

Leah B. Helou, PhD, CCC-SLP
CURRICULUM VITAE

RESEARCH STATEMENT

I aim to ask questions and solve problems related to the pathways underpinning healthy and disordered voice and speech production. I maintain several distinct yet intertwined lines of research. Using gold standard experimental neuroanatomy techniques, I identify the neural substrates underlying cortical control of vocalization in non-human primates. Engaging a variety of psychophysiological techniques, I probe the relationship between human stress responses, communication behaviors, and various facets of personality and identity. Broadly, all of my research pertains to “mind-voice pathways.” Drawing on my experience as a clinical voice pathologist, I seek to improve the diagnosis and treatment of specific patient populations in all my endeavors. Specifically, I have a particular interest in advancing the care of people with so-called “functional” voice and laryngeal breathing disorders, and individuals along the gender spectrum. Finally, I am committed to programmatically maintaining and strengthening a mission of justice, equity, and inclusion in every aspect of my career.

BIOGRAPHICAL INFORMATION

Business Address: Department of Communication Science & Disorders
School of Health & Rehabilitation Sciences
University of Pittsburgh
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3600 Forbes Avenue, Pittsburgh PA 15260

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EDUCATION and TRAINING

UNDERGRADUATE:

<u>Dates Attended</u>	<u>Name and Location of Institution</u>	<u>Degree Received, Year</u>	<u>Major Discipline</u>
August 1998 – May 2002	College of Allied Health Sciences East Carolina U., Greenville, NC	Bachelor of Science <i>Magna cum Laude</i> , 2002	Communication Science & Disorders

GRADUATE:

<u>Dates Attended</u>	<u>Name and Location of Institution</u>	<u>Degree Received, Year</u>	<u>Major Discipline</u>
August 2002 – August 2004	Columbian College of Arts & Sciences George Washington U., Washington, DC	Master of Arts, 2004	Speech & Hearing Sciences
August 2010 – April 2014	School of Health & Rehabilitation Sciences University of Pittsburgh, Pittsburgh, PA	Doctor of Philosophy, 2014	Communication Science & Disorders

POST-DOCTORAL

<u>Dates Attended</u>	<u>Name and Location of Institution</u>	<u>Degree Received, Year</u>	<u>Major Discipline</u>
May 2014 – December 2018	Systems Neuroscience Institute, University of Pittsburgh, Pittsburgh, PA	N/A	Neurobiology

APPOINTMENTS and POSITIONS

ACADEMIC POSITIONS:

<u>Years Inclusive</u>	<u>Department, Name and Location of Institution</u>	<u>Rank/Title</u>
Jan 2006 – Jun 2006	Department of Human Communication Disorders California State University, Fullerton, CA	Adjunct Faculty Member
Sept 2006 – Jun 2007	Department of Speech & Hearing Science George Washington University, Washington, DC	Clinical Supervisor (Voice Disorders, Accent Mod & AAC Tracks)

Aug 2009 – Apr 2014	Department of Communication Science & Disorders University of Pittsburgh, Pittsburgh, PA	Graduate Student Researcher
Aug 2011 – Dec 2013	John G. Rangos, Sr. School of Health Sciences Duquesne University, Pittsburgh, PA	Adjunct Faculty Member
Jan 2014 – May 2016	School of Arts and Sciences Rutgers University, New Brunswick, NJ	Adjunct Faculty Member
Jul 2014 – Dec 2017	Systems Neuroscience Institute University of Pittsburgh School of Medicine, Pittsburgh, PA	Post-doctoral Associate
Jan 2018 – present	Department of Communication Science & Disorders University of Pittsburgh, Pittsburgh, PA	Assistant Professor

NON-ACADEMIC POSITIONS:

<u>Years Inclusive</u>	<u>Department, Name and Location of Institution</u>	<u>Rank/Title</u>
Jan 2005 – Sept 2005	Speech-Language Pathology Maxum Physical Therapy, Inc., Placentia, CA	Clinical Fellow
Sept 2005 – Sept 2006	Speech-Language Pathology Maxum Physical Therapy, Inc., Placentia, CA	Director of Voice Programs
Oct 2006 – May 2007	RehabCare Staffing, Washington DC	Speech-Language Pathologist
Jun 2007 – Nov 2012	Henry M. Jackson Foundation for the Advancement of Military Medicine, Bethesda, MD	Research Associate in Speech- Language Pathology
Feb 2011 – Dec 2017	University of Pittsburgh Voice Center, Pittsburgh, PA	Speech-Language Pathologist; Director of Transgender Voice Program

CERTIFICATION AND LICENSURE**SPECIALTY CERTIFICATION:**

Certified Member, American Speech-Language and Hearing Association (ASHA), #12110555 2005 to present

PROFESSIONAL LICENSURE:

Licensed SLP, Commonwealth of Pennsylvania, #SL010249 2011 – present
 Licensed SLP, State of Virginia, #2202005142 Nov 2006 – Dec 2009
 Licensed SLP, State of California, #15230 Nov 2005 – Nov 2006

