



NATIONAL ASSOCIATION OF
**TEACHERS
OF SINGING**

Southern Region

**The 50th Annual Southern Region National Association of Teachers of Singing Conference
Southeastern Louisiana University, Hammond, LA**

**Member Presentations
Friday, November 14th, 2025**

1:30pm–1:55pm

**Cross Training the Voice: A lecture recital on navigating through
CL, CM, and MT's common bonds.**

D'nissa Hester, Private Studio Owner & Talented Voice for Natchitoches Parish School Board

Cross training the voice: a lecture recital on navigating through CL, CM, and MT's common bonds. This presentation will begin in the Classical style, move through Music theatre, and finish with commercial music. Focus will be given on the commonalities of basic techniques; posture, inhalation, tonal placement, diction, and expression. Short excerpts from each genre will be demonstrated to support that there are more commonalities than differences within all vocal genres.

2:00pm–2:25pm

Practical Application for Finding Balance at the Atlanto-Occipital Joint

Dr. Bonita Bunt, University of Mississippi

Alignment is a key concept addressed early in a voice studio and often approached from a perspective of somatic methods such as Alexander, Feldenkreis, or Body Mapping. The atlanto-occipital joint is a key point in our body's alignment, and understanding of its function is essential for minimizing unwanted tension in any style of singing. Considering that the a/o joint is located internally, it can be tricky for teachers to describe it. Mis-mapping is common causing alignment issues that can directly affect a singer's articulators, breathing mechanism, and arm structures. Using the process from the somatic method of Body Mapping, I will lead attendees through several practical exercises designed to help students and teachers understand the structure, function, and location of the a/o joint. These exercises will include observation in two and three dimensions, as well as movement explorations. Attendees will leave with practical knowledge and how to apply the information in studio or practice scenarios.

2:30pm–2:55pm

SOVTE use in American collegiate voice studios

Dr. Kristen Sullivan, Arkansas State University

This lecture presentation will highlight practical SOVTE use within the collegiate voice studio. Voice-building issues such as hyper-pressured singing, insufficient adduction of the vocal folds, difficulty navigating passaggi, and more will be discussed. If you are new to strategically using SOVTEs in the studio, this lecture presentation can serve as an introduction to their pedagogical uses. For teachers more familiar with SOVTEs, this lecture will highlight the latest research contributing to this aspect of science-informed voice pedagogy.

3:00pm–3:25pm

Song Selection Secrets: Choosing the Perfect Musical Theatre Audition Rep

Phyllis Horridge, Minnesota State University, Mankato/Phyllis & Friends Singing Lessons

Struggling to find the perfect song for your next musical theatre audition? Want to discover songs that authentically reflect your voice and personality for the roles you're interested in? Join Phyllis in this hands-on workshop where she'll guide you through her process of selecting audition songs for specific roles. Phyllis will show you how to tap into the right material, curate a diverse and targeted song list, and choose pieces that showcase a unique voice and style. By the end of the session, you'll feel confident and clear about how to approach your musical theatre audition song choice.