

Hearing Voices That Are Distressing



A Simulated Experience

Annette Borrows

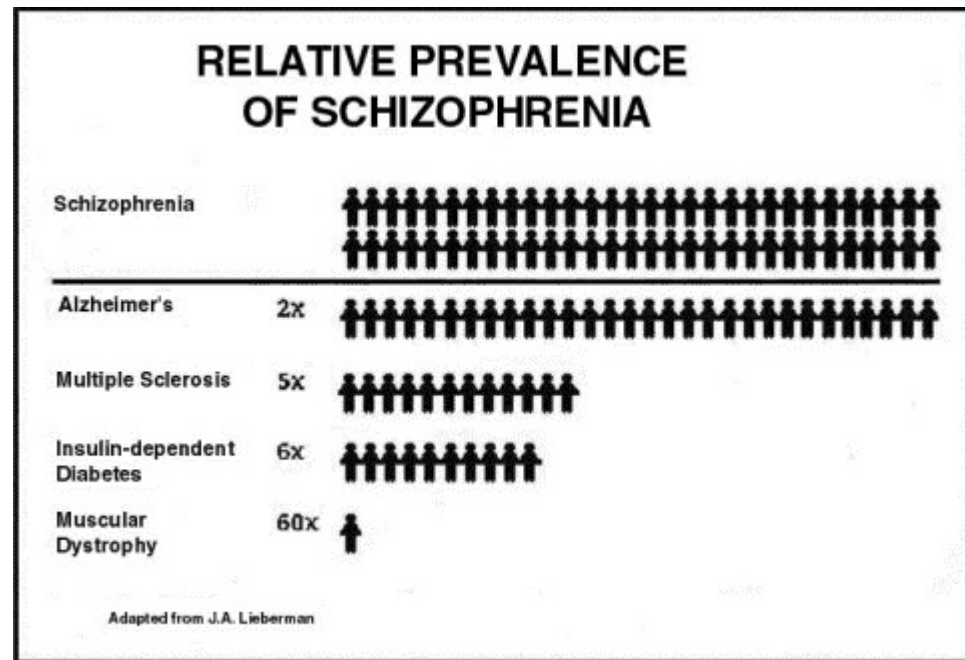
ASPECT Conference

Nov 2022

Hearing Voices That Are Distressing

“A Simulated Experience”

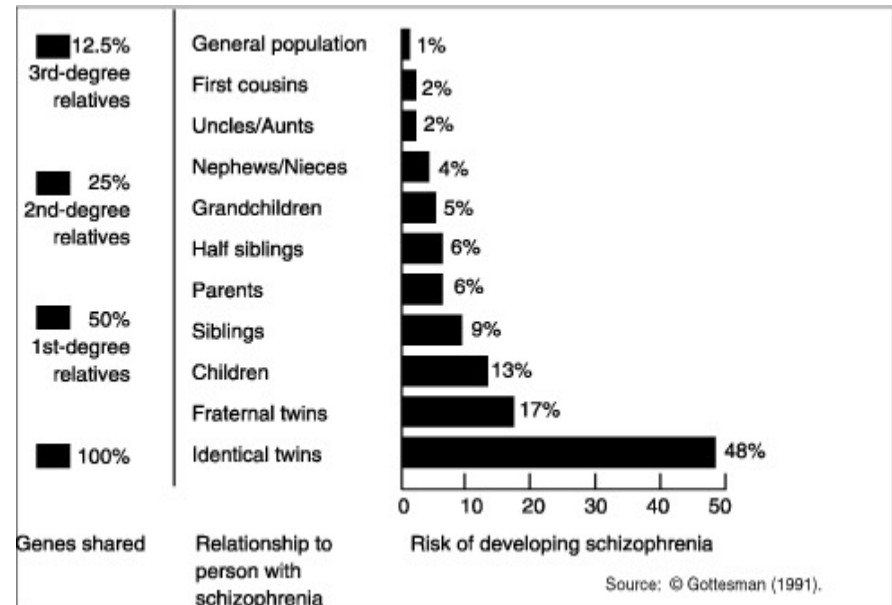
- ❑ Schizophrenia is a bio-chemical brain disorder
- ❑ It is found all over the world in all races, cultures and social classes
- ❑ Worldwide and in Canada, it affects 1% of the population (1 in a 100).



Causes of Schizophrenia

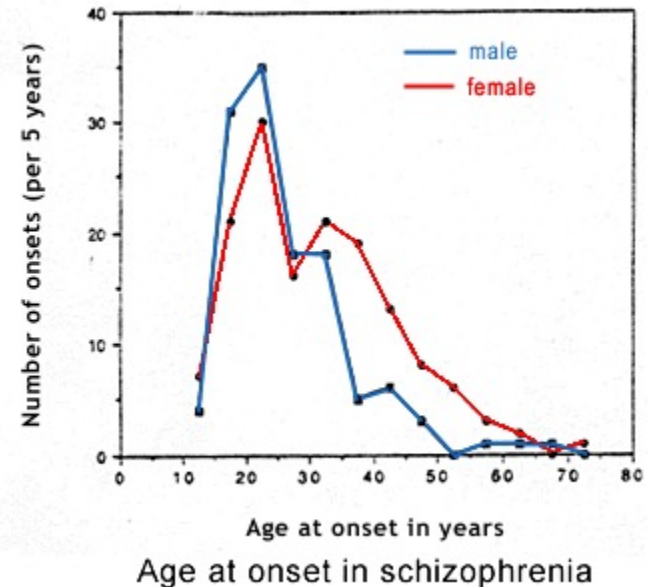
□ Scientists are almost certain that schizophrenia has more than one cause, although this is not yet precisely understood.

- 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.

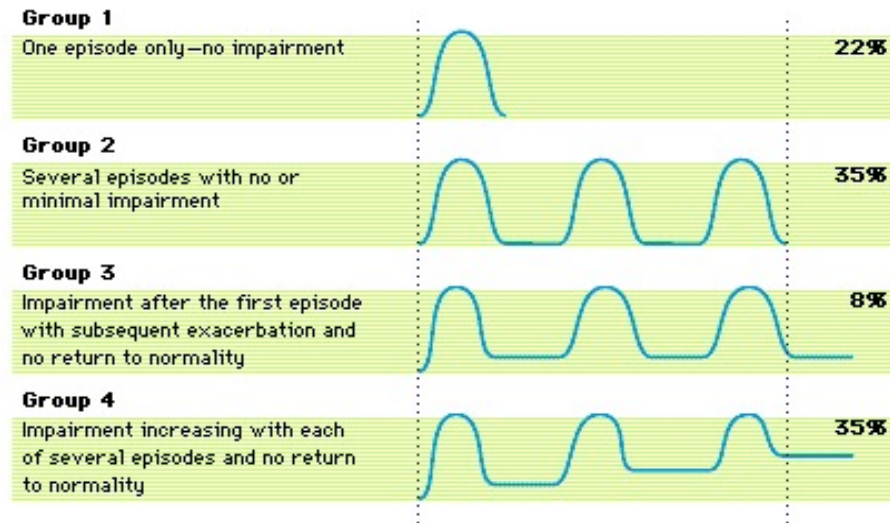


Types of Schizophrenia

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

The Course Of Schizophrenia

- 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

- 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

- 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...

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

Prepare For The Simulation

- 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

- ❑ 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

- ❑ 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"

Questions?