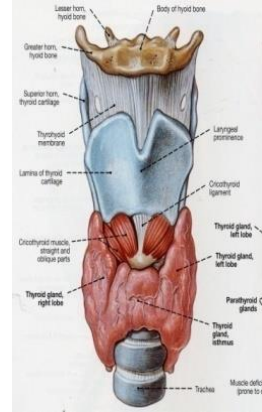
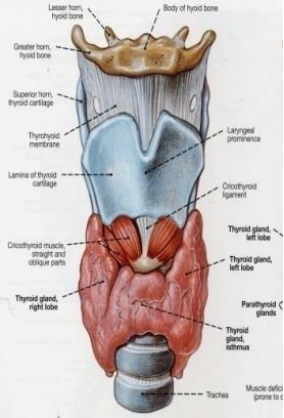


# HAMMS 2022

## THE MEDICAL VOICE CENTRE



# Anxiety, laryngeal muscles and voice symptoms

Jacob Lieberman Do MA

Reg osteopath and Psy. Therapist

[www.jacob-lieberman.co.uk](http://www.jacob-lieberman.co.uk)

# FACIAL EXPRESSIONS

## LAUGHING



1<sup>ST</sup> CENTURY VERSION



## ANGER



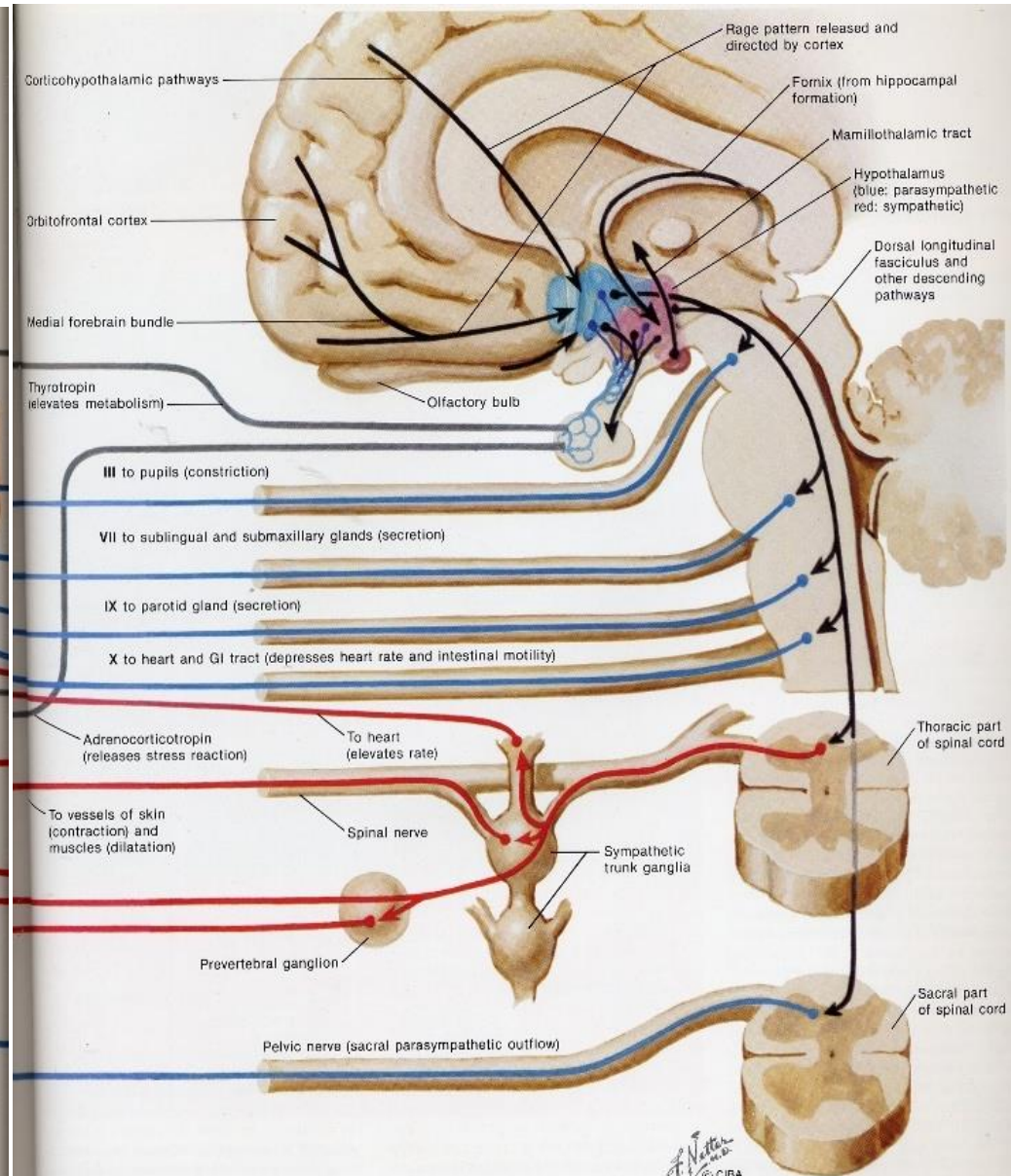
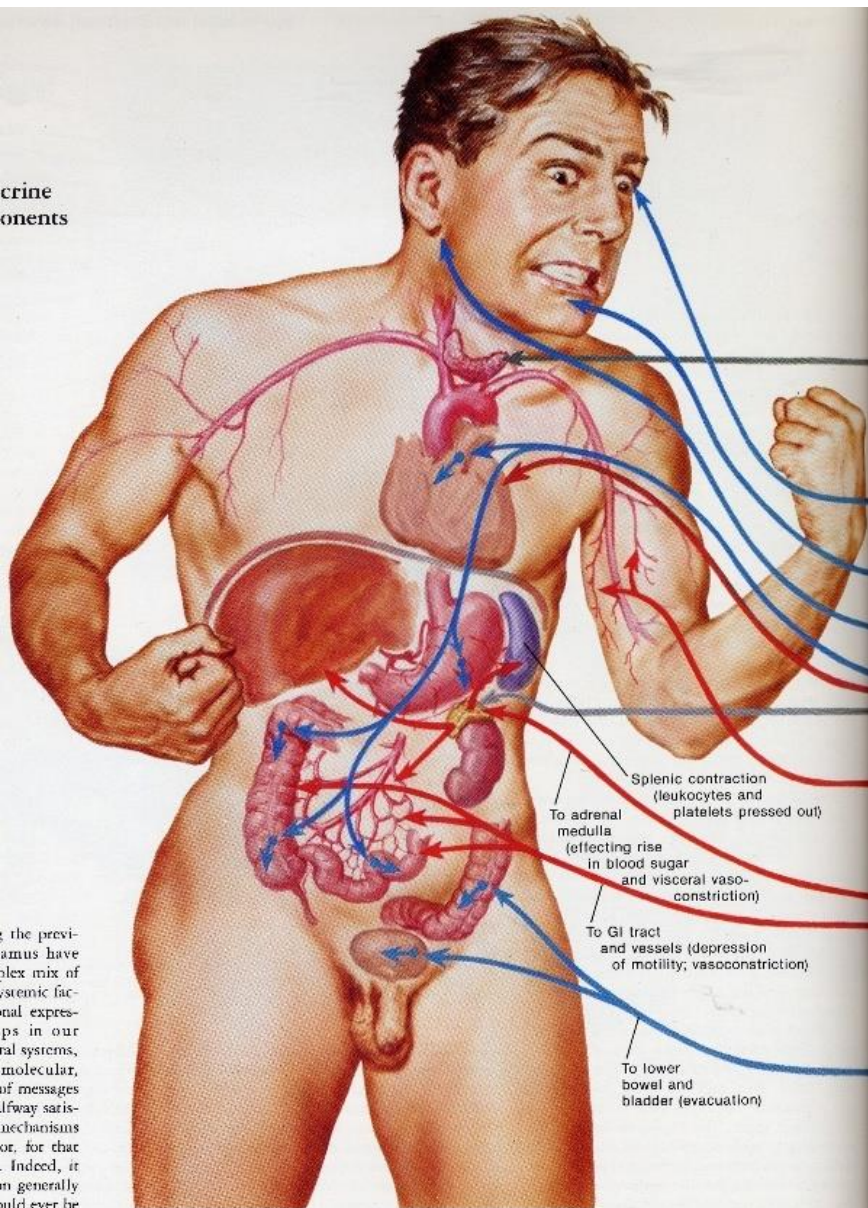
# THE LIMBIC RESPONSE TO A THREAT

