



“ *If the eyes are the window to the soul, the voice is the soul being heard.* ”

Jan Cullis is a counsellor with a special interest in the effect of the emotions upon the voice. Jan works with clients to explore and resolve the emotional issues that contribute to, and are manifested in their voice problems.

The impact of the psyche upon the voice is acute and undeniable. Our emotional state affects the strength, tone, flexibility and durability of our voice.

The voice is the means by which we share our innermost being with the outer world. All that we experience emotionally, intellectually, physically and spiritually may be expressed and revealed through the voice.

When parts of the self, or the experience of the self are suppressed or denied, the voice may become similarly inhibited.

Counselling is about opening up, exploring and freeing the mind and the spirit. **When mind and spirit are free, so too is the body. When the body is free, the voice will soar.**

Jan is a member of the **Voice Connection** team: a multidisciplinary team of specialists including Ear, Nose and Throat Surgeon, Speech Pathologist and Audiologist providing holistic analysis and treatment of voice disorders.

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