

## Training & Habilitative Singing Services

Offered Globally – Private Pay

- **Singing Lessons** for all music styles (classical, Broadway, pop, jazz, gospel, folk, rock)
- **Voice Workshops** in singing and speaking voice technique for singers of all levels
- **Voice Screenings** of vocal health and prevention planning for singers of all levels

## Clinical & Rehabilitative Singing Services

Offered in Oregon, Washington, Idaho and California – May be Eligible for Insurance Coverage or Financial Assistance

- **Laryngoscopy with Stroboscopy** to visualize vocal fold vibration (Oregon only)
- **Singing Voice Evaluation** to identify vocal capabilities, offered in-person and online
- **Singing Voice Therapy** to rehabilitate the singing voice, offered in-person and online

## Our Singing Specialists

Singing voice services at The Wellness Group are provided by specialized speech-language pathologists with extensive backgrounds in vocal performance. Services are affirming, customized, and evidence-based.



Aaron Ziegler, PhD, CCC-SLP, tenor, studied singing with the first African American tenor of the Metropolitan Opera, George Shirley, while pursuing a B.F.A. in Theater at the University of Michigan. Relocating to New York City for his performance career, Aaron studied contemporary commercial music with Vocal Coach Don Lawrence. Aaron continued classical singing training under Dr. Robert Heitzinger during completion of his MA in SLP at Northwestern University. He has performed in film and television as well as on stages and in venues around the globe including Hong Kong, New York City, Chicago, Provincetown, MA and many theaters throughout the United States. Dr. Ziegler has 20+ years in supporting singers of all genres, ages, and abilities including Grammy-winning artists and has published articles in *Journal of Singing* and *Journal of Voice*.



Jennifer Gill, MS, CCC-SLP, mezzo-soprano, earned her graduate performance diploma in voice from Indiana University's Jacobs School of Music. She has over 20 years experience as a professional opera singer, vocal instructor, and certified adjudicator, and is an active member of the National Association of Teachers of Singing. She has performed mainstage roles on the opera, concert, and musical theater stages across the United States. Highlights in the Pacific NW include roles with Portland Opera, and featured soloist with the Oregon Symphony and the Portland Gay Mens' Chorus. Jennifer became interested in the medical aspects of voice following her own experience as a voice patient at the height of her opera career. Following this vulnerable experience and her own voice rehabilitation, she was determined to help others in a similar situation.



Voice and  
Upper Airway Disorders  
ASHA SIG 3

Begin with your *free* vocal  
wellness consultation today.

[wellnessgroupslp.com/sign-up/](http://wellnessgroupslp.com/sign-up/)



These are statements many people have used to describe their singing and the effects of their singing on their lives. Please indicate how frequently you have the same experience in the last 4 weeks.

0 = Never / 1 = Almost never / 2 = Sometimes / 3 = Almost always / 4 = Always

- 
- |   |                          |
|---|--------------------------|
| It takes a lot of effort to sing.                                       | <input type="checkbox"/> |
| I am unsure of what will come out when I sing.                          | <input type="checkbox"/> |
| My voice gives out on me while I am singing.                            | <input type="checkbox"/> |
| My singing voice upsets me.   | <input type="checkbox"/> |
| I have no confidence in my singing voice.                               | <input type="checkbox"/> |
| I have trouble making my voice do what I want it to.                    | <input type="checkbox"/> |
| I have to push it to produce my voice when singing.                     | <input type="checkbox"/> |
| My singing voice tires easily.  | <input type="checkbox"/> |
| I feel something is missing in my life because of my inability to sing. | <input type="checkbox"/> |
| I am unable to use my high voice.                                       | <input type="checkbox"/> |

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Sohen, S.M., Statham, M., Rosen, C.A., Zullo, T. (2009)  
Development and validation of the singing voice handicap-10.  
Laryngoscope, 119, 1864-1869.

**Total Score**

A total score above 11 may indicate a singing voice problem.

“ Aaron and Jenn are vocal wizards... After a few weeks of utilizing what Aaron gave me, I was producing the notes I lost in my high range again and after a few months I was shocked to feel that my baseline was stronger than before the one and only session I had with him.

~ Jennifer ”

If you are concerned about your voice, we recommend a *free* vocal wellness consultation with The Wellness Group. Sign up at [wellnessgroupslp.com/sign-up/](https://wellnessgroupslp.com/sign-up/) or with the QR code.

