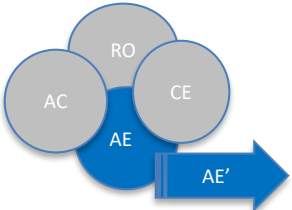


Positive Emotions Programme for Schizophrenia

PEPS- session 3

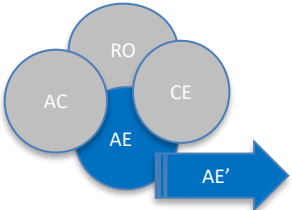
Behavioral expression





Intersessional experiences

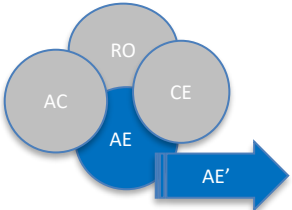
What was the task for today's session?



Intersessional experiences

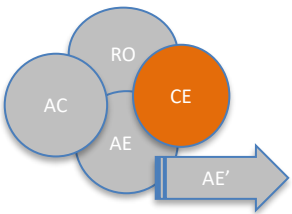
What was the task for today's session ?

- We had to choose a pleasant situation and observe consciously the produced sensations to savor them.
- We had to write down how we savored them to be able to talk about it in our next meeting.



Intersessional experiences

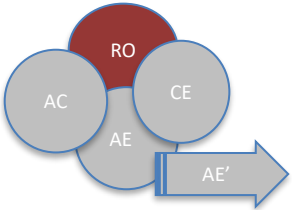
- Let's share our experiences !



Appreciation of a pleasant moment

- 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 Calm_crisis.mp3](#)

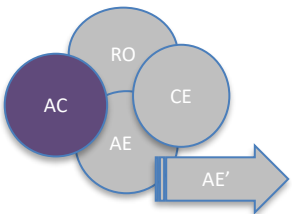




Sharing the experience...

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





Changing defeatist beliefs

- Jack has encountered a problem during the week, he lost a football match.
- He tells himself that he lost and that is better to do nothing than fail.
- Our task is to help him to found a positive belief.



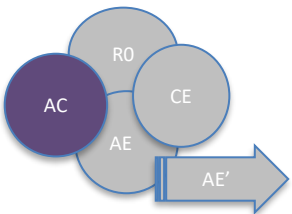
Jack tells himself that he lost and that is better to do nothing than fail.

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



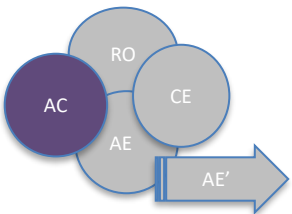
Jack tells himself that he lost and that is better to do nothing than fail.

- Develop other explanations :
 - What can be related to him?
 - He was not properly prepared. He is out of shape.
 - What can be related to other people?
 - The other ones introduced obstacles. They are better. They know the pitch better.
 - What can be related to the situation?
 - There were unforeseen difficulties, the conditions were bad.



Is it better for Jack to do nothing rather than fail?

What would be the positive beliefs?

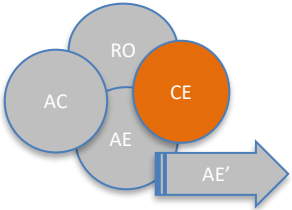


Is it better for Jack to do nothing rather than fail?

What would be the positive beliefs?

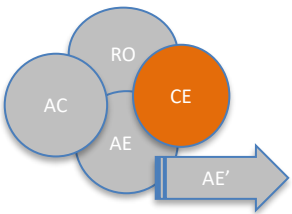
- He can set up lower expectations.
- It happen to lose, just the once will not hurt.
- He lost but had fun.
- It's all right that the others win sometimes.
- They were many to play, he's not the only responsible for the loss.
- Etc.





Behavioral expression

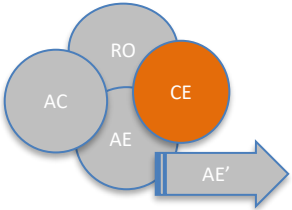
- You wish to cheer your favorite music band or football team.
- We will try two methods and observe the differences between them regarding the emotions.



Behavioral expression

- Method 1 : Droopy
- Stand still. The arms alongside your body, keep just your mouth open like an O, do not do any movement with the face or the body.

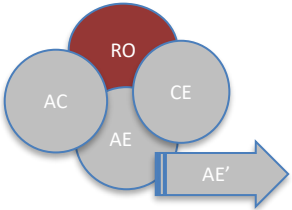




Behavioral expression

- Method 2 : Bugs Bunny
- Stand still and use your complete body for cheering.

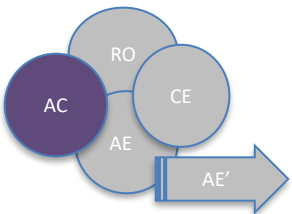




Sharing the experience...

- What are the differences between both methods regarding your emotions ?

