

# Hearing Voices That Are Distressing



A Simulated Experience

Annette Borrows

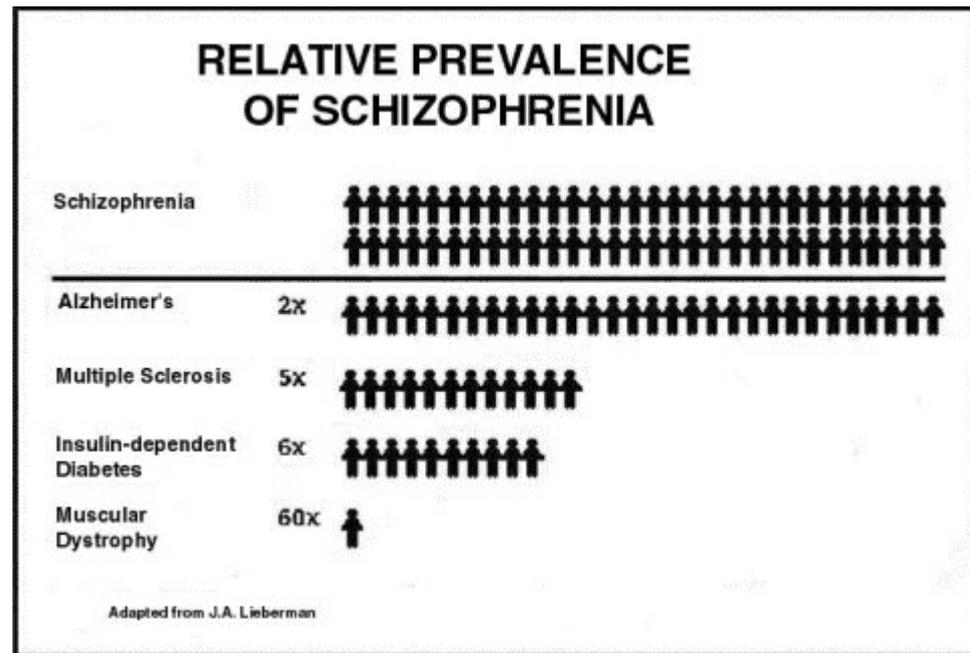
ASPECT Conference

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# Hearing Voices That Are Distressing

## “A Simulated Experience”

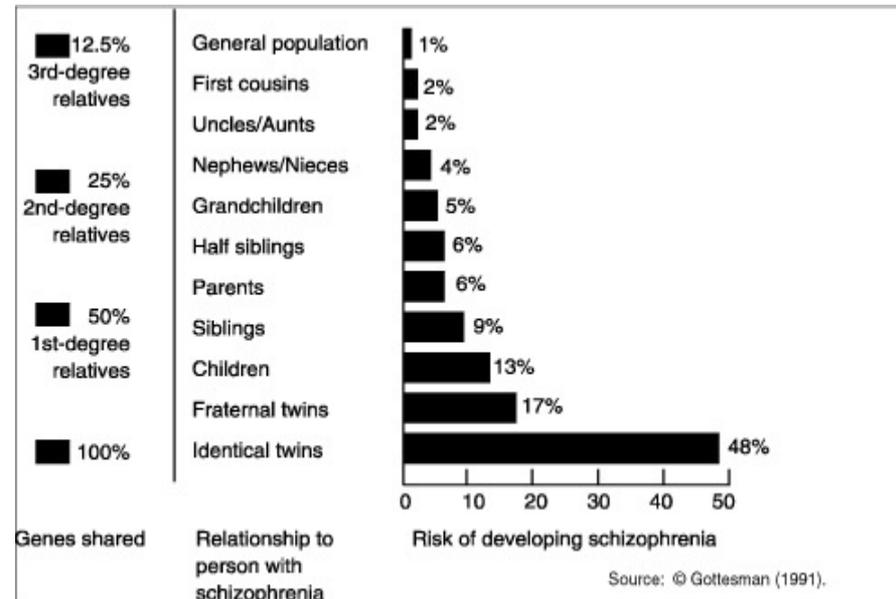
- ❑ Schizophrenia is a bio-chemical brain disorder
- ❑ It is found all over the world in all races, cultures and social classes
- ❑ Worldwide and in Canada, it affects 1% of the population (1 in a 100).



