

(Ebook free) Free to Speak II: Successful Long Term Management of Spasmodic Dysphonia: Holistic Voice Rehabilitation

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Connie M Pike M.A.

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Connie M Pike M.A. : Free to Speak II: Successful Long Term Management of Spasmodic Dysphonia: Holistic Voice Rehabilitation before purchasing it in order to gage whether or not it would be worth my time, and all praised Free to Speak II: Successful Long Term Management of Spasmodic Dysphonia: Holistic Voice Rehabilitation:

2 of 2 people found the following review helpful. Helpful tools from a speech pathologistBy little red henThere are a

number of resources out there that aim to help SD patients. The thing that sets this one apart (along with Connie Pike's first book, which is also exceptionally helpful) is that Connie Pike is a speech pathologist who has SD. The book, therefore, reflects the expertise of a seasoned professional and the understanding of a fellow SD sufferer. Both books would be worth the purchase if only for the exercises offered toward the back of the books. If you're on a limited budget and wondering what to purchase, I'd pick both of Connie Pike's books over anything else that's out there. When botox failed for me, Connie's books offered me concrete help I did not find elsewhere. But be aware, the things she suggests require consistent effort and discipline. This is not a one size fits all magic pill, but a banquet of ideas and exercises that require the patient to commit to a long term effort to relax and work on the voice. If you can do that, these two books will offer you both tools and help on the journey.

4 of 4 people found the following review helpful.

There is Hope for Healing from SD By Kathleen A. Fjelstul Reviewed by Karen Hanson For people who suffer from Spasmodic Dysphonia (SD), a rare condition in which spasming vocal cords choke off voice production, life can be very lonely and frustrating. We are often unable to engage in normal conversation, talk on the phone, or be heard in a noisy restaurant. SD impacts our lives and work in drastic and debilitating ways. We are told there is no cure and that our only viable option is injecting botox into the vocal cords. This relaxes the vocal cords and usually allows a smoother, if softer and airier, voice, at least for a few weeks, and then another series of injections is required. This book describes an alternative, holistic path to healing from Spasmodic Dysphonia (SD), forged from years of 'compassionate, patient-centered care by a multidisciplinary team of 'healers. That the team is led by Connie Pike, a speech therapist who 'herself had rehabilitated her voice after suffering from SD, and that 'Connie and her team have helped over 120 SD sufferers in the past five 'years, speaks volumes about this holistic approach. SD, a focal 'dystonia of the laryngeal muscles which results in a strangled, 'broken, dysfunctional voice, is considered to be a 'neurological condition and there is no cure for it. The gold standard 'treatment consists of botox injections into the spasming muscles, which works, more or less, for a few weeks to a few months but often has side effects 'and requires re-injections every few months for the rest of your life. "Many SD sufferers find Connie Pike's Intensive Holistic Voice 'Rehabilitation Clinic - just as I did - via internet research. In late '2006, she had compiled some successes with patients and, in her first book and on her website, she told her own story, detailed the experiences of some of her first patients, and shared current information about SD and treatment modalities. She described her Clinic, held in her own home with some of the same team of professionals that had helped her in her voice rehabilitation, and invited SD sufferers to come. It is a patient-centered clinic, joining with and learning from others on a similar journey. As Connie put it, "It's important to view your recovery as a healing journey that is your own." The clinic has the goal of "incorporating body, mind and spirit into a self-discovery of a new way of living, which leads to a new way of speaking." I had lived with SD for five years, doing voice therapy, botox injections, and three surgeries, and being nearly unable to function in my work. I was determined to get to one 'of Connie's clinics. With the help of my family, I was able to go. I had a breakthrough experience in that clinic. I learned that I was not alone, I learned that there is hope, and I learned a combination of modalities that worked for me in producing more effortless voicing. Full recovery eludes me, probably because of the surgeries. My voice is not fully resonant and I can't sing. But I can function in my work and in my life and my frustration and anxiety have mostly dissipated. I am one of the Clinic's success stories and many patients have experienced a much fuller recovery than I. Simply stated, the holistic approach to recovery from SD works.

Free to Speak II is an account of Connie's story, the Clinic, and its patients through five years of this healing journey. It is also an account of Connie's "calling" to this work, her sense of mission and purpose in helping people with SD find their healing path by engaging body, mind and spirit. It is honest, respectful, and hopeful. It is my hope that both patients and medical professionals will embrace the wisdom of this kind of holistic path in recovery from SD and many other health challenges.

0 of 0 people found the following review helpful.

Excellent resource for Spasmodic Dysphonia sufferers By Pam I suffer from Spasmodic Dysphonia. I don't have a bad case of it, thank goodness, but enough to be noticed by others. I do not like to take drugs, and especially don't like Botox injections in my vocal cords - and Botox is the typical treatment for my condition. This book is written by a speech therapist, who ironically, also suffers from SD. She understands what we are going through, and tested her treatments on herself first, before writing the book. Her treatments are holistic, and certainly harmless enough to give them a try. I haven't finished reading the book, but so far it involves breathing exercises. I'm sure there are more things to try, and I look forward to doing so. It would be nice to minimize my disorder, or control it better with natural methods.

This follow up to *Free to Speak: Overcoming Spasmodic Dysphonia*, 2005, is solid proof that the model works. The possibility of re-grooving voice production beyond the prison of SD to freedom in voicing is demonstrated in case studies and backed up by efficacy data. This book is a must have for anyone suffering from SD or serious voice dysfunction and the professionals who treat them. Therapy tips and strategies are outlined so the book can guide the patient, perhaps in collaboration with their therapist, to become free to speak again.

About the Author Connie Pike, M.A., CCC-SLP, has practiced Speech and Language Pathology since 1981, and is

certified by the American Speech and Hearing Association. In late April 2004, after several years of unrelenting stress, Connie developed a throat infection which severely affected her voice. In August 2004, with her voice continuing to deteriorate, she was diagnosed with Spasmodic Dysphonia (SD), described as a rare, incurable neurological condition affecting the voice by causing spasms in the muscles of the larynx. Connie felt she was in a voice prison, as her voice became progressively more strained and strangled. Connie was unable to speak on the phone, work as a speech therapist, or even order her food in a restaurant. The only treatment offered was that of botulinum toxin injections into the spasming muscles, a treatment that was reported to be temporary and inconsistent. Connie's belief in the body's ability to heal itself led her on a journey of voice recovery. Using voice techniques from the masters in science and the arts, Connie found a new groove for her voice. The change was so profound that she was led to share what she had learned with others suffering from this devastating disorder. She described her journey in her initial book, *Free to Speak: Overcoming Spasmodic Dysphonia*, 2005. Since that time, Connie has provided voice rehabilitation to hundreds of SD patients, with good success for significant improvement and improved control over the voice. *Free to Speak II* includes 36 case studies. A discussion of the holistic voice rehabilitation model and a theoretical discussion of the possible role of neuroplasticity in re-grooving the voice are included. The program is outlined, with suggested areas of treatment and exercises. While Connie does not claim to be cured of this disorder, as the perceptual symptoms can wax and wane, she is in control of her voice and refuses to let it control her. She intimately understands the interplay of perceptual symptoms, overcompensations, and the mindbody aspect that makes this disorder so complex to treat. As she works through her own occasional voice challenges, she learns more about the disorder. As a wounded healer, Connie has a passion for using her experience to make the world of SD a more hopeful place, and to guide those with SD and the professionals who treat them in the utilization of a holistic voice rehabilitation approach.