therapy typically take?**

The duration varies depending on individual goals and progress, but most clients engage in therapy sessions over several months to a year to achieve noticeable and sustainable voice changes.

## **Is gender affirming voice therapy covered by insurance?**

Coverage varies by insurance provider and region. Some insurance plans cover gender affirming voice therapy as part of transgender healthcare services, but it is important to check with the specific insurer for details.

## **Can gender affirming voice therapy completely change my voice?**

While therapy can significantly modify pitch, resonance, and communication style, the extent of change depends on individual vocal anatomy and consistency with therapy exercises. Many clients achieve satisfying and authentic voice results.

## **Additional Resources**

Gender Affirming Voice Therapy: An In-Depth Exploration of its Role and Impact

**gender affirming voice therapy** has emerged as a vital component in the multidisciplinary approach to transgender healthcare. It is a specialized therapeutic process designed to assist transgender and non-binary individuals in aligning their voice and communication patterns with their gender identity. This therapy not only addresses vocal pitch but also encompasses resonance, intonation, speech patterns, and nonverbal communication, thereby fostering a congruent and authentic self-expression. As awareness and acceptance of transgender identities increase globally, so does the demand for effective and sensitive voice therapy services tailored to this population.

## The Importance of Gender Affirming Voice Therapy

Voice plays a crucial role in social perception and personal identity. For many transgender individuals, the voice can be a significant source of gender dysphoria, as it may not reflect their experienced gender. Unlike some physical aspects of gender affirmation that can be altered through hormone therapy or surgery, voice characteristics often require dedicated training and therapeutic intervention. Gender affirming voice therapy bridges this gap by empowering individuals to develop vocal traits that resonate with their gender identity, thereby improving social comfort, reducing misgendering, and enhancing psychological well-being.

### Scope Beyond Pitch Modification

While changes in vocal pitch are a common focus, gender affirming voice therapy encompasses a broader range of vocal and communicative elements. These include:

- **Resonance:** Adjusting the voice's tonal quality to sound more traditionally masculine or feminine.
- **Intonation and Prosody:** Modifying speech melody and rhythm to reflect gendered speech patterns.
- **Speech Patterns:** Altering language use, phrasing, and communication styles.
- **Nonverbal Communication:** Including gestures, facial expressions, and body language that complement vocal changes.

This comprehensive approach acknowledges that gender expression is multifaceted, extending far beyond pitch alone.

# Techniques and Methodologies in Gender Affirming Voice Therapy

Voice therapists employ a variety of evidence-based techniques tailored to individual needs. The therapy usually begins with a thorough voice assessment, including acoustic analysis and perceptual evaluation, to establish baseline vocal characteristics.

## Vocal Exercises and Training

Therapists guide clients through exercises that gradually alter vocal fold vibration and resonance chambers:

- **Pitch Elevation or Lowering:** Using sustained vowel sounds and pitch glides to train vocal cords.
- **Resonance Shaping:** Techniques such as forward focus or chest resonance to affect voice quality.
- **Breath Support:** Enhancing diaphragmatic control for voice stability and projection.

These exercises are paired with real-life communication practice to promote generalization of skills.

## Behavioral and Psychosocial Aspects

Gender affirming voice therapy also addresses psychological aspects related to voice and identity. Therapists often incorporate counseling elements, helping clients navigate anxiety, self-consciousness, and social challenges related to voice transition. This holistic approach supports sustained voice changes and boosts confidence in social interactions.

## Comparing Male-to-Female and Female-to-Male Voice Therapy

The goals and challenges of voice therapy differ depending on the direction of gender transition.



## Male-to-Female (MTF) Voice Therapy

MTF therapy typically focuses on elevating vocal pitch to a higher range, often aiming for frequencies around 180–220 Hz, which correspond to typical female vocal pitch. However, pitch is just one aspect; resonance adjustments to reduce the perceived "masculine" tonal quality are equally important. Achieving a lighter, more forward resonance can significantly influence gender perception.

One challenge in MTF voice therapy is that hormone replacement therapy (HRT) does not affect the vocal cords in the same way it does for female-to-male transitions, necessitating greater reliance on behavioral voice modification.

## Female-to-Male (FTM) Voice Therapy

For FTM individuals, testosterone therapy often lowers vocal pitch naturally by thickening the vocal folds. Therefore, voice therapy may emphasize maintaining vocal health, managing vocal fatigue, and developing male-typical speech patterns rather than pitch alteration alone. This can include coaching on assertive speech styles and resonance to reinforce a masculine vocal identity.

## The Role of Technology in Enhancing Therapy Outcomes

Advancements in technology have contributed significantly to gender affirming voice therapy. Acoustic analysis software allows precise measurement of vocal parameters, providing objective feedback to clients and therapists. Mobile applications and teletherapy platforms have also expanded access, enabling remote sessions critical for individuals in underserved areas.

