

Angie Molina

3/27/2024

Hearing Voices That Are Distressing

Guided Reflection

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

I did hear half of the video. I just started getting anxiety. It has changed the way I think of people who hallucinate or have delusions.

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?

Everyone talks to themselves in their mind, but these voices are from another person talking to you not your own self. The difficult part was hearing nice and then ugly remarks because it makes the person feel so unworthy, I'm sure. I can see where depression, anxiety, and all the other feelings and actions come from when a person is experiencing these things.

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 let them speak and give me as much information as they wanted to. I'd listen with no interruptions and listen for as long as they need me to. When speaking to you about my son, he was afraid of what others would think, BUT he could talk to me when he wanted to and he did. I know for a person hearing voices you have to let them know you don't hear the voices so I would tell them that as well.

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.

When did the voices start and what leads you to believe is the reason they started?

Have you done drugs where you had such a bad trip that you have not been the same since?

Are you afraid when you hear voices, or do you feel like you would rather not be in this world so you don't have to hear the voices anymore?

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

I would get them involved in activities. I'd try to offer different activities of their interest like a movie, walking, exercise, cook their favorite meal, go fishing (that was my son's favorite). Something that sparks their interest where they can maybe cope a little better.

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

This experience has made a huge impact on me for the rest of my life. I never tried to listen to anything that people may be experiencing. Never did I think my own blood would experience anything like this. It makes me see people that hallucinate in such a different way. Like you said they think it's real and we just don't understand what they are experiencing first hand.

It makes me sad and makes me want to help people knowing that my son was going through horrible things. It makes me so aware and has opened my eyes that there are so many people out there living this way.