

TAKE THE CHALLENGE: LIVING WITH VOICES

October 10, 2020 - [Rain Date: October 17, 2020]

Auditory Hallucination Simulation Exercise. This exercise is being facilitated by idecisiongames.com

Zoom Info <https://bit.ly/livingwithvoices>

Please Note: Login for ***only one*** of the following class times. Each class has a unique code. The exercise takes about 10-15 minutes with group discussion afterward.

1. 12:00p - 12:30p (CT)
 2. 12:30p - 1:00p (CT)
 3. 1:00p - 1:30p (CT)
-

What You Will Need:

- Headphones
- Zoom App
- Google Chrome

A WORD OF CAUTION: If you have ever been treated for symptoms of auditory hallucinations IT IS STRONGLY ADVISED THAT YOU REFRAIN from participating in this exercise. If for any reason during the exercise you feel overwhelmed, remove your headphones and stop the exercise.

About

“Auditory hallucinations, defined as sensory perceptions of sound that have no basis in external stimulation, are noted throughout the human lifespan. Auditory hallucinations can occur in nonclinical (otherwise healthy) individuals as well as in several clinical conditions including, but not limited to schizophrenia, schizoaffective disorder, bipolar disorder, major depressive disorder, epilepsy, substance abuse, dementia, and delirium. However, the most common setting in which auditory hallucinations occur is in the context of mental illness.

The exercise gives individuals the ability to experience what it is like to hear voices. This simulation was created to give people a small glimpse into the mind of someone living with auditory hallucinations brought on by brain disorders most commonly associated with schizophrenia. During the exercise, participants will be asked to do a variety of tasks to challenge their ability to concentrate.” - [Luke Kramer](#)