Real-time visual and auditory feedback tools help clients monitor pitch, loudness, and resonance as they practice, accelerating progress and improving self-awareness.

## Benefits and Limitations

- **Benefits:** Increased accessibility, personalized feedback, and data-driven progress tracking.
- **Limitations:** Potential technological barriers, dependency on equipment, and the need for therapist guidance to interpret data and provide contextual support.

# Challenges and Considerations in Gender Affirming Voice Therapy

Despite its benefits, gender affirming voice therapy faces several challenges:

- **Access to Qualified Therapists:** A limited number of speech-language pathologists specialize in transgender voice care, resulting in long wait times and geographical disparities.
- **Insurance and Cost Barriers:** Coverage for voice therapy is inconsistent, creating financial burdens for many individuals.
- **Individual Variability:** Vocal anatomy, age, and hormonal status significantly influence therapy outcomes, requiring personalized approaches.
- **Psychological Factors:** Voice changes can trigger anxiety or frustration, necessitating integrated mental health support.

Healthcare providers must navigate these factors to optimize therapy effectiveness and client satisfaction.

## Future Directions in Research and Practice

Emerging research is focusing on developing standardized protocols, long-term outcome studies, and integrating voice therapy with other gender affirmation interventions. There is also a growing emphasis on culturally competent care, recognizing the diverse linguistic and social backgrounds of transgender clients.

Innovations in virtual reality and artificial intelligence hold promise for creating immersive and adaptive voice training environments tailored to individual needs.

Gender affirming voice therapy continues to evolve as an essential service that contributes to the holistic well-being of transgender and non-binary individuals. Its impact extends beyond vocal characteristics, fostering empowerment, social integration, and authentic self-expression in everyday life.

# **Gender Affirming Voice Therapy**

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**gender affirming voice therapy: The Voice and Voice Therapy, Eleventh Edition** Richard I. Zraick, Shelley L. Von Berg, 2024-11-26 Now published by Plural, The Voice and Voice Therapy, Eleventh Edition continues to be an indispensable resource on voice assessment and intervention, trusted for over five decades. This updated edition blends cutting-edge research, practical methodologies, and enhanced pedagogical tools, maintaining its accessibility to both undergraduate and graduate students. Covering a wide range of topics, the text delves into the biological, emotional, and linguistic functions of the larynx, along with detailed evaluations and management of specific voice disorders. Comprehensive descriptions of voice production anatomy and physiology are presented with detailed anatomical illustrations. The book provides in-depth discussions on voice and upper airway disorders, including those of a functional, organic and neurogenic nature. Special sections on voice therapy for diverse populations, such as school-age children, the elderly, professional voice users, and gender-diverse individuals, offer practical insights for students. The text includes videos demonstrating voice assessments, supportive studies, and various clinical approaches to voice therapy. New to the Eleventh Edition: \* 500+ new references from a variety of disciplines. \* New data on the incidence and prevalence of voice disorders, expanded discussions on classification, assessment approaches, and managing dysphonia. \* Expanded sections on excessive laryngeal muscle tension, psycho-emotional voice disorders, and evidence-based practices for treating functional dysphonia. \* Significant updates on gastroesophageal reflux diseases, endocrine changes, induced laryngeal obstruction, and juvenile recurrent respiratory papilloma, including the latest medical management strategies. \* The latest research on the behavioral, pharmacological, and surgical management of neurogenic voice disorders, with a focus on adductor laryngeal dystonia and Parkinson's disease. \* Extensive updates on auditory-perceptual evaluation, voice-related quality of life assessments, and new case studies illustrating both instrumental and non-instrumental assessment techniques. \* Greater discussions on managing dysphonia in older adults, children, professional voice users, and gender-diverse individuals, with a focus on gender-affirming voice and communication therapy. \* More detailed coverage of medical management, evaluation, and therapy post-laryngectomy, with comprehensive discussions on communication options. \* In-depth discussion of disorders of nasal and oral resonance, with expanded content on the team management of cleft palate speech. Key Features: \* Evidence-Based Practice: Grounded in the latest research with over 1,200 references. \* Comprehensive descriptions of voice production anatomy and physiology are included with detailed anatomical illustrations. \* Voice Facilitating Approaches in table form detail when a particular approach is useful, list the sequence of therapy steps for that approach, and illustrate the outcome by presenting the approach with a particular client. \* Packed with Interactive Learning Tools: \* 25 Voice Facilitating Approaches detail when a particular approach is useful, list the sequence of therapy steps for that approach, and illustrate the outcome by presenting the approach with a particular client. \* Videos of master clinicians with real clients demonstrate voice assessments and the Voice Facilitating Approaches. These demonstrations enhance understanding and provide practical examples of techniques used in voice therapy. \* Self-Check quizzes, Clinical Sidebars, and end-of-chapter Preparing for the PRAXIS™ questions reinforce learning and provide immediate feedback. \* Guided Reading Exercises point readers to key clinical articles for deeper understanding. \* Clinical Concepts in select chapters provide practical guidance.

