

Hearing Voices That Are Distressing

Guided Reflection

1. How has this experience influenced your perception of people who hear voices that are distressing?

It was frustrating at times and it was difficult to complete the drug cards I was working on. I kept messing up which was making me extremely frustrated and trying to focus more on what I was doing made the mistakes worse.

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 was working on my drug cards and that's what was extremely difficult for me to complete.

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 really liked the concept of what Pat Deegan's input about imagining yourself as the flyer of the kite. You are NOT the kite but the person who is the flyer the kite. Your emotions and thoughts are the kite, and you as the flyer remain.

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 the voices commanding you to do anything? What?

How are the voices effecting you?

What can I do to help you feel safe?

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

Reorient, box breathing, guided imagery

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

I will be empathetic, offer support in any way that I can. Have patience for the person who is experiencing the distressing voices.