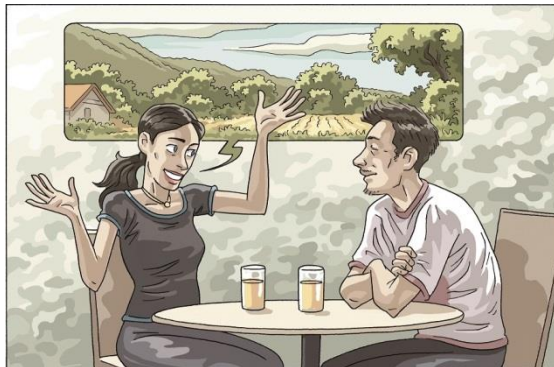
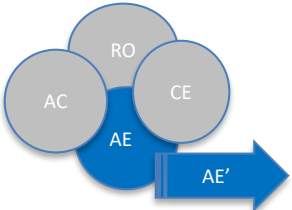


# Positive Emotions Programme for Schizophrenia

## PEPS- session 4

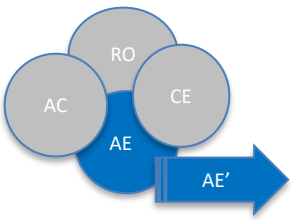
### Capitalizing on





# Intersessional experiences

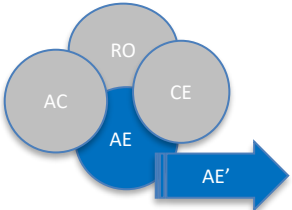
**What was the task for today's session?**



# Intersessional experiences

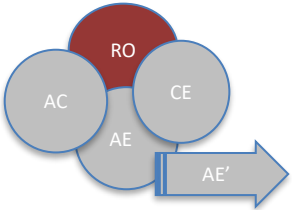
## **What was the task for today's session ?**

- We had to write down, in our workbook, the behaviors that we used to increase pleasant sensations.
- This, in order to be able to talk about them.



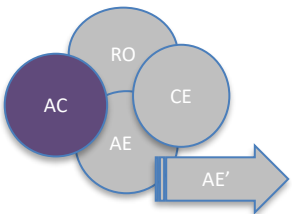
# Intersessional experiences

- Let's share our experiences !



# Recall

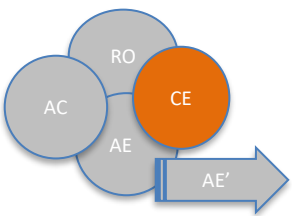
- Who would like to remind us the first two strategies we have learned to increase the positive emotions ?



# Recall

- Who would like to remind us the first two strategies we have learned to increase the positive emotions ?
  - Express positive emotions with behaviors
  - Savor the pleasant experience

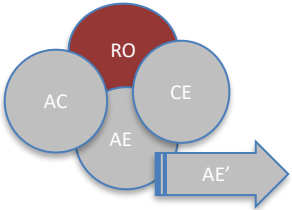




# Thoughtfulness



- Sit properly on your chair and look for a comfortable position.
- Take a little moment to find the right position.
- As far as possible, put your feet on the floor and hold your back straight and separated from the chair back.
- However, if that position doesn't suit you, look for another one more comfortable.
- Pay attention to the following words: [start Thoughtfulness.mp3](#).

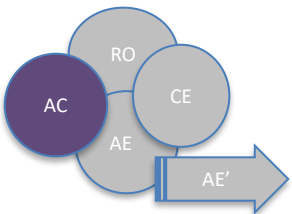


# Sharing the experience...



- What did you feel?
  - Pleasant or unpleasant sensations, comfort, discomfort, concentration, availability, interest, boredom, etc.
- How do you feel now?





# Changing defeatist beliefs

- Jill has encountered a problem during the week. She wants to invite Jack to the movies.
- She tells herself that she will not invite him because he may decline, and it would be awful.
- Our task is to help her founding a positive belief.



She tells herself that she will not invite him because he may decline, and it would be awful.

- Develop other explanations :
  - What can be related to him?
  - What can be related to other people?
  - What can be related to the situation?



She tells herself that she will not invite him because he may decline, and it would be awful.

- Develop other explanations :
  - What can be related to her?
    - She tells herself that she is not good enough. She has not enough money to invite him. She is not self-confident.
  - What can be related to other people?
    - He does not like me. He is very busy. He may refuse because of shyness. He has terrible taste.
  - What can be related to the situation?
    - It is late. They do not know each other enough. There is no good movie to watch.

Would it be that terrible if Jack declines?

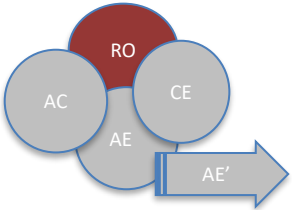
**What would be the positive beliefs?**

# Would it be that terrible if Jack declines?

## What would be the positive beliefs?

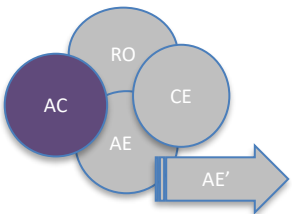
- It is not that bad.
- He will may agree another day.
- If she does not try, she will never know if he would agree.
- He could decline for reasons that do not have to do with her.
- Etc.