**gender affirming voice therapy: Voice Therapy** Joseph C. Stemple, Edie R. Hapner, Lauren

Timmons Sund, 2025-08-06 The sixth edition of *Voice Therapy: Clinical Case Studies* continues to offer a comprehensive approach to voice therapy, focusing on management strategies derived from real-world clinical cases. Authored by leading voice clinicians, the cases now feature an updated format that integrates comprehensive voice evaluations, detailed treatment plans with long- and short-term goals, and new decision-making sections to guide therapeutic choices. New to this edition, videos by master clinicians enhance practical learning through visual demonstrations. The new chapters, videos, and evidence-based cases are well-suited for classroom instruction. Both novice and seasoned clinicians alike will discover invaluable insights for managing even the most challenging voice and upper airway cases. Key Updates in the Sixth Edition Expanded Content: Three new chapters addressing: The comprehensive voice evaluation Clinical decision-making Gender affirming voice care Over 25 new clinical case studies offering in-depth exploration of voice and upper airway interventions. 37 video demonstrations that provide practical examples of a range of voice therapy techniques. Find the full list here Enhanced Structure: Chapters reorganized by disorder category to facilitate seamless navigation, allowing clinicians to easily locate relevant information. Revised chapter introductions clarify key concepts and set the stage for deeper learning. Detailed Interventions: Each case now offers greater detail on therapeutic interventions, helping readers follow treatment progress step-by-step. New Co-Editor: Lauren Timmons Sund, BM, MS, CCC-SLP Additional Features In addition to the clinical cases and videos, this text offers: The voice evaluation in documentation format. Each case includes a dedicated decision-making section, aiding clinicians in creating personalized treatment plans. Cases highlight both in-person and telehealth service delivery models, reflecting current clinical practices. "Call-Out" Boxes spotlight critical topics and provide supplementary information to deepen understanding.

**gender affirming voice therapy:** *Voice and Communication Therapy for the Transgender/Gender Diverse Client* Richard K. Adler, Sandy Hirsch, Jack Pickering, 2018-12-06 *Voice and Communication Therapy for the Transgender/Gender Diverse Client: A Comprehensive Clinical Guide*, Third Edition remains a must-have resource for speech-language pathologists, voice clinicians and trainers who assist transgender/gender diverse clients in aligning their communication with their gender identity. Such goals for transfeminine, transmasculine and gender diverse people are far from insurmountable given appropriate training. This third edition builds on the work of the first two editions, and meets the clinical and training needs of an even larger and better-informed core of speech language pathologists and trainers. Enhancements to this edition include significantly expanded chapters on counseling, psychotherapy, theater, non-verbal communication, singing, vocal health, medical considerations, and the historical perspectives on evidence-based research as well as a call to action to meet the needs of trans youth. Chapters cover each aspect of a communication training program, including case studies, summaries, appendices and an extensive bibliography, as well as an outline of therapy protocols and ideas for transmasculine, transfeminine and gender diverse clients. New to this edition: A new co-editor, Jack Pickering, brings a fresh perspective from extensive experience in transgender voice and communication trainingA comprehensive chapter addressing research and the voice and communication needs of transmasculine individualsA chapter focusing on the needs of trans youth, future directions in this area, and the role of SLPs with this unique populationA practical chapter on psychotherapy and the relationship between the SLP and psychotherapist/social worker and how these professionals work in tandem to help in the entire transition processA chapter on counseling for the transgender/gender diverse client, with step by step practical information that can also be used for counseling with all populations seen by SLPsA practical chapter on theater giving the perspectives from two transgender actresses' personal experiences, a cisgender actress/voice clinician, and a cisgender voice/theater coach/teacherAn expanded medical chapter outlining foundational information on terminology, development, endocrinology and surgeries as well as the physician's role and best practice in the transition process for each clientUpdated and expanded chapters on the role of multidisciplinary considerations for the transmasculine, transfeminine and gender diverse client, and assessment of these clients, in all aspects of pitch and inflection, the art

and science of resonance, non-verbal communication, and group therapy and discharge. This seminal text guides clinicians and trainers who work with the transgender/gender diverse population, in designing and administering a mindful, focused, and appropriate treatment plan. Speech-language pathologists, voice coaches, ENT physicians, professors and anyone working in the areas of voice, singing, and the vocal performing arts, will find this text to be an essential resource. Disclaimer: Please note that ancillary content (such as documents, audio, and video, etc.) may not be included as published in the original print version of this book.