MEMBERSHIPS in PROFESSIONAL and SCIENTIFIC SOCIETIES**ORGANIZATIONS:**

Member, ASHA Special Interest Division 2 (Neurogenic Communication Disorders) Dec 2016 – present
 Member, Society for Neuroscience Sept 2014 – present
 Member, Center for the Neural Basis of Cognition July 2014 – present
 Member, ASHA Special Interest Group 3 (Voice Disorders) Jan 2005 – present

HONORS and AWARDS

First Place Awardee (\$15K) for the Chancellor's Award for Innovation in Research 2019

Certificate of Recognition for Special Contributions in Multicultural Affairs of the ASHA	2018
Visiting Professor at Wake Forest University School of Medicine	2018
Laryngology Education Foundation Travel Grant (awarded to top abstract submissions)	2017
American Speech-Language-Hearing Association Lessons for Success	2016
Honors of the Southwestern PA Speech-Language and Hearing Association	2014
ASHFoundation New Century Scholars Doctoral Scholarship	2013
Audrey Holland Endowed Research Award, University of Pittsburgh	2011
Bruce Baker Travel Award, University of Pittsburgh	2011
The Columbian Women Scholarship, George Washington University	2004
Columbian College of Arts & Sciences Graduate Teaching Assistantship	2002 – 2003

PUBLICATIONS

PEER-REVIEWED ARTICLES:

* *equal authorship*; ** *student trainee*

1. **Helou LB** and Strick PL. Cortical control of the Costal Diaphragm. Target Journal: *Journal of Neuroscience*. In preparation.
2. Welch BM*,** and **Helou LB***. Communicative Congruence and Dysphoria: A Theoretical Framework Paper. Target Journal: *TBD*. In preparation.
3. Becker DR**, Welch BM, Monti E, Sullivan H, **Helou LB**. Vocal Manifestations of Reported Past Trauma. Target Journal: *Journal of Voice*. In preparation.
4. **Helou LB**, van Mersbergen M, Welch BM**. A case of mistaken identity: Accuracy and agreement of listeners' perception of traits in speech. *Journal of Speech, Language and Hearing Research*. In review.
5. Verdolini Abbott K, Rosen CA, **Helou LB**, Ziegler A, Branski RC, Hersan R, Gartner-Schmidt J, Kreiman J. Randomized study of Resonant Voice Therapy for phonotrauma: quality of life results and potential mechanisms. *Journal of Speech, Language, and Hearing Research, In Review*.
6. **Helou LB**, Welch B**, Wang W, Rosen CA, Verdolini Abbott K. (2021) Activity of intrinsic laryngeal musculature during silent, non-stressful linguistic tasks. Target Journal: *Journal of Voice*. In Press.
7. **Helou LB**, van Stan J, Hapner E, Schneider S, Gartner-Schmidt J. (2021) Mapping meta-therapy in voice interventions onto the Rehabilitation Treatment Specification System. *Seminars in Speech and Language, 42(1)*, 5-18. <https://doi.org/10.1055/s-0040-1722756>
8. **Helou LB**, Wang Wei, Rosen CA, Verdolini Abbott K. (2020) Intrinsic Laryngeal Muscle Response to a Public Speech Preparation Stressor: Personality and Autonomic Predictors (Part II). *Journal of Speech, Language, and Hearing Research, 63(9)*: 2940-2951. doi: 10.1044/2020_JSLHR-19-00402
9. **Helou LB**, Rosen CA, Wang W, Verdolini Abbott K. (2018). Intrinsic laryngeal muscle response to a public speech preparation stressor: characterizing the response (Part I). *Journal of Speech, Language, and Hearing Research, 61(7)*: 1525-1543. doi: 10.1044/2018_JSLHR-S-17-0153.
10. Lipski WJ, Alhourani A, Pirnia T, Jones PW, Dastolfo-Hromack C, **Helou LB**, Crammond DJ, Shaiman S, Dickey MW, Holt LL, Turner RS, Fiez JA, Richardson RM. (2018). Subthalamic nucleus neurons differentially encode early and late aspects of speech production. *Journal of Neuroscience, 38(24)*: 5620-5631.
11. Ziegler A, Henke T, Wiedrick J, **Helou LB**. (2018). Effectiveness of Testosterone Therapy for Masculinizing Voice in Transgender Patients: A Meta-Analytic Review. *International Journal of Transgenderism, 19:1*, 25-45, DOI:10.1080/15532739.2017.1411857
12. **Helou LB**. (2017). Crafting the dialogue: Meta-therapy in transgender voice and communication training. Perspectives of the ASHA Special Interest Groups. SIG 10, Vol 2(Part 2).
13. Solomon NP, Makashay MJ, **Helou LB**, Clark HM. (2017). Neurogenic orofacial weakness and speech in adults with dysarthria. *American Journal of Speech Language Pathology, 26(3)*:951-960. doi: 10.1044/2017_AJSLP-16-0144
14. Vicente DA, Solomon NP, Avital I, Henry LR, Howard RS, **Helou, L.B**, Stojadinovic A. (2014). Voice outcomes after total thyroidectomy, partial thyroidectomy, or non-neck surgery using a prospective multifactorial assessment. *Journal of the American College of Surgeons. 219(1)*: 152-63.

