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CommonGround Program Outcomes: Hearing Distressing Voices Simulation

Developed by Pat Deegan in 1996, the Hearing Distressing Voices Simulation is a groundbreaking, empathy-building exercise that helps students, emergency first responders, mental health professionals, judicial and medical professionals understand the challenges and resilience of people who experience distressing voices.

You can watch CNN's [Anderson Cooper](#) undergo the simulation.

13 Peer Reviewed Studies

Empathy, Understanding and the Therapeutic Alliance

A better therapeutic relationship in the treatment of psychosis predicts better treatment adherence, less severe symptoms, better social functioning and fewer hospital admissions. The odds of a person adhering to treatment is 2.16 times greater if there is a good clinician-consumer relationship.

13 peer reviewed studies find the Hearing Distressing Voices Simulation increases clinician empathy, understanding and compassion towards people with psychosis

Research has focused on nursing, medical and pharmacy students, as well as psychiatrists. Most studies are pre-post, mixed methods design using valid measures including Jefferson Scale of Physician Empathy, Medical Condition Regard Scale, Kerman-Chen Empathy Scale, and the Attitudes Towards Mental Illness Questionnaire. Two of the studies included controls.

I just could not stop talking about it. I feel like I know how to better understand my patients.
Medical student (2009)

The hearing voices exercise was very powerful. I now understand why patients want to talk about their voices. **Psychiatrist** (2016).

I have a greater respect for what they go through, and the courage it must take to get through each day. **Nursing student** (2015).



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