**gender affirming voice therapy: Voice and Communication in Transgender and Gender Diverse Individuals** Mark S. Courey, Sarah K. Rapoport, Leanne Goldberg, Sarah K. Brown, 2023-07-18 This book serves as a guide to any patient, clinician, or person who desires to understand how transgender and gender diverse individuals can be assisted in achieving voice and communication congruity with gender. Voice and communication style serve as intricate links to one's identity and are central aspects of the gender transition process. Guiding a transgender or gender diverse patient through this transition is complex, requiring an understanding of the patient's desires, the ability to identify and work with patients to achieve sustainable patterns of behavioral modification that affect voice in a positive manner, and an understanding of the role of newly emerging surgical techniques. This is best addressed by an interdisciplinary team, and this book makes this material available in one source. The first section of the book consists of introductory chapters written by primary care physicians, endocrinologists, and psychiatrists addressing the complex nature of transition from the medical standpoint. A review of hormonal replacement therapies, psychological evaluations, and potential effects of hormone replacement on voice is included. The second section describes the behavioral techniques available in speech and voice therapy for voice change and addresses outcomes that can be expected from behavioral intervention. Each chapter addresses the physiologic principles of therapeutic techniques for effecting change, techniques of instruction, nuances for transgender and gender diverse patients, methods of generalization, and methods of maintenance. Finally, the third section of the book details the surgical techniques available to assist patients in voice transition and their expected outcomes for voice modification. Each chapter includes an introduction, preoperative assessment, role of preoperative therapy, surgical technique, postoperative management, and expected outcome. This section also includes a surgical atlas. This is an ideal guide for otolaryngologists, speech-language pathologists, primary care providers, as well as psychiatrists and endocrinologists caring for transgender and gender nonconforming patients.

**gender affirming voice therapy: Gender Affirming Surgery of the Face and Neck** Rahul Seth, P. Daniel Knott, 2025-04-22 This book presents an overview of Facial gender confirming surgery (FGCS) and the importance of it in the surgery and transgender communities. FGCS uniquely requires blending together surgical and artistic abilities in order to transform the face into a new identity. Given the recent emphasis of providing care to transgender patients, the area of FGCS has experienced rapid evolution and growth. This text is essential to protect patients and arm surgeons with the knowledge needed to safely perform these surgeries. This text is divided into three parts to let the reader fully digest what FGCS includes. Part 1 discusses general care of the transgender patient and provides the physician with an overview of the health and societal issues specific to this patient population. Part 2 is the main focus of the book and discusses facial gender confirming surgery and such as feminizing surgeries. Lastly, part 3 discusses voice surgery and voice therapy. Gender Affirming Surgery of the Face and Neck can be applied in multiple medical fields, including Otolaryngology- Head and Neck Surgery, Facial Plastic Surgery, Plastic Surgery, Oral and Maxillofacial Surgery, Laryngology, Speech Pathology, Oculoplastic Surgery, and Dermatology.

**gender affirming voice therapy: Working with Trans Voice** Matthew Mills, Sean Pert, 2023-07-20 This book is an essential resource for those new to, developing and established in the field of trans voice. Presented in a workbook style and packed with practical exercises for the practitioner to engage with, it explores and explains how to work with clients effectively, while also

developing vital cultural knowledge and fundamental skills in voice coaching that will help the practitioner develop insight into and support each person's unique journey. Matthew Mills and Sean Pert draw on their wealth of experience to encourage the reader to consider what gender means to them, and how gender performance may be taken for granted by people whose gender identity aligns with their sex assigned at birth. The key learning points of this book are illustrated by guiding comments from trans and non-binary people with lived, practical and clinical experience. Based on the latest expert practice and informed by the experiences of the clients themselves, *Working with Trans Voice* allows speech and language therapists and other professionals interested in supporting trans and gender-diverse people to develop the confidence to work with their clients in partnership and solidarity.

**gender affirming voice therapy: *Providing Affirming Care to Transgender and Gender-Diverse Youth*** Adam W. Dell, Jessica Robnett, Dana N. Johns, Emily M. Graham, Cori A. Agarwal, Lindsey Imber, Nicole L. Mihalopoulos, 2023-01-05 This book aids clinicians in supporting and caring for transgender and gender-diverse children and adolescents – youth who are born into an incongruent body. A recent study using data from 19 states reported that 1.8% of American youth identified as transgender. Many people who are transgender will experience gender dysphoria, the intense emotional distress that is caused by a discrepancy between a person's gender identity and their sex assigned at birth. In this compact volume, the authors discuss the variety of domains involved in addressing gender dysmorphia: social, psychological, medical, and legislative/advocacy. They provide clear and concise information on the types and timing of gender-affirming medications and surgical interventions and offer useful suggestions for making interactions in the clinic and the clinical space inclusive for transgender and gender-diverse youth. Among the topics covered include: identity development and gender nonconformity in early childhood and puberty the importance of access to mental health professionals with expertise in gender nonconformity the responsible use of developmentally appropriate gender-affirming medications and surgical interventions related clinical issues such as nutrition counselling for youth receiving gender-affirming treatments creating a safe and inclusive healthcare environment for transgender and gender-diverse youth advocating for transgender and gender-diverse patients by working with local and national policy makers *Providing Affirming Care to Transgender and Gender-Diverse Youth* is essential reading for pediatric healthcare professionals including physicians in pediatrics and family medicine, plastic surgeons, nurses, dietitians, psychiatrists, psychologists, social workers, and other practitioners. Students in these fields as well as policy makers also would find this a useful resource.