EMOTIONAL STATE e.g. FEAR





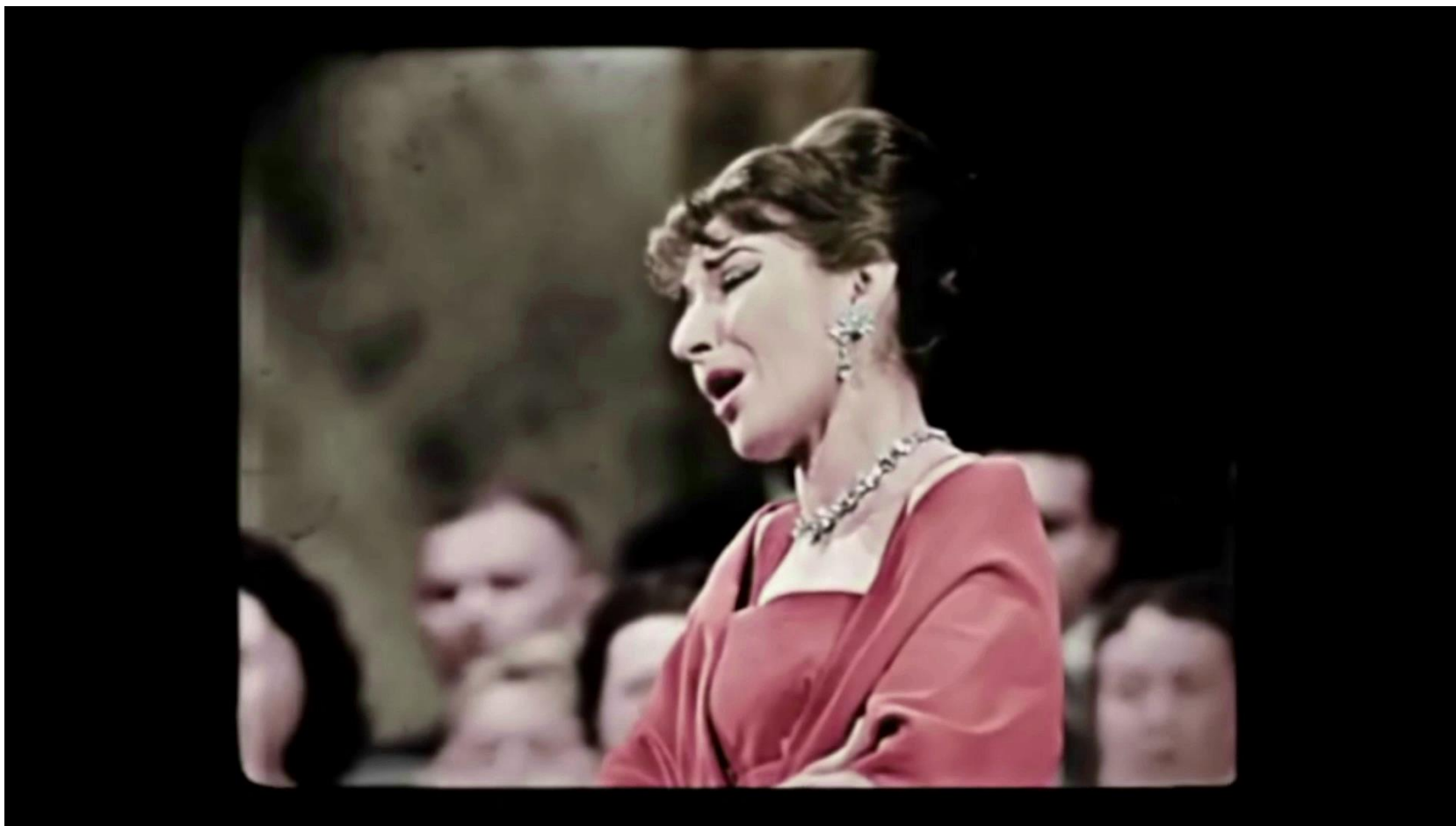
# THE NEUROLOGICAL RESPONSE TO A THREAT



# **LETS EXPLORE THE IMPACT OF THOSE MECHANISMS ON VOICE PRODUCTION**

- **IMPACT ON BREATHING**
- **IMPACT ON FREQUENCY (PITCH)**
- **IMPACT ON VOCAL TRACT (RESONANCE)**

# EXPECTED GOOD CONTROL ON AIRFLOW





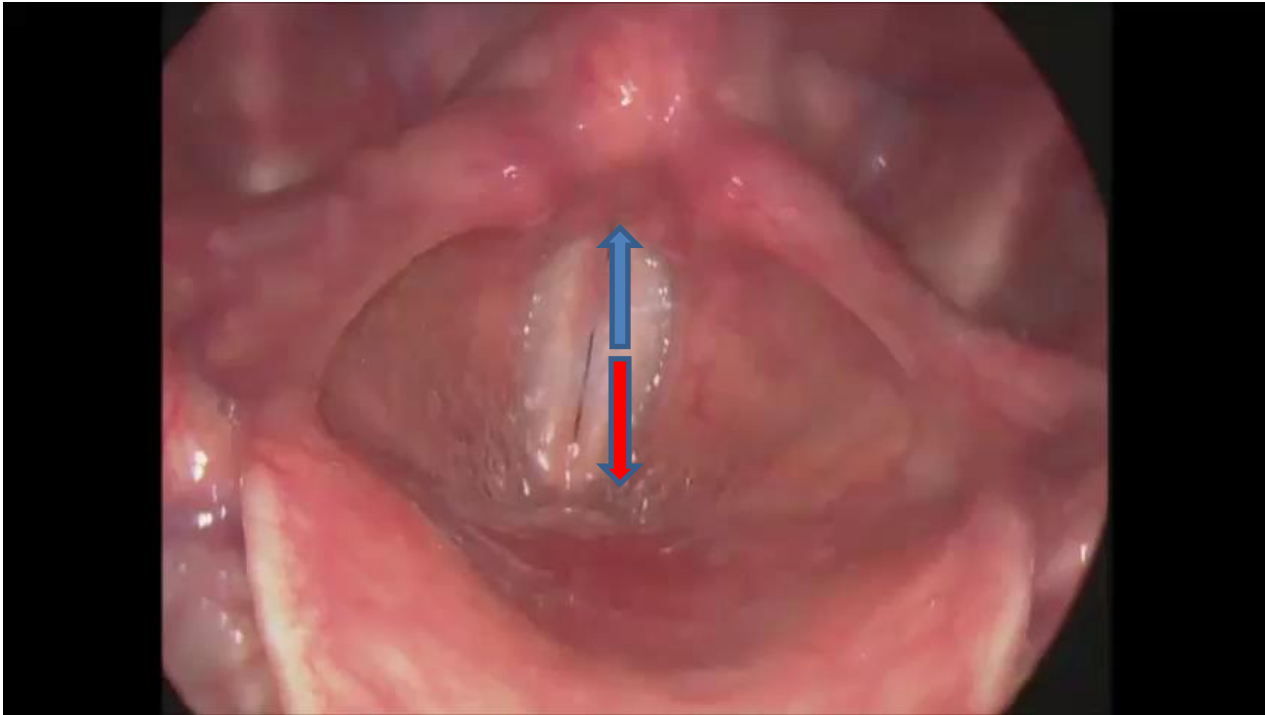
# IMPACT WHEN ANXIETY IS TAKING OVER



NOTE INHALE PHASE  
MUCH STRONGER  
THAN EXHALE PHASE

# EXPEXTED GOOD FREQUENCY CONTROL

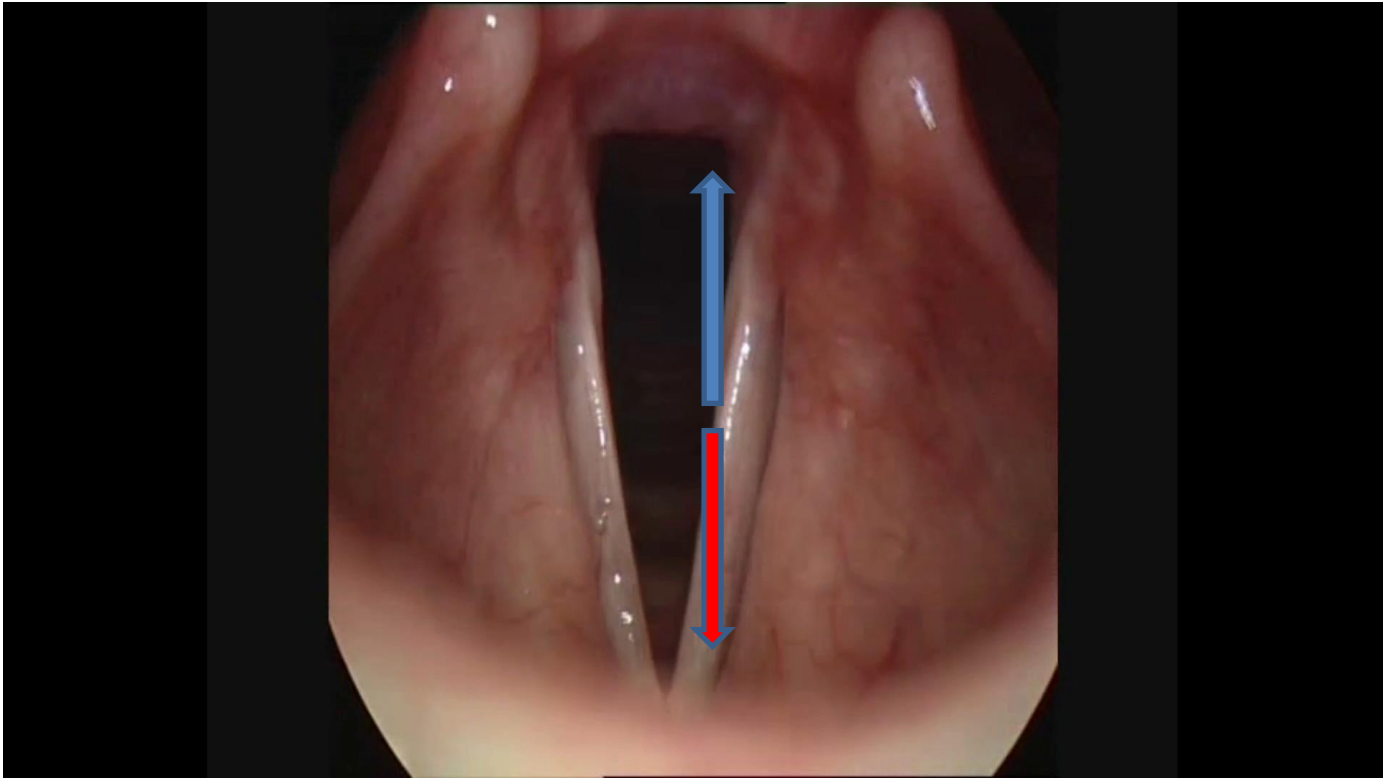
