

## Hearing Voices That Are Distressing

### Guided Reflection

1. How has this experience influenced your perception of people who hear voices that are distressing? **It is eye opening and sad because I couldn't imagine trying to focus on any task while hearing voices talking to me.**
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 negativity of the words said. As a human being that would make anyone lose their mind**
3. What are some communication strategies that you could use with a patient experiencing hearing voices that are distressing? Be specific and give examples. Reflection of feelings (You seemed concerned by what those voices are saying?), exploration (What are these voices telling you to do?), Restating (You said the voices said to hurt yourself, how so?)
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. **I would ask what are the voices saying to you?, are they asking you to hurt yourself? Are they asking you to do something you don't want to do? How are they affecting your mood at this time?**
5. What are some therapeutic nursing interventions that might be used for a patient who is experiencing unwanted auditory hallucination? **Help them realize that those voices are not real, Exercises that might help tune out the voices**
6. How will this experience influence your future nursing practice? **Respect my patients more and empathize with their situation.**

**Kevin Mamwacha**