**gender affirming voice therapy: *Navigating Trans Voicing*** Matthew Mills, Natasha Stavropoulos, 2024-07-19 This book is a resource for those new to the field of trans voicing. It summarises 50 key points needed to work collaboratively and effectively with trans and non-binary people, covering sections on: Trans cultural knowledge, sensitivity and awareness Vocal pedagogy and the therapeutic relationship Fundamental know-how and voice therapy principles and exercises in trans voicing Written and developed by both a leading consultant speech and language therapist in trans voicing, and a psychologist and counsellor from the trans community, the book centres a unique collaboration of clinical and lived experience expertise and is deeply trans-affirmative in approach.

**gender affirming voice therapy: *Voice and Identity*** Rockford Sansom, 2024-10-25 *Voice and Identity* draws from the knowledge and expertise of leading figures to explore the evolving nature of voice training in the performing arts. The authors in this international collection look through both practical and theoretical lenses as they connect voice studies to equity, diversity, inclusion, and belonging, and to gender and gender diversity. The book offers chapters that focus on practical tools and tips for voice teachers, and the text also includes chapters that give rich social, cultural, and theoretical discussions that are both academic and accessible, with a particular focus on gender diverse, gender non-binary, transgender, and inclusionary voice research. Offering interdisciplinary insights from voice practitioners and scholars from the disciplines of actor training, singing, public speaking, voice science, communication, philosophy, women's studies, Indigenous studies, gender

studies, and sociology, this book will be a key resource for practitioners and researchers engaged in these fields. The chapters in this book were originally published in the Voice and Speech Review journal.

**gender affirming voice therapy: Creak** Francesco Venturi, 2025-08-08 This book explores what pulse phonation is, what it can do, and how it develops into a cultural practice. It is a multidisciplinary inquiry that merges theoretical frameworks with embodied practice to discuss the processes of producing and perceiving pulse phonation, its use and significance in contemporary discourse, its functions in the animal world, and its place in a broader reflection on voice and sound production. It presents a thorough investigation of pulse phonation to jointly take into consideration its sociocultural, bioacoustic, and creative dimensions. In the book, leading scholars and practitioners such as Nassima Abdelli-Beruh, Diana Sidtis, Katherine Meizel, and John Nix present a wide array of approaches, from sociolinguistics and voice anatomy to acoustic ecology and performance studies. These approaches include case studies of creaky voices across cultures and media; physiology and acoustics of the pulse register; creak singing including possibilities, perspectives, pedagogies; pulse phonation, embodiment, and gender; the “phenomenon of extreme vocal fry”; vocology, somatics, and the disease condition; the use of pulse phonation from live arts to film studies; composition, improvisation, and creation with creak; and the pulse register in animal vocalization. This groundbreaking publication concludes with a multifaceted series of testimonies from users and listeners of creaky voices.

**gender affirming voice therapy: Gender Transition For Dummies** Adrien Lawyer, T. Michael Trimm, Erik Wolf, Molly McClain, 2025-02-07 Gender transition is different for everyone—get the support you need for your unique journey Gender Transition For Dummies is an essential resource for transgender and non-binary readers who are considering the various elements of what is often called gender transition. It starts at the beginning, answering questions like, “What is transgender and what is non-binary?” and, “How Do I Know If I'm Transgender?” Learn to navigate social transition, prepare for gender-affirming surgery, tell loved ones about your transition plans, find a supportive community, and take care of your mental health. Undertaking any of these steps is a big decision, and it isn't always easy. With this Dummies guide, you'll know that you aren't alone, and you'll get tips from experts on advocating for yourself. Manage gender dysphoria, find supportive care providers, and protect your mental health Know what to expect with hormone therapy and gender-affirming surgery Learn how to change your legal documents and ask people to use the name and pronouns that feel right for you Gender Transition For Dummies is here to support and guide the transgender and gender-diverse community—and their loved ones—and help them to thrive.

