

## Hearing Voices That Are Distressing

### Guided Reflection

1. How has this experience influenced your perception of people who hear voices that are distressing?
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?
3. What are some communication strategies that you could use with a patient experiencing hearing voices that are distressing? Be specific and give examples.
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.
5. What are some therapeutic nursing interventions that might be used for a patient who is experiencing unwanted auditory hallucination?
6. How will this experience influence your future nursing practice?