



**Therapy sessions are also available for English speaking individuals!**

## **Lakru® voice transition**

# **With our speech therapy for a feminine voice**

**In our practice for occupational therapy and speech therapy in Schwabach, we offer voice therapy for those who are transgender\* as well as other individuals, such as non-binary or gender-fluid individuals, who wish to achieve feminine-sounding voice.**

### **How does the Lakru® voice transition work?**

The name Lakru® is a combination of the two surnames, of the individuals who invented the concept. Thomas Lascheit and Stephanie Kruse along with tran's clients developed the voice transition, with the aim of empowering individuals to become experts in their own voices. This multipart training involves various exercises, from fields such as the vocal pedagogy and the art of a speech and classical voice therapy. During these sessions, the speech therapist ensures that the correct muscle groups are used and trained accordingly. In addition to these exercises, further training sessions focus on body language, word choice, emphasis (intonation) as well as speech melody.

Thomas Lascheit explains individual exercises and the concept in the following YouTube video.  
(Approx. 20 min):



[www.youtube.com/watch?v=FQoYBuWrTbU](https://www.youtube.com/watch?v=FQoYBuWrTbU)

### **How much does the voice transition cost?**

For the cost coverage by the health insurance company, a medication prescription can be issued by ENT (Ears, Nose and Throat-doctor) or GP (general practitioner) and in some cases also by a psychotherapist. With a prescription, the health insurance covers the costs for up to 20 therapy sessions. Each session lasts 45 minutes and cannot be booked as a double session. For those who do not receive a prescription, we also offer voice transition service on a self-pay basis.

### **Contact & Approach**

Those who are interested can contact us by phone at +49 9 122 8080-105 or via E-Mail at [logopaedie.schwabach@johanniter.de](mailto:logopaedie.schwabach@johanniter.de). Our accessible practice is located at Wiesenstraße 32, 91126 Schwabach. We have our own parking spaces and is convenient to reach by public transportation. It is approximately 800 meters far from Schwabach train station. The nearest bus stop „Rother Straße“ is approximately 400 meters away.

### **Johanniter-Unfall-Hilfe e. V.**

#### **Occupational & Speech Therapy Practice**

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