## NORMAL FUNCTION





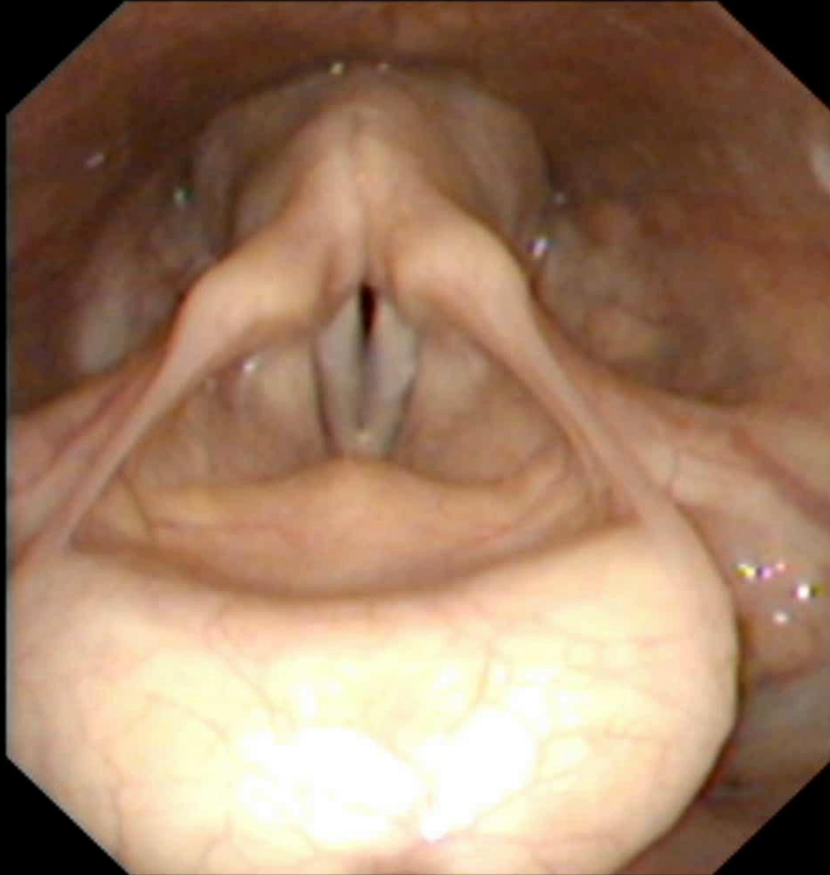
# WHEN ANXIETY TAKES OVER

## LOCKED CRICO-THYROID JOINT



# VOCAL TRACT ACTIVITY CLASSICAL SINGER

## NOTE FLEXIBILITY AND MOVEMENTS



**NOTE LOCKED LARYNGEAL MOVEMENT  
HIGH MUSCLE STRAIN**



# ADDING PSYCHOLOGICAL FACTORS TO THE DIAGNOSIS

**TIME-LINE TO SHOW  
A MIX OF EMOTINAL FACTORS  
AND MECHANICAL FACTORS IN  
A COMPLAINT**

**100%  
PSYCHOLOGICAL**

**100%  
MECHANICAL**





# **PROBLEMS WITH THE DIAGNOSIS OF STRESS**

- 1. UNLIKE ORGANIC SYMPTOMS THEY AREN'T TANGIBLE**