15. Nagle KF, **Helou LB**, Solomon NP, Eadie T. (2014). Does the presence or location of graphic markers affect untrained listeners' ratings of severity of dysphonia? *Journal of Voice*. 28(4): 469-75.
16. Gillespie AI, **Helou LB**, Ingle JW, Baldwin M, Rosen CA. (2014). The role of voice therapy in the treatment of dyspnea and dysphonia in a patient with vagal nerve stimulation. *Journal of Voice*, 28(1), 59-61.
17. Ingle J, **Helou LB**, Li YK, Hebda PA, Rosen CA, Verdolini Abbott K. (2014). Role of steroids in acute phonotrauma: a basic science investigation. *Laryngoscope*. 124(4), 921-7.
18. **Helou LB**, Wang W, Ashmore R, Rosen CA, Verdolini Abbott, K. (2013). Intrinsic laryngeal muscle activity in response to autonomic nervous system activation. *Laryngoscope*. 123(11), 2756-65.
19. Solomon NP, Henry LR, **Helou LB**, Howard RS, Coppit G, Shaha AR, Stojadinovic A. (2013). Utility of the Voice Handicap Index as an indicator of postthyroidectomy voice dysfunction. *Journal of Voice*. 27(3), 348–354.
20. Awan SN, Solomon NP, **Helou LB**, Stojadinovic A. (2013). Spectral/cepstral estimation of dysphonia severity: external validation. *Annals of Otolaryngology, Rhinology and Laryngology*. 122(1), 40-48.
21. Radowsky J, **Helou LB**, Solomon NP, Henry LR, Stojadinovic A. (2013). Racial disparities in voice outcomes following thyroid and parathyroid surgery. *Surgery*. 153(1), 103-10.
22. Solomon NP, Awan SN, **Helou LB**, Stojadinovic A. (2012). Acoustic analyses of thyroidectomy-related changes in vowel phonation. *Journal of Voice*. 26(6): 711-20.
23. Henry LR, **Helou LB**, Solomon NP, Chang A, Libutti SK, Stojadinovic A. (2012). Current practice patterns regarding the conduct of thyroidectomy and parathyroidectomy amongst surgeons – A survey study. *Journal of Cancer*. 3: 207-216.
24. Solomon, NP, **Helou, LB**, Makashay, MJ, Stojadinovic, A. (2012). Aerodynamic evaluation of the post-thyroidectomy voice. *Journal of Voice*. 26(4), 454-461.
25. Stevens K, Stojadinovic A, **Helou LB**, Solomon NP, Howard RS, Shriver CD, Buckenmaier, CC, Henry LR. (2011). The impact of recurrent laryngeal neuromonitoring on multi-dimensional voice outcomes following thyroid surgery. *Journal of Surgical Oncology*. 105(1):4-9.
26. Solomon NP, **Helou LB**, Dietrich-Burns K, Stojadinovic A. (2011, February). Do obesity and weight loss affect vocal function? *Seminars in Speech & Language*. 32(1):31-42.
27. Awan S, **Helou LB**, Stojadinovic A, Solomon NP. (2011, April). Tracking voice change after thyroidectomy: application of spectral/cepstral analyses. *Clinical Linguistics & Phonetics*. 25(4):302-20.
28. Solomon NP, **Helou LB**, Stojadinovic A. (2011, January). Clinical versus laboratory ratings of voice using the CAPE-V. *Journal of Voice*. 25(1):e7-14.
29. **Helou LB**, Solomon NP, Henry LR, Coppit GL, Howard RS, Stojadinovic A. (2010, August). The role of listener experience on Consensus Auditory-perceptual Evaluation of Voice (CAPE-V) ratings of postthyroidectomy voice. *American Journal of Speech-Language Pathology*. 19(3):248-58.
30. Henry LR, **Helou LB**, Solomon NP, Howard RS, Gurevich-Uvena JG, Coppit GL, Stojadinovic A. (2010, June). Functional voice outcomes after thyroidectomy: An assessment of the Dysphonia Severity Index (DSI) after thyroidectomy. *Surgery*. 147(6):861-70.
31. Henry LR, Shaha A, Solomon N, Howard R, Gurevich-Uvena J, **Horst L**, Orlikoff R, Libutti S, Stojadinovic A. (2008, July). The functional impact on voice of sternothyroid muscle division during thyroidectomy. *Annals of Surg Onc*. 15(7): 2027-33.

INVITED BOOK CHAPTERS and PERIODICALS:

1. **Helou LB**. (2019). Beyond successful voice therapy techniques and tasks: The concept of meta-therapy, in Stemple and Hapner (Ed.) *Voice Therapy: Clinical Case Studies*, Fifth Edition.
2. **Helou LB** and Hirsch S. (2018). Discharge and Maintenance, in *Voice and Communication Therapy for the Transgender Client: A Comprehensive Clinical Guide*, Third Edition.
3. **Helou LB**, Jeswani S, Branski RC. (2018). Functional Voice Disorders: Theory and Treatment, in Amin M. (Ed). *International Textbook of Otolaryngologic Principles and Practice*. Jaypee Brothers Medical Publishers, Philadelphia; (in press).
4. Ziegler A, **Helou LB**, Gillespie A. (2015). Respiratory-phonatory interaction: current understanding and potential directions. *The Voice*. Vol 20(1).

5. Solomon NP and **Helou LB**. (2013). Aerodynamic assessment of phonation: Avoiding common mistakes. In R. Scherer & K. Verdolini Abbott (Eds.). Tribute book for Ingo R. Titze, National Center for Voice and Speech, Salt Lake City.