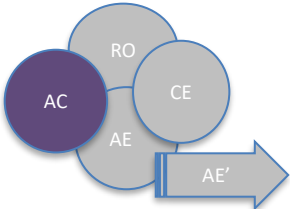
# Changing defeatist beliefs

- In your opinion, what are the strategies to change the defeatist beliefs ?

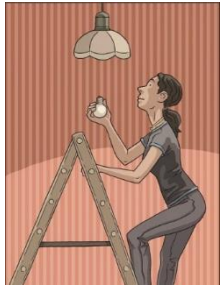


# Strategies to change the defeatist beliefs

- Give yourself the right to learn; give yourself the right to not know.
- Be focused on what works instead of what does not.
- Ensure the success by reducing expectations.
- Congratulate and encourage yourself.



Reduce expectations



Give yourself the right to learn



Encourage yourself

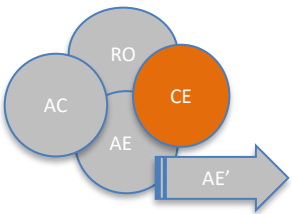


Be focused on what works



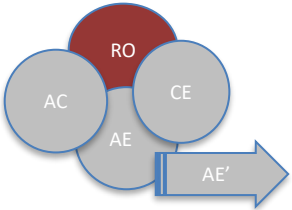
Success





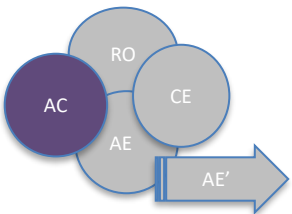
# Capitalizing on

- Choose a pleasant event and tell it to your neighbor.
  - Don't you know what happened to me? ... Talk about a positive event.
- After a few minutes, reverse roles.



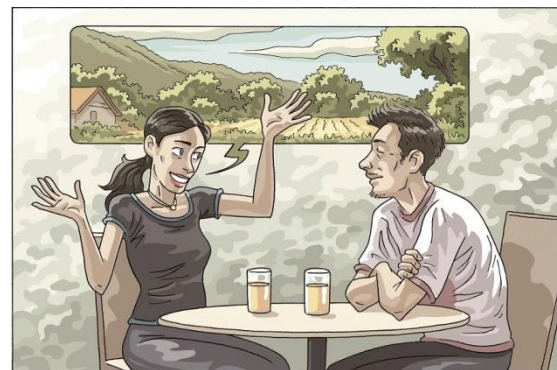
# Sharing the experience

- What did you feel while you were talking about the pleasant moment?
- What did you feel while you were listening to your neighbor's pleasant experience?



# Capitalizing on

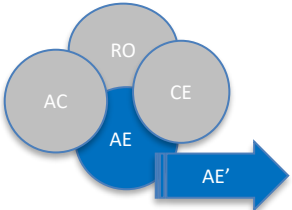
- Communicating and celebrating the positive events with other people leads to an improvement of the mood, beyond the positive event's effect itself.
- The immune response is also improved.



# The perfect moment



*Marco Querra twistedsifter.com*



## For the next session

- Let's practice capitalizing on the positive events.
- Let's relate positive events to our friends.
- Let's observe the effects that it produces in us.

# PEPS v2.1

- Design : Jérôme Favrod et Alexandra Nguyen
- Illustrations : Sébastien Perroud, PET
- Actors : Charlotte Aeschbacher, Yael Horowitz & Quentin Grunenwald
- Music : Tanaël (piano) et Noram Nguyen (guitar)



# References

- 1 [Nguyen A, Frobert L, McCluskey I, Golay P, Bonsack C, Favrod J: Development of the Positive Emotions Program for Schizophrenia: An Intervention to Improve Pleasure and Motivation in Schizophrenia. Front Psychiatry 2016;7:13.](#)
- 2 [Favrod J, Nguyen A, Fankhauser C, Ismailaj A, Hasler JD, Ringuet A, Rexhaj S, Bonsack C: Positive Emotions Program for Schizophrenia \(PEPS\): a pilot intervention to reduce anhedonia and apathy. BMC Psychiatry 2015;15:231.](#)
- 3 [Favrod J, Nguyen A, Chaix J, Pellet J, Frobert L, Fankhauser C, Ismailaj A, Brana A, Tamic G, Suter C, Rexhaj S, Golay P, Bonsack C: Improving Pleasure and Motivation in Schizophrenia: A Randomized Controlled Clinical Trial. Psychotherapy and Psychosomatics 2019;1-12.](#)
- 4 [Favrod J, Nguyen A, Tronche AM, Blanc O, Dubreucq J, Chereau-Boudet I, Capdevielle D, Llorca PM: Impact of Positive Emotion Regulation Training on Negative Symptoms and Social Functioning in Schizophrenia: A Field Test. Front Psychiatry 2019;10:532.](#)