

# HEARING VOICES



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# Learning Goals:

- Understanding the day to day challenges
- Learning about the subjective experience of hearing voices
- Becoming more empathic
- Changing some of the things we do to address needs of people who hear voices

# Overview

- The simulation experience
  - Word search
  - Reading comprehension
  - Crossword
  - Report interview

GOAL:

*The key is to be moving through the real world to perform tasks while experiencing the distressing voices*

# Rules

- Do not talk to each other
- Keep busy
- Just be yourself
- Do not leave the facility
- Do not change the volume
- Do not stop the tape until I tell you the simulation is over.
- Take care of yourself and if you need to, turn the MP3 player off.



Push start now

# Development of audiotape

- Patricia E. Deegan, PHD.
  - Director of Training for the National Empowerment Center and an experienced voice hearer.
- Sampler of voice hearing
- Professional recording studio
  - Two females and one male who also hear voices

# Experience and Questions Discussion

- How did you feel emotionally?
- How did you feel physically?
- Heartbeat?
- How long was the simulation?

Now that you have had this experience, what will you do differently in your work with people who hear distressing voices?

# Experience and Questions Discussion