**gender affirming voice therapy: Voice Disorders, Fourth Edition** Christine Sapienza, Bari Hoffman, 2020-12-23 With Voice Disorders, Fourth Edition, authors Christine Sapienza, PhD and Bari Hoffman, PhD have created a comprehensive package for learning. The authors uniquely blend voice science with voice treatments ranging from traditional interventions to recent advances in cellular therapies, muscle strength training, and treatments for special populations. The text has been extensively updated with clinical evidence-based information and comes with videos, audio files, and case studies. This fourth edition offers a comprehensive combined study of the respiratory, laryngeal, and neurological subsystems for voice. Therapy approaches are categorized in terms of type, such as physiologic, combined modality, and hygienic. The new edition expands the approaches to voice therapy, and better defines clinical decision making with information about humanistic communication strategies, adherence, and the multitude of variables that influence patient outcomes. New to the Fourth Edition: \* The anatomical illustrations are now in color \* Updated throughout to reflect the current state of research in the evaluation and treatment of voice and upper airway disorders \* Many new references depicting evidence-based outcomes \* Updated clinical guidelines and position statements \* A thoroughly revised chapter on voice therapy \* Extensive content added on gender affirmation: the role of the SLP along with various evaluation and therapy approaches \* More laryngeal images and endoscopic examinations \* Expanded coverage of contemporary phonosurgery approaches and the role of the SLP pre- and post-surgery \*

Extensively expanded material on head and neck cancer and alaryngeal communication Disclaimer: Please note that ancillary content (such as documents, audio, and video, etc.) may not be included as published in the original print version of this book.

**gender affirming voice therapy: Healthcare Disparities in Otolaryngology** Sarah N. Bowe, Erynne A. Faucett, 2023-09-20 While numerous studies have illustrated healthcare disparities within otolaryngology, few have progressed beyond detection. To move ahead, our specialty needs to advance our level of understanding and develop, implement, and disseminate successful interventions toward the goal of eliminating disparities. *Healthcare Disparities in Otolaryngology* offers comprehensive look at this important topic and its clinical impact on the practice of otolaryngology. After first covering specialty-wide perspectives on factors that are associated with healthcare disparities in otolaryngology, it then focuses on subspecialty specific evidence. Editors and authors represent leading otolaryngology experts who have assembled the most up-to-date recommendations for managing healthcare disparities in the field. - Covers The Influence of Healthcare System Organization on Healthcare Disparities in Otolaryngology; The Integration of Sex and Gender Considerations in Otolaryngology; Understanding Rural-Urban Disparities in Otolaryngology; The Impact of Health Literacy on Patient Care in Otolaryngology; Hearing Health Disparities: Applying Social Epidemiologic Principles and New Approaches; Social Determinants of Health and Demographic Disparities in Rhinology; Disparities in the Diagnosis and Treatment of Obstructive Sleep Apnea; and much more. - Presents a unique look at healthcare disparities amongst special groups, such as the LGBTQ community and the geriatric population. - Consolidates today's available information on healthcare disparities in otolaryngology into a single, convenient resource.

**gender affirming voice therapy: Clinical Voice Pathology** Joseph C. Stemple, Nelson Roy, Bernice K. Klaben, 2025-01-13 *Clinical Voice Pathology: Theory and Management*, a classic text now in its seventh edition, is a comprehensive resource that addresses the history, anatomy, physiology, etiologies, pathologies, and contemporary issues related to the assessment and management of the voice and related disorders. While continuing to provide the graduate speech-language pathology student with the knowledge necessary to evaluate and treat an impressive array of voice disorders, the text now includes two new chapters that focus on the expanding role of the speech-language pathologist in (1) upper airway disorders (including chronic refractory cough as well as inducible- and exercise-induced laryngeal obstruction), and (2) gender-affirming voice and communication training. With a foundation rooted in science, combined with the vast clinical and research expertise of the authors, students and practicing clinicians will be equipped with the knowledge necessary to effectively assess and manage not only a wide range of voice and upper airway disorders, but also individuals who seek gender-affirming voice care. Individuals with diverse voice and airway related issues, such as professional voice users, performers, patients with laryngeal cancer, or who are tracheostomy and ventilator-dependent are often complex and demand a clinician who possesses an extraordinary depth and breadth of knowledge. To facilitate the acquisition of this knowledge, this text offers a wealth of visual aids, including artwork, case studies, and a companion website with extensive audiovisual instructional materials. These features not only maintain the high standards set by previous editions but further enhance the learning experience. New to the Seventh Edition: \* A new chapter describing the SLP's roles and responsibilities in the assessment and management of upper airway disorders including chronic refractory cough (CRC), inducible laryngeal obstruction (ILO) and exercise-induced laryngeal obstruction (EILO). \* A new chapter on gender-affirming voice and communication training for transgender and gender-diverse individuals including approaches to gender-affirming health care. \* Additional extensive audio and video examples of clinical cases and related treatment outcomes. \* Instructional "how-to" videos demonstrating important procedural aspects of assessment (eg, focal laryngeal palpation, voice stimulability testing) and specific evidence-based voice therapies including manual laryngeal reposturing, circumlaryngeal massage, vocal function exercises, and resonant voice therapy. \* Continued focus on enhancements to instruction and learning, including use of "Call-Out" boxes to highlight cases and encourage additional discussion. \* Updated references throughout the text to reflect the current state of clinical



research and practice. Key Features: \* New Chapters on (i) Upper airway disorders and (ii) Gender-affirming voice care \* Full-color text and images \* Numerous Call Out boxes \* Multiple helpful appendices

