



The Impact of Trauma on

Trans Femme Voices on HRT

Presenter Name:
Jae Carelli

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The Voice Study Centre

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BACKGROUND

- Identity and Voice / Gender and Identity / Transgender Voices
- “Negative Portrait” (Graham, 2019)
- How Discrimination and Violence impact trans voices
- Workplace: Trans voice certification / students / TRANScend
- Current social climate in the US

CDC's website is being modified to comply with President Trump's Executive Orders.

figure 1: cdc.gov

Insider Bias

- Non-binary vocalist
- 2 trans femme voice students
- Personal Connections - easy to find willing participants
- Worked with tutor to ensure that using personal connections was ethical

Ethical Concerns

- Disclosed potential triggers in the informed consent
- Providing mental health resources
- Disclosed identifiers may be at risk of disclosure

Research Question:

**How does previous psychological distress and trauma impact trans femme
AMAB (assigned male at birth) voices on HRT?**

Learning Objectives

GAIN INSIGHT ON HOW TRANS FEMME'S VOICES HAVE BEEN SILENCED

- **physiologically**
- **psychologically**
- **theoretically/socially**

personal learning objectives: to obtain a greater understanding of how transfemmes have been silenced and use that greater understanding to support my students in my professional practice.

Paradigm

Interpretist/Constructivist

Ontology

Relativist

Epistemology

Subjectivity

Theory

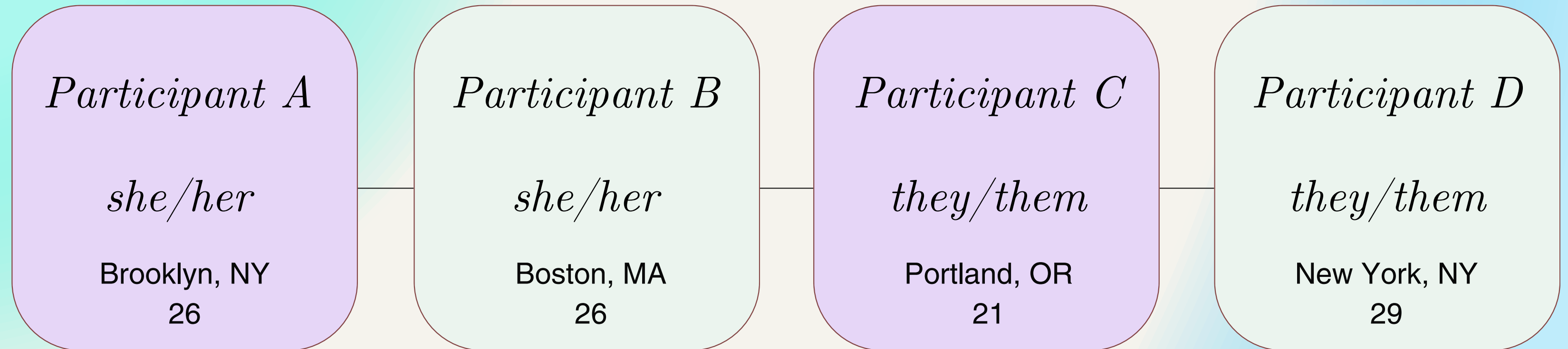
Critical/Gender Theory

Methodology: Mixed with emphasis on Phenomenological Qualitative

Clandinin (2006) says inquiring about the subject's narrative goes beyond the stories of the participants' experiences.

It also investigates the social systems and functions in which the individual exists within.

The Participants



Participants A and C had attempted voice and speech feminization therapy but stopped.

Participants were taking estrogen (estradiol), dutasteride, and progesterone.

INTERVIEW QUESTIONS

Inductive Reasoning

identity

perception of their voice

psychologically stressful discriminatory experiences

impact of that on their physical voice

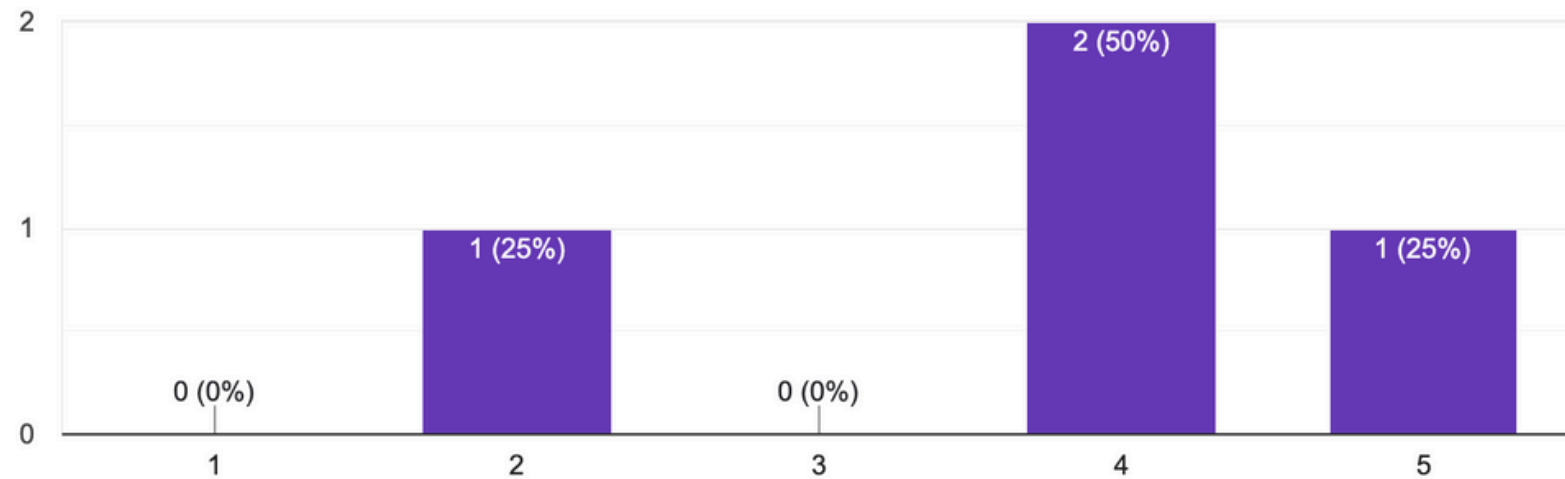
impact of that on their theoretical voice