PROFESSIONAL ACTIVITIES

ACTIVE RESEARCH SUPPORT:

<u>Grant Number</u>	<u>Grant Title</u>	<u>Project Role, Effort</u>	<u>Years Inclusive</u>	<u>Funding</u>	<u>Source</u>
SAP#410079760	Cortical control of muscles of vocalization	PI, 0%	June 2018 – May 2022	\$432,533	PA DOH
Univ ID #5030	Perceiving and Expressing Personality in Speech: A large-scale web-based data repository	PI	Nov 2019 – Dec 2021	\$15,000	Chancellor's Early Stage Commercialization Fund

PRIOR COMPLETED RESEARCH SUPPORT:

<u>Grant Number</u>	<u>Grant Title</u>	<u>Project Role, Effort</u>	<u>Years Inclusive</u>	<u>Funding</u>	<u>Source</u>
1U01NS098969	Subthalamic and corticosubthalamic coding of speech production	Co-I, 4.2%	June 2018 – May 2019	\$8,727	NINDS
1F32HL132586	Control of the Diaphragm by Motor Cortical Areas	PI, 100%	June 2016 – Dec 2017	\$119,937	NHLBI
N/A	Intrinsic laryngeal muscle response to a speech preparation stressor	PI	2013-2014	\$2000	Voice Foundation Institutional Education Grant

RESEARCH-RELATED PRESENTATIONS, LECTURESHIPS, SEMINARS

PODIUM PRESENTATIONS:

** equal authorship; ** student trainee*

1. Welch BM** & **Helou LB**. (2020, Jul 9) Communicative congruence and dysphoria: A preliminary normative study. Phonosurgery Conference: Improving outcomes in voice disorders through clinical and translational research, Madison WI. *Conference cancelled due to COVID-19 pandemic.*
2. Becker DR**, Monti E, Sullivan H, **Helou LB**. (2019, June 1). Vocal Manifestations of Reported Past Trauma. 48th Annual Voice Foundation Symposium, Philadelphia, PA.
3. **Helou LB**, Mendelsohn A, Thomas J, Vastine W. (2018, October 7-10). Caring for transgender patients: focus on voice feminization. American Academy of Otolaryngology – Head and Neck Surgery Conference. Atlanta, GA.
4. Lipski WJ, Alhourani A, Pirnia T, Jones PW, Dastolfo-Hromack C, **Helou LB**, Crammond DJ, Shaiman S, Dickey MW, Holt LL, Litman D, Turner RS, Fiez JA, Richardson RM. (2017, November 11-15). Speech encoding in the human subthalamic nucleus. Nanosymposium presentation at Neuroscience 2017, Washington DC.
5. **Helou LB**, Dum R, Strick PL. (2017, October 12-14). Cortical control of the costal diaphragm in monkeys. Fall Voice Conference. Washington, DC.
6. Wang H, **Helou LB**, Rosen CA. (2017, October 12-14). A survey of motivation and barriers related to seeking voice feminization training. Fall Voice Conference, Washington, DC.
7. Wang H, **Helou LB**, Rosen CA. (2017, May 31 – June 4). Voice feminization: motivation and barriers to transition. Voice Foundation's 46th Annual Symposium: Care of the Professional Voice, Philadelphia, PA.
8. Block C*, Hirsch S*, **Helou LB***. (2016, June 17-21). Describing a transgender voice and communication training protocol for SLPs. Part of symposium titled "Global Approaches to a Transgender-Specific Curriculum for Speech-

Language Clinicians” at the World Professional Association for Transgender Health’s 24th Scientific Symposium, Amsterdam, Netherlands.

