

## 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 influenced my perception by having more empathy and more patience. When one has not experienced what a patient is experiencing it is easy to start judging the patient.

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? What I found more difficult during the activity was of how the voices talk to the patient. For one they are not being nice, and I feel like that brings the patient self-esteem down and makes it easier for patient to do self-harm.

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 techniques would be active listening. For example, I would say "Can you tell me more about the voices you are hearing and how they make you feel?"

Another communication technique would be to explore coping mechanisms. I would ask "What are some things in the past that you feel more grounded when the voices become overwhelming?"

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. "Can you describe the voices you are hearing?" "How do these voices affect your daily life and functioning?" "How do you feel when you hear the voices?"
5. What are some therapeutic nursing interventions that might be used for a patient who is experiencing unwanted auditory hallucination? Building a trusting and therapeutic relationship with the patient to create a safe environment for open communication and support.

6. How will this experience influence your future nursing practice? This will influence my future practice by understanding the patient. Instead of just caring for the patient this will help me emotionally connect to the patient. This is extremely important because my patient will gain my trust and it will be easier to communicate with each other.