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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 opened my eyes to see what these patients truly experience when hearing distressing voices and has given me more empathy for them.

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 math problems were the most difficult to do during the voice hearing experience. It was difficult to concentrate when completing some of the more challenging math problems.

3. What are some communication strategies that you could use with a patient experiencing hearing voices that are distressing? Be specific and give examples.

Some communication strategies I could use with a patient hearing distressing voices could be to remain calm and use a quiet voice. I could reassure the patient that they are safe and focus on their feelings.

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 the voices saying?

What helps you when you are hearing distressing voices?

5. What are some therapeutic nursing interventions that might be used for a patient who is experiencing unwanted auditory hallucination?

Some therapeutic nursing interventions for patients hearing distressing voices are to reduce stimulus, distract the patient (maybe with a walk or other calming activity), keep the milieu therapeutic, and always remain calm and empathetic.

6. How will this experience influence your future nursing practice?

This activity has given me insight into what it is truly like to hear distressing voices. Before completing this activity, it was hard to imagine what it might be like to experience this. I hope that this will allow me to be more empathetic and compassionate to patients with mental illness. It will also help me know how to respond to these patients, making sure to remain calm and reassure them that they are safe.