

Hearing Voices That Are Distressing

Guided Reflection

1. How has this experience influenced your perception of people who hear voices that are distressing? I have always felt empathetic towards these individuals, however, now I understand. My daughter's father once stated to me that the voices he heard were "big and mean" I couldn't imagine, now I have a sense of what life was like for him, and I'm even more sad for him.
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 found it difficult not to respond to the voices.
3. What are some communication strategies that you could use with a patient experiencing hearing voices that are distressing? Be specific and give examples. I would talk calmly and try redirecting them to reality. If someone was hearing a voice telling them to harm them self I would gently give them reasons why they shouldn't.
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 they thought of the voice? I would ask them is there anything positive they could get from the voices? lastly, I would ask do they have a favorite voice? what It sounds like? is it male or female?
5. What are some therapeutic nursing interventions that might be used for a patient who is experiencing unwanted auditory hallucination? Walking with the patient, guided imagery, music, dance distraction.
6. How will this experience influence your future nursing practice? I will be more patient with these clients and implement more therapeutic interventions.

