



The Chinese University of Hong Kong  
 Department of Otorhinolaryngology, Head and Neck Surgery &  
 Institute of Human Communicative Research

## “Yell Well” Workshop 2009

### IF YOU WOULD LIKE TO

- Resolve vocal nodules in children by teaching them to “Yell Well”
- Enjoy the **power** of your voice
- Learn how to be **loud, safely**
- Train others to **project** their voices without damage
- Sing **tirelessly** in any contemporary singing style

**THIS 3 DAY WORKSHOP** is not for the faint-hearted! Expect fun, challenge, excitement and vocal liberation and all in a supportive and non-threatening environment. Two identical 3-day workshops (Workshop A & B) will be conducted over 6 consecutive days from 3<sup>rd</sup> to 8<sup>th</sup> September 2009. The workshops are intended for speech therapists and professional voice users.

***BOOK EARLY TO AVOID DISAPPOINTMENT AS NUMBERS ARE LIMITED***

	<b>Program</b>	<b>Date</b>	<b>Day of the week</b>	
<b>“Yell Well” Workshop</b>	Workshop A	3 <sup>rd</sup> – 5 <sup>th</sup> September 2009	Thursday – Saturday	
	Workshop B	6 <sup>th</sup> – 8 <sup>th</sup> September 2009	Sunday - Tuesday	
<b>Course Fee</b>	<b>On or before 17<sup>th</sup> July 2009 (Early Bird)</b>		<b>Full Fee</b>	
	<u>HK\$</u>	<u>US\$</u>	<u>HK\$</u>	<u>US\$</u>
	4,000	513	5,000	641
<b>Venue</b>	Prince of Wales Hospital, Shatin, Hong Kong			
<b>Organiser</b>	Department of Otorhinolaryngology, Head and Neck Surgery The Chinese University of Hong Kong & The Institute of Human Communicative Research The Chinese University of Hong Kong			
<b>Secretariat</b>	Rebecca Chan Tel: (852) 2632 3950 Fax: (852) 2648 4614 Email : speechtherapy@ent.cuhk.edu.hk			



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## “Yell Well” Workshop 2009

### Invited Faculty



**DR ALISON BAGNALL**  
Speech Pathologist  
Voice Specialist  
Certified Voicecraft Practitioner  
Feldenkrais Practitioner  
Churchill Fellow

*Alison, Founding Director - Voicecraft International Pty. Ltd., Speech Pathologist, Feldenkrais Practitioner & Churchill Fellow has worked with a wide range of voice professionals for over 20 years. Her restoration of voices in difficulty including those of the cast of 'Phantom' and that of the performer who went on to win the “Singer of the World” competition in Wales in 1991 has established her reputation as ‘Voice Therapist’ to those who perform on the international circuit. With the advent of videofiberoptic laryngoscopy, she established the first Voice Clinic in Australasia at the Australian Craniofacial Unit in Adelaide in 1983. In Adelaide, Alison conducts a clinical practice for those with voice disorder and has been awarded a PhD from the Centre for Sleep Research, UniSA, for her research into the impact of fatigue on the voice.*

**THE CHILD** who yells and screams and develops hoarseness and even vocal nodules needs to learn how to produce a loud voice safely. Once the child learns how to belt, the nodules resolve and the yelling can continue without the risk of recurrence.

**MANY PEOPLE** yell but do not hurt their voice. Children scream in the school yard, market sellers and spruikers bellow their wares and beltors from Ethel Merman to the Tina Arena and famous Broadway artists produce piercing voices with no difficulty.

**THE OBJECTIVE** of this 3-day Workshop is to offer that part of the VOICECRAFT MODEL which focuses on the development of the loudest voice with application to voice therapy and contemporary singing with its essential brilliance and panache.

**“BELTING”** places special demands on the vocal mechanism. Traditional voicing techniques and singing do not apply. Voicecraft techniques can teach you how to belt by developing the essential vocal tract skills for high intensity vocalisation. Expect fun, challenge, excitement and vocal liberation, all in a supportive and non-threatening environment.

**ALL WILL BE ASSISTED** individually and in group sessions to develop this most exciting voice skill and experience the challenge of teaching it to someone else.