- 2. IT IS DIFFICULT TO QUANTIFY THE POWER OF THE MIND**
- 3. THE DIAGNOSIS OF "STRESS" DOESN'T HELP IN RESOLUTION**
- 4. SOCIAL STIGMA, RESISTANCE TO ACCEPT THE DIAGNOSIS**
- 5. SYMPTOMS OF MIND OVER BODY VARY AMONGST SUBJECTS AND CULTURES**
- 6. SYMPTOMS ARE DYNAMIC AD HOC , DEPENDENT ON CIRCUMSTANCES**
- 7. THERE ARE NO GOOD TOOLS TO EXPLORE THE HUMAN MIND**
- 8. WE MIGHT GET SAME RESULTS WITH DIFFERENT TREATMENT STRATEGIES**
- 9. DIFFICULT TO PREDICT OUTCOME OF TREATMENT, NONE LINEAR RELATIONS**
- 10. SYMPTOMS MAY ARISE FROM DIFFERENT ANATOMICAL AREAS**
- 11. "ITS ALL IN YOUR MIND" WHEN WE DON'T UNDERSTAND IS JUDGEMENTAL**

# **TWO GROUPS OF CONVERSION TRUE DISSOCIATION IN THE MIND**

**1. HI PITCH CONVERSION**

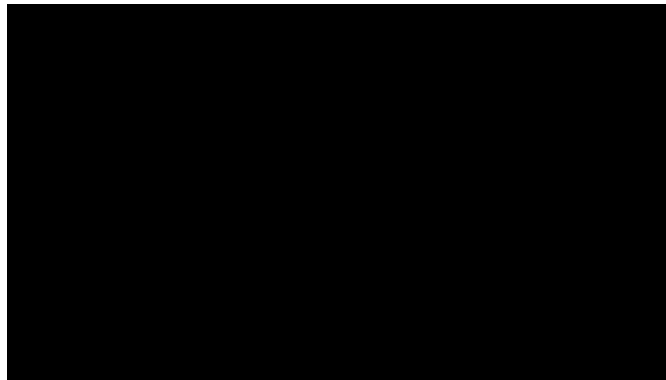
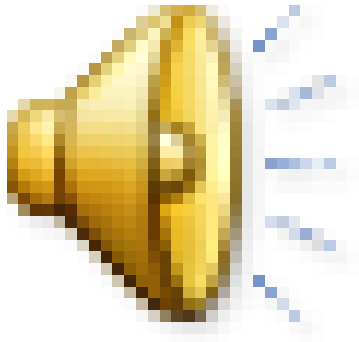
**2. APHONIA NO SOUND**

**THE FOLLOWING CLIPS TO SHOW**

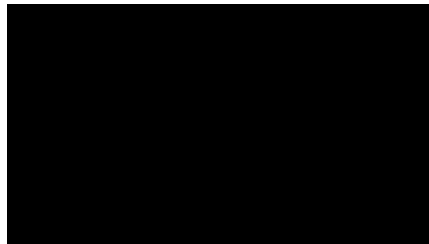
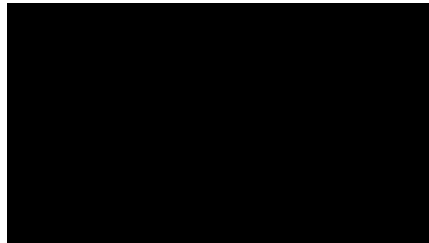
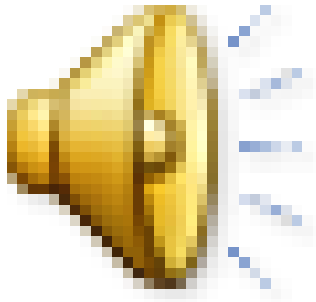
**1. THE POWER OF THE MIND OVER BODY**

