

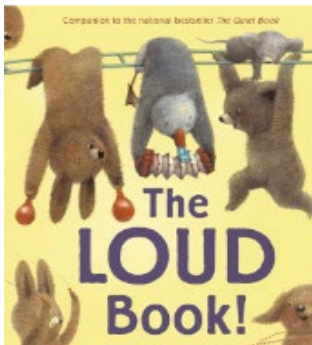
## **Mindfulness Techniques and Working with Voices**

These mindfulness activities are particularly good for helping clients to manage dealing with voices. Give instructions and practice with clients or have them practice with you. Then process the experience with them. Have them practice daily. Motivation, effort, and practice will help these particular activities work proficiently. The name of the game here is PRACTICE.

### **Sub-vocalizations:**

There is something about sub-vocalizing that interrupts the process by which auditory hallucinations seem to be produced. This can work for intrusive memories and thoughts as well. Simply reading a book to one's self does not seem to work. Reading it out loud does seem to work.

1. Read a book out loud
2. Read a book at whisper level
3. Read to someone



### **Look → Point → Label:**

Have them look around the room or area where they are and find an object. Have them point at it. Have them say the name of it out loud. Do several rounds of this. This pulls them back into the present moment.