Follow Up Questionnaire Results

On a scale from 1-5 how do you feel stressful experiences have impacted how you use your voice

[Copy chart](#)

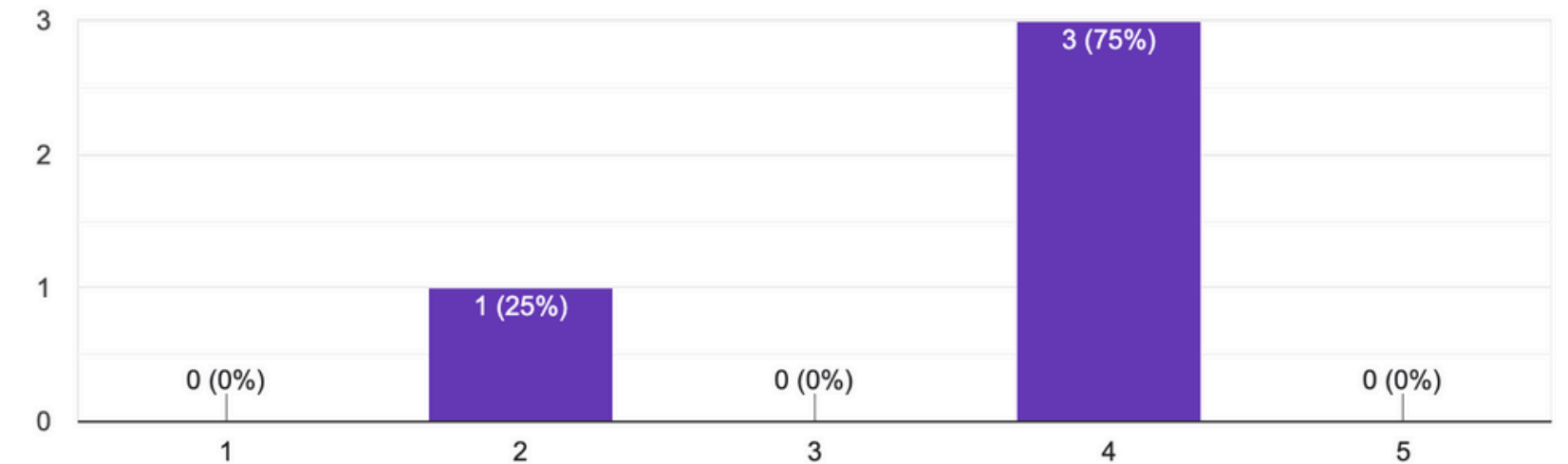
4 responses



On a scale from 1-5 how comfortable are you using your voice

[Copy chart](#)