9. Gillespie AI*, **Helou LB***, Ziegler AS*. (2015, February 22-24). Respiration, meet phonation. Advanced Practices in Voice and Dysphagia, Las Vegas, NV.
10. **Helou LB***, Gillespie AI*, Ziegler AS*. (2014, May 28 – June 1). The dynamic larynx: crossroads of the respiratory and phonatory systems. Invited Presentation for Special Session at Voice Foundation’s 43rd Annual Symposium: Care of the Professional Voice, Philadelphia, PA.
11. **Helou LB**, Wang W, Verdolini Abbott K, Rosen CA. (2014, May 28 – June 1). Intrinsic laryngeal muscle response to psychological stress: psychological and cardiovascular predictors. Voice Foundation’s 43rd Annual Symposium: Care of the Professional Voice, Philadelphia, PA.
12. **Helou LB**, Rosen CA, Wang W, Verdolini Abbott K. (2014, May 28 – June 1). Laryngeal subvocalization during non-vocal linguistic tasks. Voice Foundation’s 43rd Annual Symposium: Care of the Professional Voice, Philadelphia, PA.
13. Li, Z., Bakhshaei, H., **Helou, L.**, Li, N.Y.K., Mongeau, L., Kost, K., Rosen, C., and Verdolini, K. (2013, June 2-7). “Evaluation of contact pressure in human vocal folds during phonation using high-speed videoendoscopy, electroglottography, and magnetic resonance imaging” Proceedings of the 21th International Conference on Acoustics, Montreal, Canada. Paper 5pSC5. Abstract published in Journal of the Acoustical Society of America, Vol. 133(5), p. 3618, 2013. POMA 19, 060306 (2013).
14. **Helou LB**, Rosen CA, Wang W, Verdolini Abbott K. (2013, October 17-19). Intrinsic laryngeal muscle response to psychological stress. Fall Voice Conference, Atlanta, GA.
15. **Helou LB***, Solomon NP*. (2012, November 15-18). Aerodynamic assessment of phonation: Avoiding common mistakes. American Speech-Language and Hearing Association Annual Convention, Atlanta, GA.
16. Gillespie AI, **Helou LB**, Ingle JW, Rosen CA. (2012, October 4-6). Case Report: Paradoxical vocal fold motion as a result of vagal nerve stimulation: response to respiratory retraining therapy. Fall Voice Conference, New York, NY.
17. Ingle J, **Helou LB**, Li YK, Hebda P, Rosen CA, Verdolini Abbott K. (2012, April 18-22). Role of steroids in acute phonotrauma: a basic science investigation. Combined Otolaryngology Spring Meetings, San Diego, CA.
18. Ingle J, **Helou LB**, Li YK, Hebda P, Rosen CA, Verdolini-Abbott K. (2011, November 2-5). Role of steroids in acute phonotrauma: a basic science investigation. University of California-San Francisco and International Association of Phonosurgery Fall Voice Conference, San Francisco, CA.
19. **Helou LB**, Rosen CA, Verdolini-Abbott K. (2011, November 2-5). Intrinsic laryngeal muscle activity in response to sympathetic nervous system activation. University of California-San Francisco and International Association of Phonosurgery Fall Voice Conference, San Francisco, CA.
20. Awan S, Stojadinovic A, Solomon NP, **Helou LB**. (2011, November 17-19). Acoustic estimation of dysphonia severity in CAPE-V samples: external validation. American Speech-Language and Hearing Association Annual Convention, San Diego, CA.
21. Solomon NP, Makashay M, **Helou LB**, Clark H. (2011, November 17-19). Temporal and perceptual characteristics of speech in neurogenic orofacial weakness. American Speech-Language and Hearing Association Annual Convention, San Diego, CA.
22. Solomon NP, Awan SN, **Helou LB**, Stojadinovic A. (2010, June 2-6). Acoustic analysis of thyroidectomy-related changes in vowel phonation. Voice Foundation’s 39th Annual Symposium: Care of the Professional Voice, Philadelphia, PA.
23. Solomon NP, **Horst LB**, Makashay MJ, Henry LR, & Stojadinovic A. (2009, June 2-6). Aerodynamic voice assessment before and after thyroidectomy. Voice Foundation’s 38th Annual Symposium: Care of the Professional Voice, Philadelphia, PA.
24. **Horst LB**, Littlefield P, Chang A, Solomon N, Henry L, Stojadinovic A, Coppit G. (2009, June 1-5). Otolaryngology practice patterns in the context of post-thyroidectomy voice impairment. ENT World Congress, Sao Paulo, Brazil.
25. **Horst LB**, Henry L, Solomon N, Coppit G, Howard S, Stojadinovic A. (2009, June 1-5). Ratings of post-thyroidectomy voice quality by experienced and inexperienced listeners. ENT World Congress, Sao Paulo, Brazil.

INVITED PRESENTATIONS and PANELS:

1. Gibson S, **Helou LB (Moderator)**, Kapila R, Morton M, van Doren M. (Apr 2021) *Beyond Hard Conversations: Responding to Racism, Sexism, Transphobia, and Ableism in Our Settings*. SIG3 World Voice Day Panel, Online.
2. **Helou LB**, Brown A, Durham M, Resto O, Grooten H, Monti E. (March 2021) *Trauma, the brain, and the voice: Connecting the dots*. The Voice and Trauma Research and Connection Group, NY, NY.
3. **Helou LB**, Merrick G, & Vastine W. (Mar 2021). *Counseling: Treating the whole person and every person*. Virtual Voice Therapy Conference, Pittsburgh, PA.
4. **Helou LB**. (Jan 2021). Invited speaker for Clinical Outreach Seminar, *Gender affirmative voice and communication training: The state of the field*. McGill University, Department of Otolaryngology, Montreal, Quebec.
5. **Helou LB** & Vastine W. (Jan 2021). Invited course instructor, *Cultural humility with transgender and nonbinary people*. MedBridge, Inc. , Seattle WA.
6. Vastine W & **Helou LB**. (Jan 2021). Invited course instructor, *Gender affirmative voice training: Approach and technique*. MedBridge, Inc., Seattle WA.
7. Monti E, Austin D, van Mersbergen M, Rosen DC, **Helou LB**. (Dec 2020). Invited panelist: Post-screening Q&A of the award-winning documentary film “You’ll Say Nothing”, Trauma Research Foundation’s Winter Film Festival. Virtual.
8. Thompson D, **Helou LB**, Moore C, & Rousseau B. (Oct 2020) *Be the solution, not the problem*, in keynote panel titled *Examining the intersection of race and gender in health disparities*. Panel Fall Voice Conference, Virtual
9. **Helou LB** & Welch BM**. (2020, Oct 9). *Gender-affirming voice and communication training: How to get your mind right before you start*. 2020 TransPride Pgh Health and Wellness Conference, Pittsburgh, PA. Virtual.
10. **Helou LB**, Lewandoski A, & Welch BM**. (2020, Oct 10). *Gender-affirming vocal exploration*. 2020 TransPride Pgh Health and Wellness Conference, Pittsburgh, PA. Virtual.
11. **Helou LB**. (2020, Jul 30). *Your voice is a choice! The relationship between who we are and how we talk*. Federal Home Loan Bank Women’s Resource Group, Pittsburgh, PA.
12. **Helou LB**. (2019, April 5). Essential elements of transgender voice and communication training. Voice Therapy Conference, Pittsburgh, PA. *Conference cancelled due to COVID-19 pandemic*.
13. Helou LB. (2020). An exploration of the relationship between verbal communication behaviors, personal identity, and stress. PA Speech-Language and Hearing Association 2020 Convention, Pittsburgh, PA. *Conference cancelled due to COVID-19 pandemic*.
14. **Helou LB**, Hirsch S, Vastine W. Gender-Affirmative Voice Work and Traditional Voice Therapy: More Similar or More Different? Special Interest Group 3 Master Class at the 2020 ASHA Convention in San Diego. *Conference cancelled due to COVID-19 pandemic*.
15. **Helou LB**. (22 February 2020). *Meta Therapy: What’s your framework?*; Small Group Training Instructor and Faculty Panel Member. Sin City Voice Therapy Pre-Conference, Las Vegas, NV.
16. Feuer S, **Helou LB**, Monti E, van Mersbergen M, Dietrich M, Misono S. (2019, June 2). *Voice science and experimental psychology: Shall we dance?* 48th Annual Voice Foundation Symposium, Philadelphia, PA.
17. **Helou LB**. (2019, April 5). *Essential elements of transgender voice and communication training*. Voice Therapy Conference, Pittsburgh, PA.
18. Gartner-Schmidt J, Hapner E, **Helou LB**, Hersan R, Merrick G, Thomas T. (2019, April 6). *Voice therapy narratives: a round table discussion*. Voice Therapy Conference, Pittsburgh, PA.
19. **Helou LB**. (2019, January 8). The interplay of voice, identity, and stress. Wake Forest University Departments of Otolaryngology, Neurology, and Integrative Medicine, Winston Salem, NC. (*Visiting Professorship*)
20. **Helou LB**. (2019, January 9). Fostering a culture of professionalism and alliance for the transgender population. Wake Forest University Division of General Surgery and Anesthesia, Winston Salem, NC. (*Visiting Professorship*)
21. **Helou LB**. (2018, December 13). Fostering a culture of professionalism and alliance for the transgender population. Emory University Department of Otolaryngology, Atlanta, GA.
22. **Helou LB**. (2018, October 25-28). Gender, voice, and identity. Fall Voice Conference, Seattle, OR.

23. **Helou LB.** (2018, October 7-10). The role of the diaphragm in healthy and disordered voice. Meeting of the Neurolaryngology Study Group. American Academy of Otolaryngology – Head and Neck Surgery Conference, Atlanta, GA.
24. **Helou LB.** (2018, October 3). The role of the diaphragm in vocal motor control. University of Pittsburgh department of Otolaryngology Multidisciplinary Dysphagia Grand Rounds, Pittsburgh, PA.
25. **Helou LB.** (2018, February 22-23). The Self that lives in our voice and speech: exploring stress, personality, and the way we communicate. Invited extended short course at the Memphis National Student Speech-Language Hearing Association's 48th Annual Mid-South Conference on Communicative Disorders, Memphis, TN.
26. **Helou LB.** (2017, October 12). Transgender Voice and Communication Assessment. Pre-Conference Day for the Fall Voice Conference, Arlington, VA.
27. Block CB*, Hirsch S*, **Helou LB***. (2016, June 19). Overview of a two-day transgender voice and communication training course for voice clinicians. World Professional Association for Transgender Health, Amsterdam, Netherlands.
28. **Helou, LB.** (2015, October 15). Panelist: "Functional" Voice Disorders: Old Habits Die Hard. Fall Voice Pre-Conference for Speech Pathologists, Pittsburgh, PA.
29. **Helou, LB.** (2015, October 16-18). Panelist: Muscle Tension What? Fall Voice Conference, Pittsburgh, PA.

POSTERS PRESENTATIONS:

