

## Hearing Voices That Are Distressing

### Guided Reflection

1. How has this experience influenced your perception of people who hear voices that are distressing? **It has changed it completely, because I had the idea that they could stop the voices or ignore them, but that is very hard to do, to concentrate is almost impossible.**
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? **I was trying to read while listening to the voices, but at what point I got frustrated because I couldn't focus or concentrate at all.**
3. What are some communication strategies that you could use with a patient experiencing hearing voices that are distressing? Be specific and give examples. **What I did during this assignment, I had my sister text me and tell me something about her day or what she thought we could do this weekend, that seem to help me focus on something else than the voices, it redirected me to reality.**
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. **Are you hearing voices? What are they telling you? Do they tell you to harm yourself or others?**
5. What are some therapeutic nursing interventions that might be used for a patient who is experiencing unwanted auditory hallucination? **We can offer to go for a walk around the unit or some kind of exercise. Offer to listen to music on headphones to help distract from the voices.**
6. How will this experience influence your future nursing practice? **This experience will allow me to feel compassion and to better understand**

**what the patient is feeling, also to better implement interventions that will help distract the patient from the voices they are hearing.**