**gender affirming voice therapy:** Bailey's Head and Neck Surgery Clark A. Rosen, 2022-08-19 Designed to enhance the learning experience for both practicing otolaryngologists and otolaryngology residents, Bailey's Head & Neck Surgery—Otolaryngology, 6th Edition, delivers concise, practical information in all areas of this complex field. Dr. Clark A. Rosen (Laryngology) and his hand-picked editorial team representing all of the sub-disciplines of Head & Neck Surgery—Otolaryngology of Drs. Stacey Gray (rhinology), Patrick Ha (Head and Neck Surgery), Charles Limb (Otology), Stephen Park (Facial Plastics and Reconstructive Surgery), and Gresham Richter (Pediatric Otolaryngology) ensure that all content in this two-volume text is current, useful, and evidence based. Each chapter has been written to increase the reader's understanding, retention, and ability to successfully apply information in everyday practice.

**gender affirming voice therapy: A History of Transgender Medicine in the United States** Carolyn Wolf-Gould, Dallas Denny, Jamison Green, Kyan Lynch, 2025-02-01 The most comprehensive history of transgender medicine to date, as told by more than forty scholars, physicians, psychologists, and activists from trans, gender-diverse, and allied medical communities. Arriving at a critical moment in the struggle for transgender rights, *A History of Transgender Medicine in the United States* takes an empathic approach to an embattled subject. Sweeping in scope and deeply personal in nature, this groundbreaking volume traces the development of transgender medicine across three centuries—centering the voices of transgender individuals, debunking myths about gender-affirming care, and empowering readers to grasp the complexities of this evolving field. More than forty contributors—including patients, advocates, physicians, psychologists, and scholars—weave an illuminating, sometimes surprising narrative of collaboration and conflict between trans people and the scientists who have studied and worked with them. An indispensable guide to understanding the current tumult surrounding trans health-care access in the United States, the volume underscores a crucial message: gender diversity is not a new phenomenon but an integral part of our shared human history.

**gender affirming voice therapy:** *Communication Sciences and Disorders Across the Lifespan* Patricia A. Prelock, Ashley Brien, 2024-11-01 Designed for undergraduate students beginning their educational journey in communication sciences and disorders, this comprehensive new introductory textbook delves into the intricacies of human communication, providing a thorough understanding of the disorders that can impede this vital function. Written by authors with extensive experience in both academic and clinical settings, *Communication Sciences and Disorders Across the Lifespan* covers the professions of speech-language pathology and audiology, the concept of disability, anatomy and physiology of speech and hearing, speech and language development, overviews of the various communication disorders across the lifespan (speech sound disorders, motor speech disorders, pediatric language disorders, learning disorders, literacy impairments, adult language and communication disorders, stuttering, voice disorders, hearing disorders), AAC, evidence-based practice, and research. Case studies are integrated into the text to illustrate the application of theoretical concepts in clinical settings. The authors have created a comprehensive, current, and pedagogically rich resource that stands out for its innovative learning tools and unique chapters, ensuring a well-rounded and engaging experience for students with different learning styles. The text comes with ancillary resources for both instructors and students on a PluralPlus companion website. Unique Content: Disability Across the Lifespan: Comprehensive chapter on the broader context of disability, its history, models, and intersectionalities with race, gender, age, and socioeconomic status. It also discusses ableism, accessibility, and disability rights in the U.S. Understanding Research and Evidence-Based Practice: This chapter provides an in-depth look at research methods, types of research, and the importance of evidence-based practice within the field of communication sciences and disorders. Specific Learning Disorders: A dedicated chapter addressing learning disorders and literacy impairments, including reading, writing, and math