**2. DIFFERENT TREATMENTS AND OUTCOME**

**HI PITCH CONVERSION  
NO VOCAL FOLD CLOSURE  
3 MONTHS**



# HI PITCH CONVERSION AFTER RELEASING THE MUSCLES

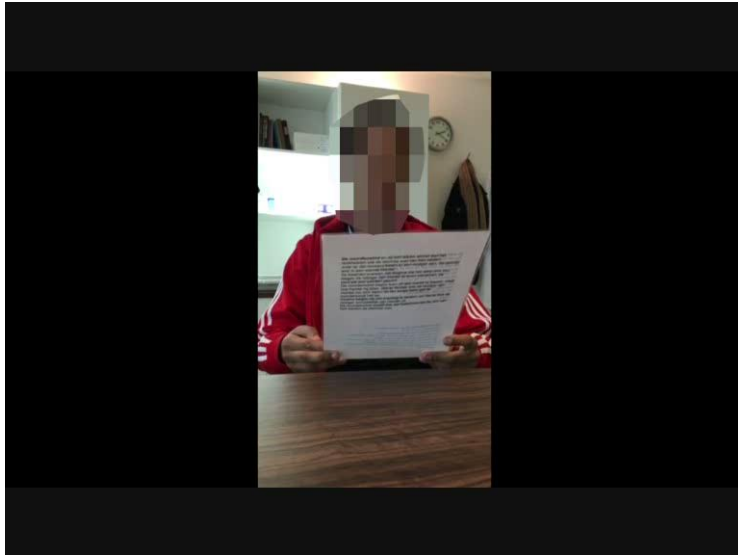




# APHONIA COMBINED WITH HI PITCH



# HI PITCH 6 MONTHS NO CHANGE



## **TIPS HOW TO EXTRACT PSYCHOLOGICAL FACTORS**

- 1. THE COMPLAINT IS VAGUE, THE PATIENT CONFUSING SYMPTOMS AND CAUSES**
- 2. INCONGRUITY BETWEEN SEVERITY OF LESION WHAT IS PT MAKING OF IT**
- 3. THE COMPLAINT DOESN'T MAKE PHYSIOLOGICAL SENSE: ppi takes the problem**
- 4. RECURRENT HISTORY OF VOICE LOSS FOR NO APPARENT REASON**
- 5. USE OF PSYCHIATRIC DRUGS AT PRESENT OR IN THE PAST**
- 6. ELEMENTS OF POST SURGERY post surgery on vocal folds / abdomen / chest**
- 7. POST TRAUMATIC DISORDER: "I witnessed a person in the street with cut throat"**
- 8. PREVIOUS SIGNS OF EATING DISORDERS, IBS**
- 9. SLEEPING DIFFICULTIES: waking up early morning with worrying/obsessive thoughts**
- 10. GRIEVANCE: any loss death in the family / loss of physical ability / even age**
- 11. PATIENT'S OWN BELIEF ABOUT THEIR PROBLEMS: I have no clue / stress : HOW**
- 12. CONFLICT ABOUT THE PT'S SITUATION: "I don't like the job but have to stay in it"**
- 13. COMBINATION OF FACTORS: middle age crisis and discovering betrayal of spouse**
- 14. EXCESSIVE DENIAL: "I am not worried" yet patient makes the appointment**
- 15. HYPERCHONDRIASIS**
- 16. RESISTANCE TO ACCEPT THE EXPERT OPINION: the pt has his diagnosis and ttt plan**
- 17. THE PATIENT DECLARES THEY DO EVERYTHING TO GET BETTER**
- 18. THE PT ARGUES OR IS NOT TAKING IN BY QUOTING THEIR SINGING COACH**

## **SOME PSYCHOLOGICAL MECHANISMS ASSOCIATED WITH**

- **IDENTIFICATION: THE PATIENT TAKES A SYMPTOM OF ANOTHER:** “my brother died of throat cancer”, “he was a smoker I’m not”
- **UNCONSCIOUS /CONSCIOUS PSYCHIC CONFLICT:** “I want my son to move on in life / he will leave me”
- **DENIAL MECHANISMS** “ I'm not worried!", “it only mildly bothers me”, “it is not psychological”
- **PTS CAUSING OVER ANXIETY ABOUT AIRWAYS e.g. DROWNING, CHOKING ON FOOD, BLUE BABY BIRTH**
- **ANXIETY ABOUT VOCAL FOLDS DAMAGE SEEING A PHOTO OF VF INJURY,RECOVERY POST OP**
- **THROAT CLEARING AS A FORM OF COMMUNICATION WHEN UNABLE TO TALK ABOUT FEELINGS**
- **HYPOCHONDRIA**
- **RESISTANCE TO CHANGE / REJECTION OF EXPERT OPINION**
- **OBSSESIVE THOUGHTS (I WAKE UP THINKING OF THE SYMPTOMS**