* equal authorship; ** student trainee

1. Welch BM** & **Helou LB.** (Oct 2020) Communicative congruence and dysphoria: A preliminary study. Fall Voice Conference, Virtual.
2. Fischer J**, Michlich JE**, & **Helou LB.** (2020, May) Brainstem-level variation in descending motor input to the diaphragm in *macaca fascicularis*. Spring Undergraduate Research Fair, University of Pittsburgh, Pittsburgh, PA. *Event cancelled due to COVID-19 pandemic.*
3. Becker DR**, Monti E, Sullivan H, **Helou LB.** (2019, October) Vocal Manifestations of Reported Past Trauma Fall Voice Conference, Dallas, TX.
4. **Helou LB,** Poola K**, van Mersbergen M. (2018, October 25-28). Personality traits in voice and speech: how listeners' judgment compares to speakers' self-perception. Fall Voice Conference, Seattle, OR.
5. **Helou LB,** Dum R, Strick PL. (2017, November 11-15). Two representations of the diaphragm in the primary motor cortex. Neuroscience 2017, Washington DC.
6. Ingle JW, Roth DR, Shembel A, **Helou LB,** Rosen CA, Verdolini Abbott K. (2013, October 17-19). Comparative investigation of biologic effects of two vocal loading conditions in human subjects. Fall Voice Conference, Atlanta, GA.
7. Henry LR, **Helou LB,** Solomon NP, Chang A, Libutti S, Stojadinovic A. (2012, March 21-24). Technical variations in the conduct of thyroidectomy and parathyroidectomy among surgeons: A survey study. Society for Surgical Oncology Annual Cancer Symposium, Ft. Lauderdale, FL.
8. Nagle K, **Helou LB,** Solomon NP, Eadie T. (2011, November 17-19). Do severity markers differentiate visual-analog scale ratings of dysphonia? American Speech-Language and Hearing Association Annual Convention, San Diego, CA.
9. **Horst LB** & Solomon NP. (2009, June). Clinical versus laboratory ratings of voice using the CAPE-V. Voice Foundation's 38th Annual Symposium: Care of the Professional Voice, Philadelphia PA.
10. Henry LR, **Horst LB,** Howard RS, Gurevich J, Coppit GL, Felix T, Solomon NP, & Stojadinovic A. (2009, March). Functional voice outcomes after thyroidectomy: Are early reported voice symptoms related to durable laryngoscopic abnormalities? Society of Surgical Oncology Annual Cancer Symposium, Phoenix AZ.
11. Henry LR, **Horst LB,** Howard R, Solomon NP, Eberhardt C, Coppit GL, Shaha A, Stojadinovic A. (2009, March). Validation of the Voice Handicap Index in predicting voice outcomes after thyroidectomy. Society of Surgical Oncology Annual Cancer Symposium, Phoenix AZ.
12. Henry LR, Shaha A, Solomon N, Howard R, Gurevich-Uvena J, **Horst LB,** Orlikoff R, Libutti S, & Stojadinovic A. (2008, March). Functional voice implications of sternothyroid muscle division during thyroidectomy. 61st Annual Cancer Symposium. Society of Surgical Oncology, Chicago IL.

WORKSHOP PRESENTATIONS:

1. **Helou LB***, Hirsch S*, & Block C*. (2019, April 5-7). Transgender Voice and Communication Training. Independent educational workshop, Chicago, IL.
2. **Helou, LB.** Transgender Voice and Communication Training. (2019, March 8). Invited educational workshop for Eastern Health of Newfoundland. St. John's, Newfoundland, Canada.
3. **Helou LB***, Hirsch S*, & Block C*. (2017, April 7-8). Transgender Voice and Communication Training. Independent educational workshop, Chicago, IL.
4. **Helou LB***, Hirsch S*, & Block C*. (2017, April 7-8). Transgender Voice and Communication Training. Independent educational workshop, Chicago, IL.
5. **Helou LB.** (2017, April 1-2). Transgender Voice & Communication Training. 10th Annual Voice Therapy Conference. Invited lecture and workshop. Pittsburgh, PA.
6. **Helou LB*** & Hirsch S*. (2016, September 30 – October 1). Transgender Voice and Communication Training. Independent educational workshop, Toronto, CA.
7. **Helou LB***, Hirsch S*, & Block C*. (2015, September 19-20). Transgender Voice and Communication Training. Independent educational workshop, Chicago, IL.
8. **Helou LB*** & Block C*. (2015, May). Voice feminization and masculinization: techniques and tips. Voice Foundation's 44th Annual Symposium: Care of the Professional Voice. Workshop presentation, Philadelphia, PA.
9. **Helou LB.** (2015, April 11-12). Care of the transgender voice: more than just pitch training. 9th Annual Voice Therapy Conference. Invited lecture and workshop, Pittsburgh, PA.
10. **Helou LB*** & Hirsch S*. (2013, July 20-21). Transgender Voice and Communication Training. Independent educational workshop, New York, NY.
11. **Helou LB*** & Solomon NP*. (2011, June). Data done right: avoiding common mistakes in aerodynamics. Voice Foundation's 40th Annual Symposium: Care of the Professional Voice. Workshop presentation, Philadelphia, PA.

TEACHING

ACADEMICS:

** Undergraduate ** Graduate*

<u>Course #</u>	<u>Course Title</u>	<u>Academic Location</u>	<u>Years Inclusive</u>
CSD 2069	Summative Assessment Project**	University of Pittsburgh	Fall 2020
CSD 1237	Neuroscience of Communication*	University of Pittsburgh	Spring 2020, 2021
CSD 2073	Voice Disorders**	University of Pittsburgh	Spring 2018, 2019, 2020, 2021
LING 391	Anatomy and Physiology of the Speech Mechanism (web-based)*	Rutgers University	Spring 2014, 2015, 2016
SLP 524	Voice Disorders**	Duquesne University	Fall 2011, 2013, 2014
CSD 1028	Laboratory in Speech Science*	University of Pittsburgh	Spring 2010
CSD 1027	Laboratory in Anat. & Phys. of Speech*	University of Pittsburgh	Fall 2009
SPHR 119	Assessment & Modification of Speech & Language*	George Washington University	Spring 2007
SPHR 011	Voice & Diction*	George Washington University	Fall 2006, Spring 2007
SPHR 011	Laboratory in Voice & Diction*	George Washington University	Fall 2002, Spring 2003, Fall 2003
HCOM 345	Communication & Aging*	California State University, Fullerton	Spring 2006