disorders. Content related to Cultural and Linguistic Diversity is woven throughout the text instead of in a dedicated chapter. The authors compiled a multitude of additional readings, websites, and videos made easily accessible with QR Codes in the margins. Key Features: \* Engaging: Complex theories and concepts are presented in an accessible and engaging manner, and figures and illustrations are in full color. \* Current and Relevant: Integrates the latest research and clinical practices to ensure students are learning the most up-to-date information. \* Practical Application: Emphasizes real-world application of concepts through case studies, clinical examples, and learning activities. \* Interactive Learning: Features learning activities and links to multimedia resources to further enhance understanding and retention. Robust Pedagogical Features: \* Learning Objectives and Key Terms: Chapters begins with a concise list of learning objectives and key terms that outline the key information students should master. \* Figures, Tables, and Photographs: The full-color art program includes detailed anatomical images, photos, charts, and tables that aid in understanding complex concepts. \* QR Codes: Websites and videos are easily found by using QR Codes in the margins. \* Case Studies: Real-world case studies are integrated to illustrate the application of theoretical concepts in clinical settings. \* Clinical Examples: Examples from clinical practice are interwoven throughout the text, providing context and relevance to the material. These examples help students connect theory to practice and understand the real-world significance of their studies. \* Research Highlights: Sections within each chapter highlight current research and advancements in the field. These highlights emphasize the importance of evidence-based practice. \* Pause and Ponder Boxes and Discussion Topics: Thought-provoking discussion topics encourage critical thinking and class participation. These topics are designed to stimulate deeper understanding and engagement with the material. \* Summary Sections: Each chapter concludes with a summary that recaps the key points covered. This helps reinforce learning and provides a quick review for students. \* Review Questions: At the end of each chapter, review questions encourage students to reflect on and apply what they have learned. These questions reinforce key concepts and provide an opportunity for self-assessment. \* Annotated Bibliographies: Curated to provide the most relevant and up-to-date sources in the field. \* A comprehensive Glossary and Index at the end of the book offer quick reference and reinforcement of the key terminology. Please note: Ancillary materials such as quizzes and study guides are not included as in the print publication of this book.

**gender affirming voice therapy:** *Wyllie's Treatment of Epilepsy* Elaine Wyllie, Barry E. Gidal, Howard P. Goodkin, Stephan Schuele, Ahsan Moosa Naduvil Valappil, Elaine Wirrell, 2025-08-07 Written and edited by the most influential leaders in the field, Wyllie's Treatment of Epilepsy: Principles and Practice, 8th Edition, provides a comprehensive yet highly accessible overview of seizure disorders and treatment options in this challenging area. Drs. Elaine Wyllie, Barry E. Gidal, Howard P. Goodkin, Stephan Schuele, Ahsan Moosa Naduvil Valappil, Elaine Wirrell and a team of world-renowned clinical specialists, basic scientists, and researchers bring you detailed, practical coverage of epileptology in a single, convenient volume, filled with new and significantly revised content that reflects the most current evidence-based treatment options.

**gender affirming voice therapy:** Gender Diversity and Sport Gemma Witcomb, Elizabeth Peel, 2022-05-03 This timely and urgent text presents cutting-edge research exploring the complexities of barriers to inclusive access to sport and physical activity, and discusses how sport, and society, can move forward beyond the gender binary, in both theory and practice. Sport is one of the most influential, powerful, and visible institutions upholding the gender binary, even as the number of people identifying as transgender and non-binary increases rapidly worldwide. With this rising visibility, societal pressure has been increasing for the equal acceptance of gender diverse people, but while gains have been made in many areas, the participation of intersex, trans and non-binary people in sport remains harshly contested. Bringing together a world-leading team of established and emerging scholars from the UK, USA, and Australia, this collection presents an interdisciplinary analysis of current issues related to the participation of gender diverse individuals in sport and physical activity. Engaging with psychological ideas around identity, prejudice and discrimination, and sports psychology and performance, authors examine evidence that the rules, regulations, and

practices that surround physical activity participation – from elite sport to sport in schools, universities, and society at large – are grounded in heteronormative, cisgendered, and sexist practices which unfairly discriminate against gender diverse people. Also including analysis of personal accounts from non-binary and transgender athletes from a range of sports, this is fascinating and essential reading for education, health, and sports professionals who work with and support gender diverse children and adults, as well as academics and students in the fields of psychology, sport psychology, sociology, law, and sports science, and those participating in, and navigating, sport and physical activity spaces.

**gender affirming voice therapy:** Transforming Unequal Gender Relations in India and Beyond Saroj Pachauri, Ravi K. Verma, 2023-09-08 This book offers a unique intersectional perspective on gender equality, SDG5. It presents an intersection of gender with caste, class, region, ethnic and sexual identities, and other structural drivers of inequalities in various development sectors. It presents case studies and empirical findings from development practice and policymaking and highlights the challenges to implementing SDG5 in practice. It discusses policies to promote gender equality and prevent violence against women and girls, and women in decision-making and leadership positions. The chapters reinstate that gender equality is possible only if unequal gender norms are transformed to recognize women and girls as independent economic entities and not merely homemakers providing unpaid care. It also analyzes to deconstruct the idea of monolithic masculinity to recognize gender diversity and men's role in providing care. The book shows how much has been achieved, yet how far is also left to go. It is an essential reference point for researchers, policymakers, students, and scholars across gender studies, women's studies, and sociology.

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