# "Yell Well" Workshop 2009

## Daily Schedule

### Day 1 Programme

<u>Time</u>	<u>Description</u>
08:45 - 09:00	Registration
<b>Morning</b>	
09:00 - 09:45	Introductions, housekeeping, establishing safety, punctuality, active listening, mutual support, diffusing fear.
09:45 - 10:15	Belting - what is it?
10:15 - 10:30	The first yell - how is it experienced?
10:30 - 10:45	Break
10:45 - 11:30	Constriction and release of laryngeal constriction
11:30 - 11:40	Newton's Apple
11:40 - 12:00	Practising release of constriction
12:00 - 13:00	Larynx and the effect of tilting the larynx in both directions
13:00 - 14:00	Lunch provided
<b>Afternoon</b>	
14:00 - 15:00	Initiation of the tone
15:00 - 15:30	Making a larynx
15:30 - 15:45	Break
15:45 - 16:30	Velar port control
16:30 - 17:00	Speech Quality in singing with release of constriction, initiation of the tone and velar port control variations

### Day 2 Programme

<u>Time</u>	<u>Description</u>
08:45 - 09:00	Registration
<b>Morning</b>	
09:00 - 09:30	Recap
09:30 - 10:00	Magnitude estimation - the handclasp, giving it the number
10:00 - 10:30	Head and neck anchoring
10:30 - 10:45	Break
10:45 - 11:15	Putting the muscles on the skeleton
11:15 - 12:30	Torso anchoring
12:30 - 13:00	Anchored speech, anchored singing
13:00 - 14:00	Lunch provided
<b>Afternoon</b>	
14:00 - 14:45	Teaching release of constriction in threes
14:45 - 15:30	Vocal tract short and long, raising and lowering the larynx, sirening (video)
15:30 - 15:45	Break
15:45 - 16:15	Tongue control
16:15 - 16:45	Twang, speaking and singing in Twang Permutations of Twang, Speech Twang and Falsetto Twang
16:45 - 17:00	Preparation for Master Class

### Day 3 Programme

<u>Time</u>	<u>Description</u>
08:45 - 09:00	Registration
<b>Morning</b>	
09:00 - 09:30	Recap Twang
09:30 - 10:30	Quiz
10:30 - 10:45	Break
10:45 - 11:45	Belting, group and individual
11:45 - 12:30	Moving the Belt around
12:30 - 13:00	Belting in singing Dayo and Go Tell It On The Mountain/He's Got the Whole World
13:00 - 14:00	Lunch provided
<b>Afternoon</b>	
14:00 - 14:30	Belting in Singing – Cabaret
14:30 - 15:00	The evidence for safe Belting
15:00 - 15:15	Teaching a child to Belt
15:15 - 15:30	Break
15:30 - 16:45	Master Class
16:45 - 17:00	Evaluations/Certificates



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**“Yell Well” Workshop 2009 – Registration Form**

This Workshop extends over three full days. The group dynamics are disadvantaged if people leave early. It would be appreciated if people registering would commit themselves to the full three days.

*Workshop numbers are limited so that everyone may receive individual attention to ensure mastery of every vocal manoeuvre.*

**\*\*\*\* Deadline: 17<sup>th</sup> July 2009 (Early Bird) / 17<sup>th</sup> August 2009 (Full Fee) \*\*\*\***  
**Registration is on a first-come, first-served basis**

Name : #Prof. / Dr. / Mr. / Ms. (#delete as appropriate) \_\_\_\_\_

Institution : \_\_\_\_\_

Address : \_\_\_\_\_

Tel. No. : \_\_\_\_\_ Mobile No. : \_\_\_\_\_

Fax No : \_\_\_\_\_ E-mail : \_\_\_\_\_

**Registration Category** (Please “√” where appropriate.):

Course Fee		Workshop		HK\$	US\$
		On or before 17 <sup>th</sup> July 2009 (Early Bird)	<input type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> 4,000
Full Fee	<input type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> 5,000	<input type="checkbox"/> 641	

**Payment Method**

A bank draft for HK\$ / US\$ \_\_\_\_\_ made out to “The Chinese University of Hong Kong” is enclosed.  
 (Personal cheques are acceptable for HK residents only)

Please debit my credit card:  
 Type: #Visa / #Master (#delete as appropriate)  
 Name: \_\_\_\_\_  
 Card No.: \_\_\_\_\_  
 Expiry Date: \_\_\_\_\_ Amount: HK\$ / US\$ \_\_\_\_\_

Signature: \_\_\_\_\_

Please complete the form together with your cheque made payable to “**The Chinese University of Hong Kong**”, and return to:  
**Secretariat – Yell Well Workshop 2009, Department of Otorhinolaryngology, Head and Neck Surgery, The Chinese University of Hong Kong, Prince of Wales Hospital, Shatin, N.T., Hong Kong**

- ◆ Please complete registration form in BLOCK LETTERS and return with appropriate fee to the Secretariat. (We accept fax registration for credit card payment.)
- ◆ Should the programme scheduled have to be cancelled due to the Black Rainstorm Warning, the hoisting of typhoon signal No. 8 or above or other unforeseeable circumstances, the organiser shall try to re-schedule the programme whenever possible.
- ◆ No registration fees shall be re-funded to delegates after confirmation of registration.
- ◆ All participants should follow the presenter’s recommendations while engaging in vocal practices to avoid any vocal injury.