**Simulated Auditory Hallucinations**

Simulated auditory hallucinations can be used to increase empathy for the patient’s experience of psychiatric crisis. Below are three examples.

1. Can be used in class or clinical. From the class, one volunteer is asked to stand at the front of the room to play the role of the patient. The instructor plays the nursing student by introducing self and inviting the patient to talk, etc.

At the same time play the link of auditory hallucinations so that the entire class/group can hear. After about 30 seconds, stop the recording and ask the student to share with the class what it was like to try to have a "normal" conversation while hearing the voices.

<https://www.youtube.com/watch?v=0vvU-Ajwbok>

1. Use simulation of auditory hallucinations with phone and earbuds. (Can often be found via internet search) Can be used during instruction or orientation to clinical. Have students listen via their cell phones while instructor is talking to demonstrate internal distraction.

Discuss how much information they were able to focus on and retain.

1. Using role play, have one student play the nurse and another play the role of the patient. Have three students stand behind the “patient” and keep up a constant talking or whisper while the “nurse” gives some instruction to the patient.

Discuss what the experience was like for the “patient”. What did the student “nurse” and observers notice about the “patient” during the exercise?