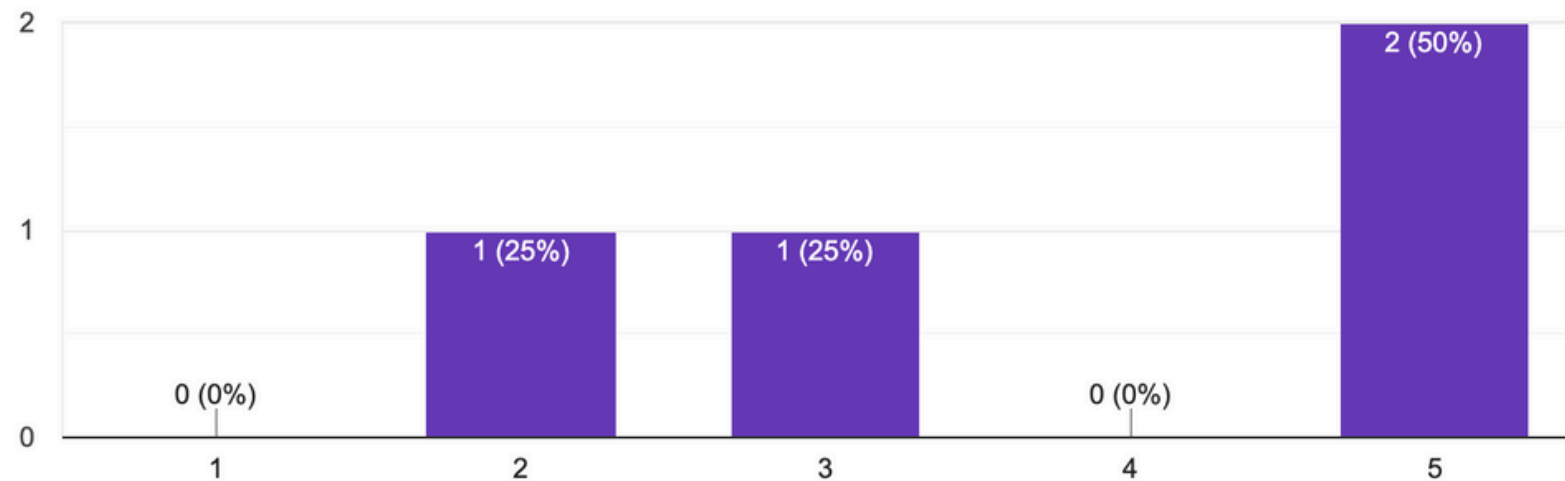
4 responses



On a scale from 1-5 how have these stressful experiences impacted your mental health?

[Copy chart](#)

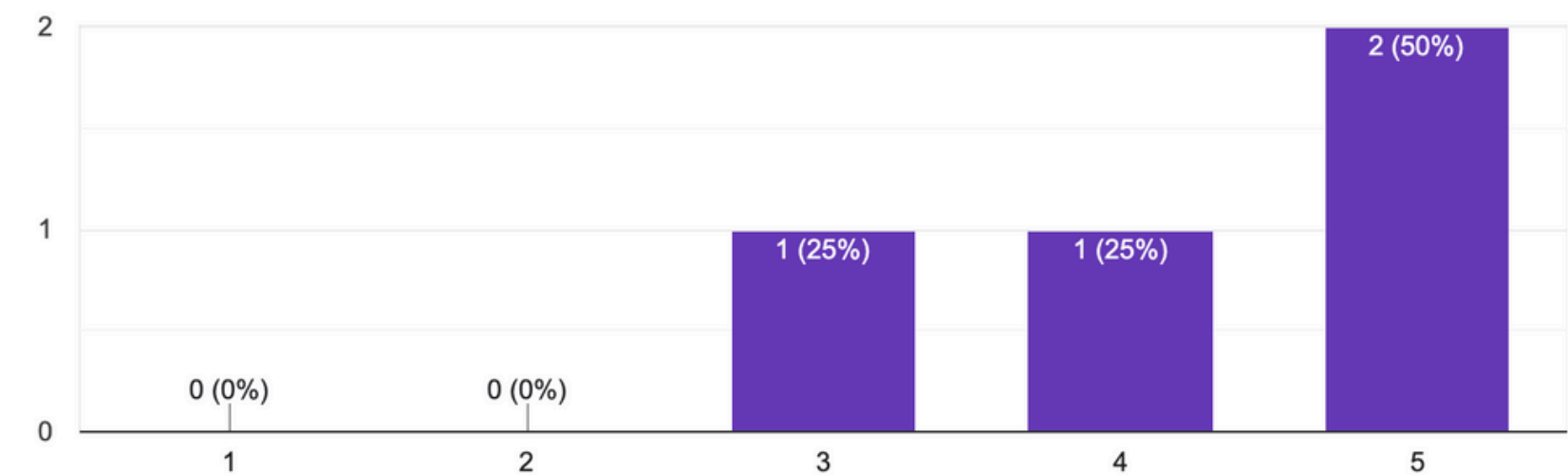
4 responses



On a scale from 1-5 how has HRT impacted your mental health

[Copy chart](#)

4 responses



Misogyny and Objectification

Safety Risks

Violence

Interview Findings

Mental Health Issues

Mental Burden

Intersectionality

Environment and Community

Analysis of Findings

Physical Voice

Exhaustion and Burden
Negative perception of voice
Violence and Safety

Theoretical Voice

Silencing inner voice
Social voice
Creative voice

Intersectionality

Race and Gender
*Employment and social
environmental impact*

“This is particularly distressing when we consider that the imposition of silence has historically been used as both a direct punishment and a deliberately degrading method of maintaining a social power dynamic.” (Graham, 2019)

Personal

- Understanding the complexities to support my students and clients
- Uplifting trans voices in a time of active silencing

Professional

- Impact of discrimination on the physical voice
- Impact of social silencing
- Considering the impact of voice feminization
- Filling the negative portrait and gap in knowledge

Limitations *in this study*

- drawing upon my community for participants
- age range was small

Recommendations *for further research*

- intersectionality and socio-economic background
- continuing to grow qualitative research on trans voices
- plan for direct studio application
- focus group to enhance findings

REFERENCES

Clandinin, D.J. (2006). Narrative Inquiry: A Methodology for Studying Lived Experience. *Research Studies in Music Education*, 27(1), pp.44–54.
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