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Speak Up!: How Trauma Effects the Singing Voice

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Speak Up!: How Trauma Effects the Singing Voice

While our understanding of the long lasting physical and psychological effects of trauma are slowly expanding, the subject often remains taboo within the singing community. The subject can be affronting and is often eagerly avoided by classical musicians and institutions. As singers who are directly impacted by trauma, we understand the difficulty of navigating these issues within a culture of silence. There are two critical questions that remain unanswered: How does trauma inform a singing student's learning experience and their relationship with their body and voice? And how is the experience of live performance different for those who have experienced trauma?