



# Join us!

at the  
Center for Contemplative Studies



Saturday Seminar, 24 June 2023, 10 to Noon

Join us online! Register today

## Mindfulness for People with Voice Disorders



Catherine K. Brown is a private singing voice teacher in Downingtown, PA, and a Graduate Student in Applied Mindfulness at West Chester University. She has presented two posters on mindfulness and voice at the Voice Foundation's 52nd Annual Symposium: Care of the Professional Voice in Philadelphia on June 1, 2023, and has a paper in preparation. Her study is continuing and expanding, adding the analysis of voice recordings of participants.

Register now: [dmccown@wcupa.edu](mailto:dmccown@wcupa.edu)

### Hear the results of one of the first studies of mindfulness in this field!

People with voice disorders often experience high stress levels, social and emotional isolation, and the loss of work opportunities, sense of self, and ability to communicate. Results from a tailored, 8-week course suggest that mindfulness can reduce stress, lower voice handicap scores, and improve quality of life. Come learn the details and hear where studies are headed next. This study was started in the Graduate Certificate in Applied Mindfulness program.

