

Sympathetic/Parasympathetic Balance: Increasing Readiness in Voice Care Spaces

Presented by Carol Krusemark

Those seeking voice care sometimes come into the voice studio with anxiety, depression, even underlying trauma. We can struggle to know how to best help them in "messy" moments. Sometimes we struggle to maintain our own equilibrium when a student is experiencing heightened emotion. This interactive workshop will introduce concepts of co-regulation, autonomic nervous system activation, and strategies to impact sympathetic activation, in order to enhance student (and teacher) readiness for voice work. Small and large group participation in co-regulation, grounding, breathwork, and movement strategies will take place, with suggestions for how to enfold strategies into voice work in the studio.



Carol Krusemark is a voice-specialized speech/language pathologist at Massachusetts General Hospital Center for Laryngeal Surgery and Voice Rehabilitation. Current clinical focus includes rehabilitation of the speaking and singing voice, the impact of trauma on the professional and emerging vocalist, and trauma-informed care in voice therapy, the vocal studio and clinical supervision. She has worked in a variety of settings, including hospitals, out-patient clinics, schools, and military treatment facilities, with clients across the lifespan. As a vocalist and former voice teacher, she brings her understanding of voice terminology and technique to her work with vocalists, while her speech pathology background informs her understanding of vocal function.