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Hearing Voices That Are Distressing

Guided Reflection

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

I realize how hard it is to do other activities simultaneously as these voices are in my head.

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 that the most difficult thing to do was to keep my concentration. I had to keep starting over and try to block the sounds out.

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 try to keep them on task by redirecting them and use a low calm voice.

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.

Do these voices scare you?

Do these voices command you to do anything?

Do these voices bother you?

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

I would provide relaxation techniques such as deep breathing and provide the pt with a calm, quiet milieu.

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

I will have more empathy for these pts and have a better understanding of how difficult this must be for them.