

Sylvia Castillo

Hearing Voices That Are Distressing

Guided Reflection

1. How has this experience influenced your perception of people who hear voices that are distressing? This experience has definitely influenced my perception on what people go through on a daily, all day, everyday hearing these voices. I cannot imagine hearing these voices everyday trying to drive, go shopping or even trying to get sleep.
2. Give a detailed account of which activity you found most difficult during the voice hearing experience. What was it that you found difficult about this activity? The most difficult experience was listening to one person tell you all the mistakes you are making and then having extra whispered voices in the background. I found this difficult because it was just so much noise going on, it makes it hard to concentrate on what you're doing. The voice that is constantly criticizing you makes you just want to close your eyes and walk away from anything quickly and go find a safe place.
3. What are some communication strategies that you could use with a patient experiencing hearing voices that are distressing? Be specific and give examples. I would just try to get them to focus on my voice and focus on what is here and now. I would like to listen to them and ask them to share with me what the voices are telling them. Once they share to me what the voices are telling them, I would then inform the patient that they are not those horrible things the voice is telling them and remind them of who they truly are and that they matter. I would try to give as much positive feedback to try and help them cancel out the negative voices.
4. What are some assessment questions that you would anticipate asking a patient for whom you are providing care and who is experiencing unwanted auditory hallucination? List at least 3 questions. 1. What are the voices telling you? 2. Are the voices telling you to harm yourself? 3. Are you hearing several voices?

5. What are some therapeutic nursing interventions that might be used for a patient who is experiencing unwanted auditory hallucination? **Meditating can be therapeutic, to try and calm the mind and relax and focus on deep breathing. Maybe going for a walk or a run to re focus the mind**

6. How will this experience influence your future nursing practice? **It will influence my nursing practice by listening to my patients and asking more questions as to what they might be experiencing. Letting my patients know that they are not alone and that there is help. Teaching them some coping skills and being a safe place.**