

Report Pevoc 12 Ghent August 29 – September 1

by Lieve Jansen (EVTA-Be)

Attendees 430 persons

August 29 Registration and welcome drink

At the welcome desk, everything was well prepared and registration was easy. Every goody bag had a program and some flyers, including Eurovox flyers. There was also a Pevoc smartphone app in which all the information could be found. Highly recommended for Eurovox!

In the evening, there was an opening ceremony. It was at a very nice location with very good food and drinks and with welcoming words by Markus Hess, Mieke Moerman, and the dean of the faculty.



August 30

After the welcome ceremony and speeches of **Markus Hess, Mieke Moerman and Johan Sundberg**, Pevoc started with a touching testimony of a man who had undergone a laryngectomy: Shout at cancer. He recited a poem and a text accompanied by a pianist with Schumann's Op89 N° 2.



When at nearly 80 at 8:00 in the morning you are able to give examples in front of an audience with voice experts, on how not to sing and how to sing in the right way sustained phrases as *When I am laid in earth*, you only can agree that the right way to sing is ongoing learning and working together with voice experts in different fields in a holistic approach.

After the workshop of **Dr. Vox (I.Denizoglu) and Lax Vox** (with now a mask to put on, so that you can sing words and still feel the bubbling effects (I got one to try and give feedback) I gave a well-attended workshop **Flow Ball**. (Thank you Filipa Lã for introducing it at the Evta tutorial in Prague).



The **Workshop Primal sounds, five elements and qigong (E. Haupt)** gave us an idea how to work with movement and sound.

The afternoon started with keynote lecture '**Stem cell treatment of damaged vocal folds**' by **S. Hertegård**. Still in experimental phase it could be of help in future. Most common disease is vocal fold scarring. Stem cell injections probably heal the scars. bFGF (basic fibroblast growth factor) injections in aged human vocal folds has shown to improve voice acoustics and glottal closure.

Amongst the different and interesting **Free paper presentations** in the afternoon I attended, I would like to mention 'The impact of a teaching or singing career on the female vocal quality at the mean age of 67 years' (singers keep better and healthier voice) and 'Phonatory vs. respiratory breathing strategies in professional singers'.

September 1

Due to the timing at 8:00 in the morning, unfortunately just a few people gathered for the keynote lecture of Felix De Jong. His lecture '**The voice in a holistic perspective, a different approach in ENT doctors and patient's relations**' proved to be quite interesting.

Introduction
→ Breath support/ Appoggio

Continuous regulation of respiratory muscles while lung volumes change to provide a required SGP for the phonation

- Different activity patterns related to actual lung volume and intended pitch and loudness
- **subsumed under the term breath support: totally different and partly controversial activity pattern of respiratory muscles!**

Take-home Messages

- DPH movement range is greater **in posterior** vs. anterior parts
- during exhalation DPH and RC moves **synchronously** to reduce lung volume
- during phonation: **different functional units** = breath support:
 - ant. DPH and thorax inspiratory position in beginning and add pressure at the end of phonation
 - posterior DHP gradually relaxed
- Impedance curves during phonation were **more linear for more professional singers**
- **No differences in resp. movement patterns** with regard to **pitch in mpt**
- **contractions in the posterior part of DPH for pitch jumps down** to reduce SGP

In the same plenary room, the **EVTA round table** took place. '**Voice therapy and singing pedagogy: redundancy or complementary?**' With well-prepared questions and a panel that had been able to meet each other half an hour before the round table, the debate was very to the point and had a very relaxed atmosphere. The numerous persons that were present felt this and took part in the discussion spontaneously. Afterwards we got a lot of positive feedback and congratulations like 'This was what we were waiting for'.



Later that day, **Ingo Titze** talked about his favourite straw method: '**The Science Behind Semi-Occluded Vocal Tract Exercises**'. Still very excited about the method and the advantages of a SOVT he explained how to work with the different straws and the effects on the closure of the vocal folds, a better mixed voice, good stretching of the vocal folds, pressure and unpressured et cetera. What some listeners missed was a comparison with the Lax Vox and other SOVT tools including the flow ball: Where does the difference come into effect? What are the effects of the bubbles of water resistance?

In the afternoon I attended '**Voices of power and passion**' by **K. Scherer**. It was interesting although some of the participants began to feel fatigued. Also the COMET session '**Vocal registers: current opinions and concepts**' started promising. Everyone acknowledged that there are registers but everyone had a different interpretation. Unfortunately there was no real discussion.

Still controversial was the lecture about **Hoarseness and reflux** - is there a scientific relationship? Are acid-reducing agents always needed?

The last keynote was the second part of the chorus pencil method.

Pevoc 12 ended with a choir of participants singing in different languages. There were also words of gratitude by the organizers and the announcing of Pevoc 13 in Copenhagen 2019. In all Pevoc Ghent was a very good edition, well attended and with interesting subjects!