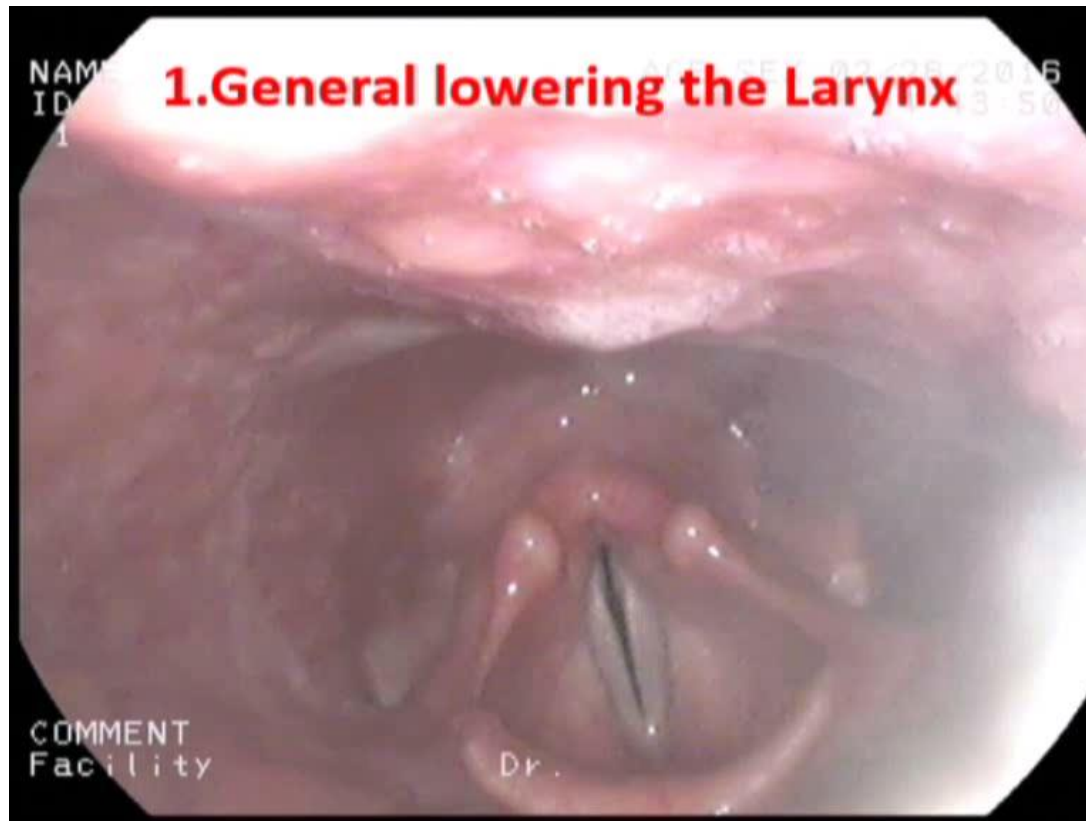
# WHY ALL THESE RELEVANT

- WORKING ON THE ASSUMPTION AND BELIEF
- FRAUD'S TALKING CURE
- BRINGING TO CONSCIOUSNESS  
UNCONSCIOUS THOUGHTS
- IMPROVING AWARENESS

# Conclusion when one gets it right

- I have been monitoring how I have got on since the session. All pretty fantastic....immediately after the session (on an empty tube train for two stops!) I was able to sing with an easy, gloriously toned voice. Each day after doing the exercises and ensuring as far as possible that I am not holding tension in my body, my voice is immediately there. It certainly works! You are truly a magician, and I am profoundly grateful.
- 
- The tongue root tension has released. I did not feel achy anywhere except a bit in the muscles across my shoulders on day 2/3. The 'actress' resonance is the crucial link for me combined with my full range, as it seems to have enabled me to embrace and allow back the feeling of a connection between me as an artist and my voice, and this is combined with a voice that I feel I can trust for the first time since nearly a year ago.

## REAL TIME SPECIFIC MANIPULATION



# PARADOXICAL LARYNGEAL MOVEMENTS

