

# Dinjes Inc

10801 Fairford Ave  
Downey CA, 90241  
Tel: 562-335-3049

## Dinjes Inc. Continuing Education Seminar

COURSE: Music Therapy Workshop In Prevention Of Interpreter's  
Voice Problems Or - Voice Care For Interpreters

DATE:

TIME: 9:30 am – 4:00pm

LOCATION: 5418 Deane Ave  
Los Angeles CA 90043

FORMAT: 6 Hours of Instruction

INSTRUCTOR: Pablo Suñé MTBC

E-MAIL: [pablosune@yahoo.com](mailto:pablosune@yahoo.com)

Website: [www.dinjesce.com](http://www.dinjesce.com)

### PROGRAM DESCRIPTION

This workshop, instructed by Pablo Suñé, Board Certified Music Therapist, will offer interpreters, the opportunity to understand the causes of voice care problems related to misuse in the professional practice. Interpreters will also have an opportunity to participate in progressive muscle relaxation and diaphragmatic breathing exercises as well as analyzing their voices in the recording studio. In this workshop, interpreters will acquire the basic skills to prevent voice problems.

Many interpreters in California who already attended our "Voice Care for Interpreters" class have been experiencing the benefits of participating in this continuing education seminar that we offer since 2013.

In this new workshop, we will have more time to enjoy this wonderful workshop enjoying more activities, warm-ups, progressive muscle relaxation, intercostal breathing exercises, and our favorite part of the seminar: analyzing your voice in our recording studio. You will have the opportunity to analyze your voice in a recording studio as you play fun and educational activities with your colleagues.

If you never took this class before, we guarantee you will have a great educational experience, having a great time with your co-workers, and acquire the understanding to identify the challenges of vocal productions and apply basic voice care skills on your daily practice.

If you already attended our "Voice Care for Interpreters" class, this new one, approved by your State Court, will be right class for practicing and reinforcing the skills we have been working on before.

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Singers, actors, lawyers, teachers, interpreters, public speakers and broadcast journalists have one thing in common: They rely on their voice.

Whether in a concert hall, a theater, sound stage or in court, professionals whose livelihood depends on their voice must take special care of their instrument. Voice disorders are conditions that impair the production of speech to affect quality, pitch or intensity of speech sounds. When someone becomes hoarse because of overuse of the voice or an illness such as bronchitis, he/she is experiencing the most common type of voice disorder. Voice is produced when air passes through the vocal cords, causing them to vibrate and produce sound. Voice disorders usually are caused by problems with the vibration of the vocal cords.

Vocal abuse, the straining or overuse of the voice, is a typical voice impairment. Vocal abuse can create many voice disorders, including vocal cord nodules and polyps.

Using appropriate vocal techniques is an effective strategy to maintain interpreter's vocal cords healthy. This class will focus on providing interpreters, tools, and strategies they can use to keep their voice strong and healthy.

## **LEARNING GOALS AND OBJECTIVES**

- To identify the interpreter's communication obstacles when using their voice.
- To promote healthy vocalization techniques in order to prevent voice disorders.
- To apply breathing and relaxation techniques for using at work in order to reduce emotional stress..
- To improve volume, clarity, rhythm and to use appropriate voice intonation.

## **SYLLABUS**

### **Introduction**

### **Course goals and objectives**

#### **How to prevent voice problems-**

Elements that intervene in the process of vocal production-  
Identifying causes of vocal fatigue.

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## **Progressive Muscle Relaxation**

Guided Imagery - Relaxation exercises

## **Diaphragmatic Breathing**

Costal-diaphragmatic breathing exercises

## **Finding Your Own Voice Range**

Voice Warm ups- Identifying of the obstacles in communication - Articulation Exercises – Volume Control – Pitch Range Control Exercises

**Recording your voice in the Lab:** Group Activity in the recording studio:  
Identifying your voice range – Speech Articulation – Muscle Relaxation and Posture

**Analizing your voice in the Lab:** Group Activity in the recording studio:  
Listening to Interpreters' own vocal productions.  
Instructor Feedback

## **Evaluations - Certificates**

## **SEMINAR SCHEDULE**

<b>Time</b>	
<b>9:00 – 9:30 am</b>	<b>Sign In</b>
<b>9:30 – 10:00 am</b>	<b>Introduction-</b> <b>Course goals and objectives</b> <b>How to prevent voice problems-</b> Power Point Presentation: Elements that intervene in the process of vocal production- Identifying causes of vocal fatigue.
<b>10:00 – 11:00 am</b>	<b>Progressive Muscle Relaxation</b> Guided Imagery - Relaxation exercises
<b>11:00- 12:00 pm</b>	<b>Diaphragmatic Breathing</b> Costal-diaphragmatic breathing exercises
<b>12:00 – 1:00 pm</b>	<b>Finding Your Own Voice Range</b> Voice Warm ups- Identifying of the obstacles in communication - Articulation Exercises – Volume Control – Pitch Range Control Exercises

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<b>1:00 – 1:30 pm</b>	<b>Lunch Break</b>
<b>1:30 – 2:30 pm</b>	<b>Analyzing your voice in the Lab:</b> Group Activity in the recording studio: Identifying your voice range – Speech Articulation – Muscle Relaxation and Posture
<b>2:30 – 3:30 pm</b>	<b>Analyzing your voice in the Lab:</b> Group Activity in the recording studio: Recording and Listening to Interpreters' own vocal productions. Instructor Feedback
<b>3:30 – 4:00 pm</b>	<b>Evaluations - Certificates</b>

REGISTRATION FEES OF ACTIVITY \$150.00

TOTAL NUMBER OF CONTACT HOURS: 6 hours of instruction

## Instructor's Bio

**Pablo Suñé** is a Board Certified Music Therapist, Executive Director at Dinjes Music Therapy. In 2002, he founded Dinjes® Music Therapy Center, an organization that provides therapy to persons with developmental disabilities through music and the Arts. At Dinjes® Music Therapy Center, Pablo developed a program to provide effective music therapy workshops to interpreters, teachers and voice professionals. By incorporating these techniques, they can expand their communication skills while at the same time improving their skills when performing in front of an audience.

## Cancelation Policy

### Payment By Check

Mail To:  
Dinjes Inc.  
5418 Deane Ave.  
Los Angeles CA 90043

NO ONSITE REGISTRATION

**PRE-REGISTRATION By PHONE ONLY**

Call: 562-335-3049

Space is limited. Register now to reserve your space.

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### **CANCELLATION POLICY**

Refunds are issued only if notice of cancellation is received one week prior to the applicable workshop date. A cancellation fee of \$10.00 is charged for all cancellations.

“Application has been submitted to the Judicial Council for Court Interpreter Minimum Continuing Education Credit”