GUEST LECTURES:

<u>Title</u>	<u>Audience</u>	<u>Location</u>
Preserving the artistic voice	Undergraduate Theatre Arts Course	California State University, Fullerton CA
Voice feminization: evaluation, treatment, and cultural considerations	Graduate Voice Disorders course	California State University, Fullerton CA
Introduction to acoustic and aerodynamic analysis	Graduate Voice Disorders course	California State University, Fullerton CA
Diphthongs and vocalic /r/ phonemes in international phonetics	Undergraduate Phonetics Course	George Washington University, Washington DC
Review of International Phonetic Alphabet transcription	Undergraduate Voice & Diction Course	George Washington University, Washington DC
Myoelastic-aerodynamic theory of phonation and the Bernoulli effect	Undergraduate Speech Science Course	George Washington University, Washington DC
Transgender Voice and Communication: evaluation and training	Graduate Voice Disorders course	University of Hawaii at Manoa, Manoa HI
Transcription of non-native English speech	Undergraduate Phonetics Course	University of Pittsburgh, Pittsburgh PA
Diphthongs and vocalic /r/ phonemic transcription	Undergraduate Phonetics Course	University of Pittsburgh, Pittsburgh PA
Considering dialect during evaluation and treatment	Undergraduate Phonetics Course	University of Pittsburgh, Pittsburgh PA
Voice Disorders: A career tale	Undergraduate Intro to SLP Course	University of Pittsburgh, Pittsburgh PA

MEDIA PRESENCE:

Featured Interviewee, Episode 15: Voice Therapy in Transgender Clients , Speech Science Podcast	Jul 2017
Interviewee, "Learning to talk like a woman (or man)" , NY Times	Apr 2017
Featured Interviewee, "Helping transgender people find a voice" , 90.5 WESA	Sept 2011
Interviewee, "Through therapy, transgender women find their voice" , MPR News.	June 2019
Featured Interviewee, "Meta therapy and the conceptual frameworks we build" , Speech Uncensored Podcast (SUP)	Oct 2019
Featured Interviewee, "Preparing voice clinicians to support speakers along the gender spectrum with Christie Block, Leah Helou, and Sandy Hirsch" , SUP	Oct 2019
Featured Interviewee, "You'll Say Nothing," Documentary Film	2019

SERVICE**DEPARTMENTAL AND SCHOOL SERVICE:**

<u>Role</u>	<u>Committee, Venue, Location</u>	<u>Years Inclusive</u>
Founding Chair	Working Group for Equity, Justice, and Inclusion, Pitt CSD	2020 – present
Member	Admissions Committee, Pitt CSD	2020 – present
Director	MA-SLP Program Recruitment, Pitt CSD	2019 – present
Program Director	Clinical Concentration in Voice, Pitt CSD	2018 – present
Founder, Member	Pittsburgh Voice Consortium, Pitt CSD	2018 – present

BROADER PROFESSIONAL SERVICE:

<u>Role</u>	<u>Committee, Venue, Location</u>	<u>Years Inclusive</u>
Editorial Board Member	Journal of Speech, Language, and Hearing Research	August 2020 – present
Guest Editor	Journal of Speech, Language, and Hearing Research	Feb 2019
Program Committee	Fall Voice Conference, Seattle OR	Oct 2018
Invited member	Voice and Alaryngeal Communication Topic committee, 2018 ASHA Annual Convention in Boston, MA	Nov 2018
Invited panel Chairperson, Poster Judge	46 th Annual Voice Foundation Symposium, Philadelphia PA	June 2017
Developer & Admin	Trans Voice & Communication Training Referral Database	Jul 2014 – present
Founder and Moderator	Gender Spectrum Voice & Communication online forum for SLPs	Jul 2013 – present
Mentor	Novice clinicians in transgender voice and communication care	2012 – present
Invited Ad Hoc Reviewer	Cerebral Cortex; Nature Neuroscience; Scientific Reports; J. of Voice; Laryngoscope; American Journal of Speech Language Pathology; Perspectives of the American Speech-Language and Hearing Association; J. of Communication Disorders; J. of Speech Language and Hearing Research; Logopedics, Phoniatrics, Vocology	2012 – present

VOLUNTARY AND COMMUNITY ROLES:

<u>Role</u>	<u>Organization</u>	<u>Years Inclusive</u>
Trustee	Awesome Pittsburgh (www.awesomepgh.com)	Jun 2012 – Oct 2015
Member	Multi-Institutional Voice Research Rounds	Sept 2010 – Jul 2015
Coordinator	Lab Research Program Developer/Coordinator, University of Pittsburgh	Aug 2010 – May 2014
Coordinator	SHRS Departmental Research Seminar, University of Pittsburgh	Aug 2010 – Aug 2011
Attendee	Kay Pentax Advanced Stroboscopy Workshop	Aug 2007