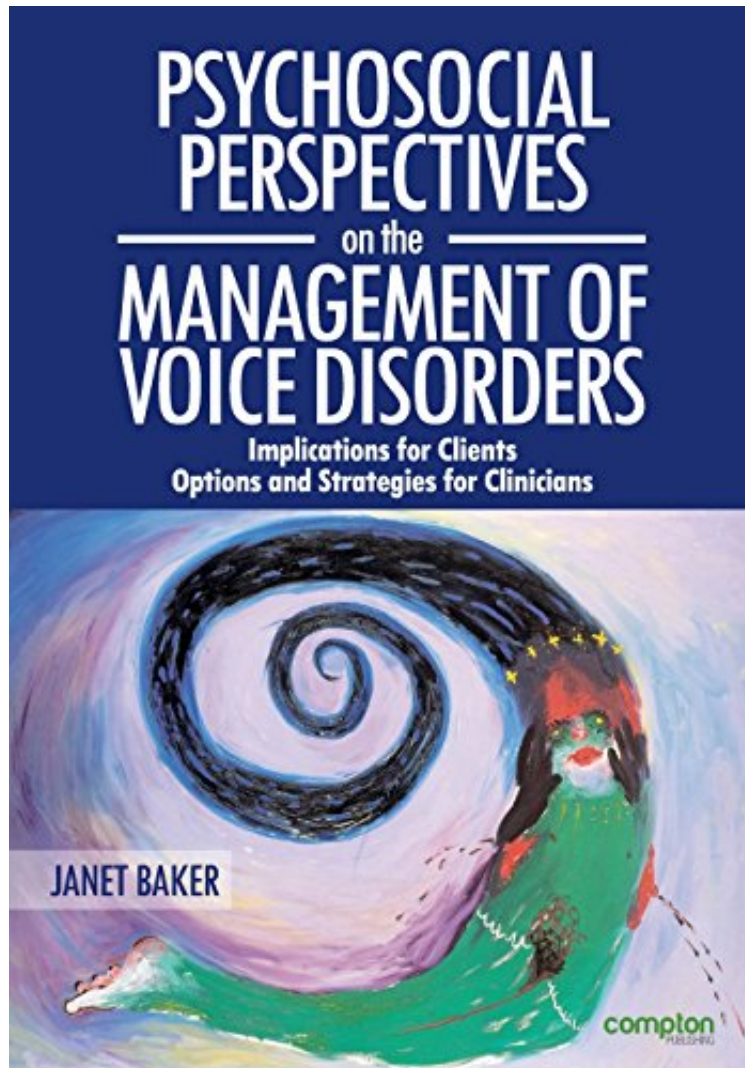


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## **Psychosocial Perspectives on the Management of Voice Disorders: Implications for Patients and Clients. Options and Strategies for Clinicians**

*Janet Baker*

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## Patients and Clients. Options and Strategies for Clinicians:

Jan Baker, a world-renowned expert in this field, clearly, succinctly, and authoritatively presents clinical and empirical evidence for psychosocial factors related to the onset, aggravation, and outcomes of functional and organic voice disorders, and offers treatment strategies and approaches that are centred not only on traditional approaches to voice therapy, but also incorporate and demonstrate appropriate models of counselling. Rigorously researched and reviewed, the book is divided into two parts. The first features overviews of various models of counselling and psychotherapy, with particular emphasis on the principles of systems theory and family therapy practice. Psychosocial factors that become evident during the different stages of voice therapy are discussed, including ways in which these issues may shape the therapeutic process and influence longer-term outcomes. In the second part, Dr Baker presents practical guidelines for speech-language pathologists to integrate appropriate counselling strategies in their voice work, with clinical vignettes to illustrate and support these approaches. These strategies are presented in a way that is in keeping with the professional scope of speech and language pathology practice, with criteria for recognizing the need for supervision, collaboration with other mental health professionals, or referring on.

'This great book offers riches of the mind and heart to anyone working with the disturbed voice. Jan Baker's writing is comprehensive, erudite, original, accessible and eclectic. The book offers a thorough theoretical background, and clear ideas for working with clients who have a voice disorder; her approach superbly blends art and science with the humanity that joins them'. Christina Shewell Speech and Language Therapist; Theatre Voice Coach and Teacher; Honorary Lecturer, University College London; and author of *Voice Work: Art and Science in Changing Voices* This book represents a major contribution to the field of voice. It is special in its devotion to broadening our understanding of psychogenic voice disorders and the psychological skills and approaches required in their therapeutic management. Jan Baker has succeeded in giving us a rich and inspiring text that no voice practitioner, whether student, researcher or clinician, should be without. From the Foreword by Annie Elias FRCSLT Consultant Speech and Language Therapist in Voice and Author, *Understanding and Treating Psychogenic Voice Disorder: A CBT Framework* (with Peter Butcher and Lesley Cavalli) 'Janet Baker inspires, challenges and clarifies. This unique and important book reflects the skill, experience, intellectual rigor and brave generosity of spirit, which have marked her career as therapist, teacher, mentor and academic. A gift to all practitioners involved in the care of individuals with voice disorders.' Johanna Flavell BA. BAppSc (Speech Pathology) Hons. Voice Consultant in private practice; Senior Speech Pathologist, Voice Analysis Clinic and Botox Clinic for Spasmodic Dysphonia, The Queen Elizabeth Hospital, Adelaide About the Author Adjunct Associate Professor Jan Baker is a speech pathologist and family therapist with post-graduate qualifications in psychotherapy. She studied classical singing through the Elder Conservatorium for over 10 years and has enjoyed performing as soloist in the mezzo soprano repertoire of recital and oratorio. Jan has specialized in the area of voice and counselling for over 40 years and is a Fellow of Speech Pathology Australia (SPA). Jan was one of a small group involved in establishing the Australian Voice Association (1991) and she has been the president on two occasions. She has served as a member of the Scientific Committee - Voice for the International Association of Logopedics and Phoniatics; a member of the Fellowships Committee for SPA; a member of Trust Fund and selection committee for scholarship offered by the International Federation of University Women in SA; and has been appointed as a Medical Expert for the Expert Panel of the Lifetime Support Authority by the Minister of Health. Jan was the inaugural lecturer for Bachelor of Applied Science in Speech Pathology at Sturt College, now Flinders University, and she has taught at undergraduate and post-graduate levels in Australia and overseas. After completing her Ph.D. in 2006, Jan was appointed as Associate Professor and Co-ordinator for the Graduate Entry Master of Speech Pathology at Flinders University from 2007-2011. She has presented at many national and international conferences seeking to integrate and share her knowledge in the practices of speech pathology, psychotherapy, family therapy and professional voice. Jan's clinical work, research interests and publications have been focused on the etiology and management of functional and psychogenic voice disorders, on working with the professional singers and understanding the psychological processes involved in the therapeutic relationship. Jan continues to teach nationally and internationally, and to supervise research in the areas of voice and counselling. She now offers services as Consultant in Voice and Supervision of Professional Practice to speech pathologists and mental health professionals throughout Australia and from overseas.