# Causes of Schizophrenia

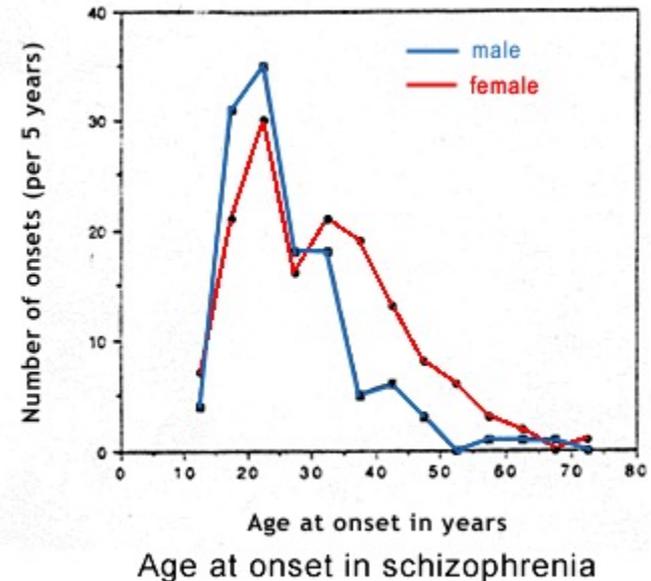
□ Scientists are almost certain that schizophrenia has more than one cause, although this is not yet precisely understood.

- Genetic Hypothesis
- Viral Infection
- Neurodevelopment Problems
- Birth Problems
- Drug and Alcohol Misuse



# Age of Onset

- ❑ Schizophrenia is a disease that typically begins in early adulthood; between the ages of 15 and 25.
- ❑ Most Men tend to develop schizophrenia between 16 and 25
- ❑ Most females develop symptoms several years later, and the incidence in women is noticeably higher in women after age 30.
- ❑ Schizophrenia onset is quite rare for people under 10 years of age, or over 40 years of age.



# Types of Schizophrenia

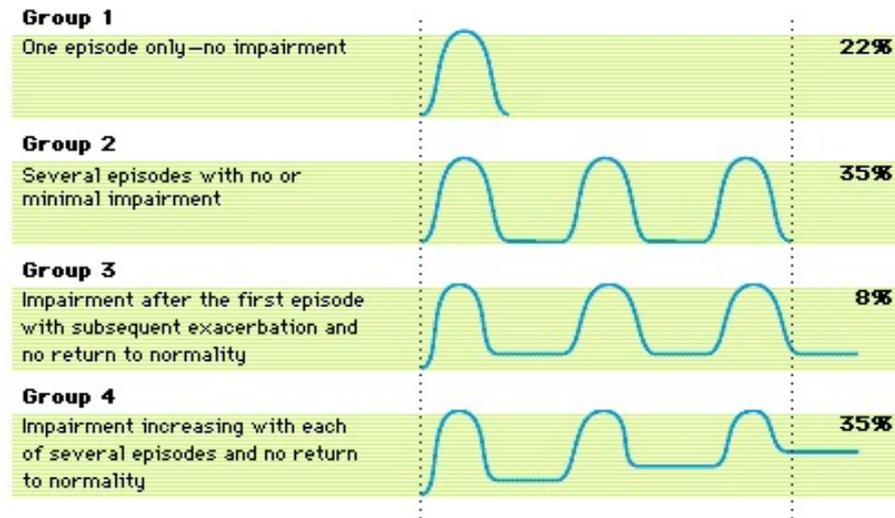
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- Disorganized Schizophrenia
- Paranoid Schizophrenia
- Catatonic Schizophrenia
- Undifferentiated Schizophrenia
- Residual Schizophrenia

# The Course Of Schizophrenia

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- Early intervention and early use of new medications lead to better medical outcomes for the individual
- The earlier someone with schizophrenia is diagnosed and stabilized on treatment, the better the long-term prognosis for their illness



# Most Common Signs

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- Social withdrawal, isolation, and suspiciousness of others
- Deterioration and abandonment of personal hygiene
- Flat expressionless gaze
- Inability to express joy
- Inability to cry, or excessive crying
- Inappropriate laughter
- Excessive fatigue and sleepiness, or an inability to sleep at night (insomnia)

# Symptoms

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- Positive Symptoms
  - ▣ Added to the personality; hallucinations, delusions
- Negative Symptoms
  - ▣ Taken away from the personality; social withdrawal, isolation, difficulty expressing emotion, poverty of speech
- Cognitive Symptoms
  - ▣ Disturbed thought process; memory, concentration, decision making, jumble speech
- Mood Symptoms
  - ▣ Depression, inappropriate emotional reaction to situations

# Hearing Voices- Similar to but not the same as...

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- Getting a song stuck in your head
- Loss of a loved one
- Wish you would have said that

# Prepare For The Simulation

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- You will be attending 4 stations throughout the simulation
- Day Program
- Psychological Testing
- Psychiatrist Appointment
- Go outside
- *Adding numbers/word search if in limbo*

# Important Rules

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- ❑ You can talk to each other about general topics but not about what you are hearing on the tape
- ❑ Keep busy
- ❑ No need to “role play”
- ❑ Do not drive or operate machinery
- ❑ Do not change your volume
- ❑ It is not a marathon, you may stop your player at any time
- ❑ The simulation is not over until you hear her tell you it is over.

# Discussion

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- What kind of coping strategies did you implement?
- How do you feel physically?
- Did you like it better inside or outside?
- Organize ambiguous stimuli into something familiar
- Facilitators : "disempowering style"

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Questions?