

gender affirming voicework with **DIVERGENT TIMBRES**

MUSIC THERAPY

WHAT IS MUSIC THERAPY

The therapeutic use of music to work on individualized goals in social, emotional, cognitive, physical, communication, and/or health and wellness areas. Common therapeutic music experiences that are used to work on goals include songwriting, song discussions, improvisation, music assisted relaxation, therapeutic instrument play, and gender affirming voicework. No prior music experience is necessary to engage in music therapy! Divergent Timbres' approach is informed by anti-oppressive, queer theory, and resource-oriented practice with the belief that you are the expert of your own experience!



GENDER AFFIRMING VOICework

Engages the physical and psychological voice as it relates to gender expression through music experiences. Explores vocal function, communication, emotion, and identity. Folx may strengthen their voice with goals to feminize, masculinize or neutralize the voice beyond binaries.

Common goals include finding an embodied voice, increasing or decreasing brighter, darker, heavier, and lighter voice qualities, to sustain speaking at different registers and on different pitches.

CONTACT

Reach out for more information or to schedule an initial session!

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