Virtual Hearing Voices that are Distressing Curriculum Training Suggestions

During this time of physical distancing and online schooling, the Hearing Voices that are Distressing Curriculum can still be carried out.

Most of the training can be carried out by a video group call such as Zoom. The instructor can play the DVD by sharing their screen and conduct the discussions at the online meeting.

In advance of the training, each participant needs to put the hearing voices sound file onto a personal device such as a phone that has headphones they can use for the simulation experience. A PDF of just the materials needed by the participants needs to be sent to them to use during the training, however, they shouldn’t read it before the training. Please email NEC and we will email you the student packet: info4@power2u.org

Brief Overview of the Hearing Voices Curriculum Workshop

The three-hour training/workshop involves the following:

1. Watch the 14-minute DVD, Part I, featuring Dr. Marius Romme, Co-founder of the Hearing Voices Movement.

2. Participate in the simulation experience (approximately 60 minutes including instructions to the group, etc.). See instructions below.*

3. Discuss the simulation (approximately 20 minutes).

4. Watch the 25-minute DVD, Part II, on the experience of hearing voices that are distressing.

5. Discuss Part II and the entire experience (approximately 60 minutes).

6. The curriculum also includes additional online interviews with voice hearers to be used as the instructor determines.

*How to Carry Out the Simulation

Instead of having volunteers carry out the activities, they can be done by participants in their own locations. The instructor can introduce the simulation by telling participants that for the simulation they will put on their headsets and listen to the sound track while performing a variety of activities. Some will be done as a group online and other activities will be done in their living spaces.

All of the following activities, except for performing community tasks can be done together at the virtual meeting. See suggestions that follow.
**#1 – Having to perform a community task**
Some suggestions for activities that can be done in one’s living space for the 30 minutes of the simulation experience while wearing headsets of the voice track. They will have 30 minutes to complete these tasks. Possibly suggest participants choose at least four activities to complete. Then the instructor can tell participants you are taking a break from the online meeting platform you are using for 30 minutes to continue the simulation. And ask them to set a timer for 30 minutes, turn on their headsets, and complete some activities. Then come back to the online group meeting after 30 minutes.

- Try to do some homework.
- Write a letter to a friend.
- Recall and write down the words to the national anthem.
- Look online for takeout food and start an order.
- Draft an email for work or to communicate something you feel is important.
- Prepare a meal.
- Make a grocery list and look online for grocery delivery services.
- Search for a recipe that sounds good and see if you can find the ingredients.
- Sing a song while you are washing dishes or doing other housework.
- Put a load of laundry in the washer or fold a load of laundry.
- Do an internet search for your favorite author or movie star, read about their life, and then make a list of their movies or books.
- If there are other people in your household, have a conversation with them.
- Read a book you enjoy.

**#2 – Doing reading comprehension tests at the mock psychological testing center (p. 37)**
Have participants read the article, “Iris Place Marks a Year of Emotional Support.” Then have students go to a link to complete the answers to the questions. This link is the Reading Comprehension Test questions. Instructors can copy this link to easily create your own form at your Jotform account and share it with participants. An account can be set up for free with up to five forms at https://www.jotform.com. https://form.jotform.com/200896032612046

**#3 – Having a mock mental status exam (P. 44)**
Participants can be separated into pairs to ask each other the mock mental status exam questions. For the mock mental status exam, the group can break into pairs (through manage participants at Zoom or other platform) and take turns asking the other person the questions. If you are using Zoom, once you break into pairs and complete the time for questioning, the instructor can end the pairs and participants will have one minute before they are brought back to the large group.

Additional Activities in the section for Police Officers that might be used for anyone.

**Activity 2 – Visual Memory Exercise (p. 50)**
This is an exercise also known as the KIM’s Game (Keep in Mind). At the end of this document is a photo of twenty various items. Show the photo to your group by online screen sharing for a maximum time of thirty seconds. Take down the photo and give the participants five minutes to list the items they are able to remember with three descriptors of each item. Then show the photo of the items again and discuss the experience.

**Activity 3 – Reading Exercise (p. 52)**

The participants are each given a copy of the “Emotional CPR Success Story” article. After eight minutes, ask participants to turn over the article. Then have students go to a link to complete the answers to the questions. Participants are allowed three minutes to complete the test sheet before the answers are given to the multiple-choice questions and a discussion of the open-ended questions and their experience. This link below is the Reading Comprehension Test questions for “Emotional CPR Success Story.” Instructors can copy this link to easily create your own form at your Jotform account. An account can be set up for free with up to five forms at

https://www.jotform.com,
https://form.jotform.com/200896032612046