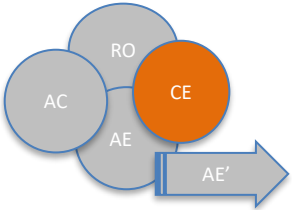




Behavioral expression

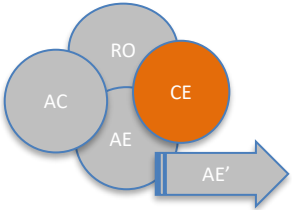
- Expressing positive emotions by non-verbal behaviors can increase the strength of those.





Behavioral expression

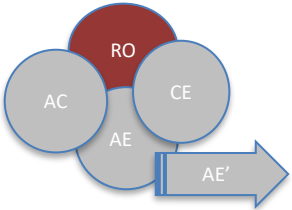
- You're about to see pictures of faces expressing a pleasant sensation.
- At every picture, put yourself in the shoes of the person, imitate his/her expression, help yourself by adapting your position and gestures.
- Become conscious of physical sensations which accompan the expression.
- Play [Groove.mp3](#) of Tanaël Nguyen as a warm-up.



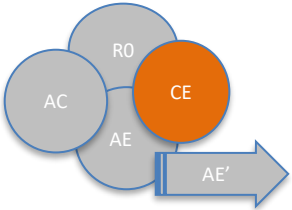
Behavioral expression

- Stand still!
- Remember a situation that amazed you!
- Imitate the actress on the next slide!





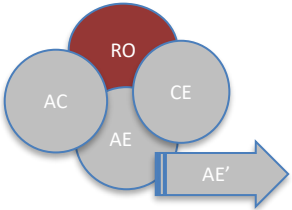
What did you feel?



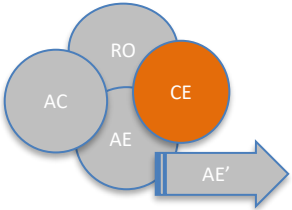
Behavioral expression

- Stand still!
- Remember a situation in which you have been complimented.
- Imitate the actor on the next slide!





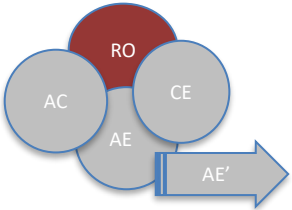
What did you feel?



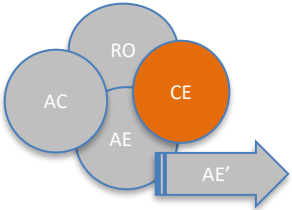
Behavioral expression

- Stand still!
- Remember a situation that made you burst out laughing!
- Imitate the actress on the next slide!





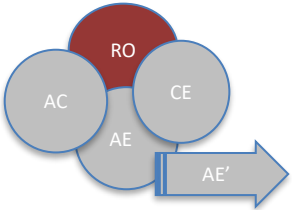
What did you feel?



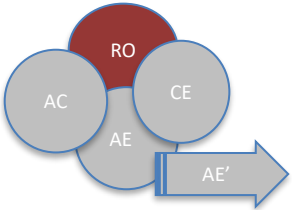
Expression comportementale

- Sit down!
- Remember a situation you particularly enjoyed and savored.
- Imitate the actress on the next slide!

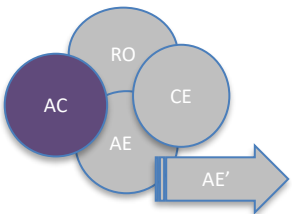




What did you feel?

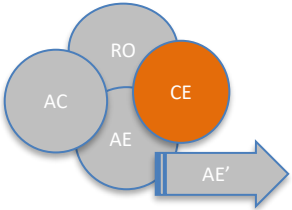


What does people do when they get a success, a victory?



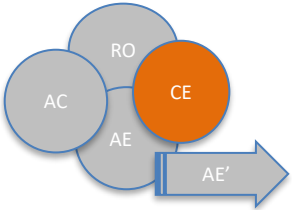
What does people do when they get a success, a victory?

- Jump around
- Clench their fists
- Inflate the chest and extend the arms back
- Make a fist and with the arm flexed, and mark it with a movement
- Extend your arms to the sky to celebrate the victory
- Dance
- Sing, hum



Expressing a success

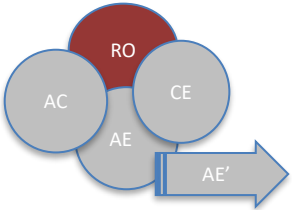
- You're about to see photographs of people who just experienced a pleasant event.
- Please imitate those behaviors while you think about some pleasant event.



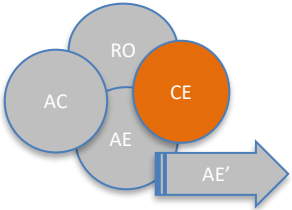
Behavioral expression

- Stand still!
- Remember a situation of personal success or/and victory!
- Imitate the actor on the next slide!



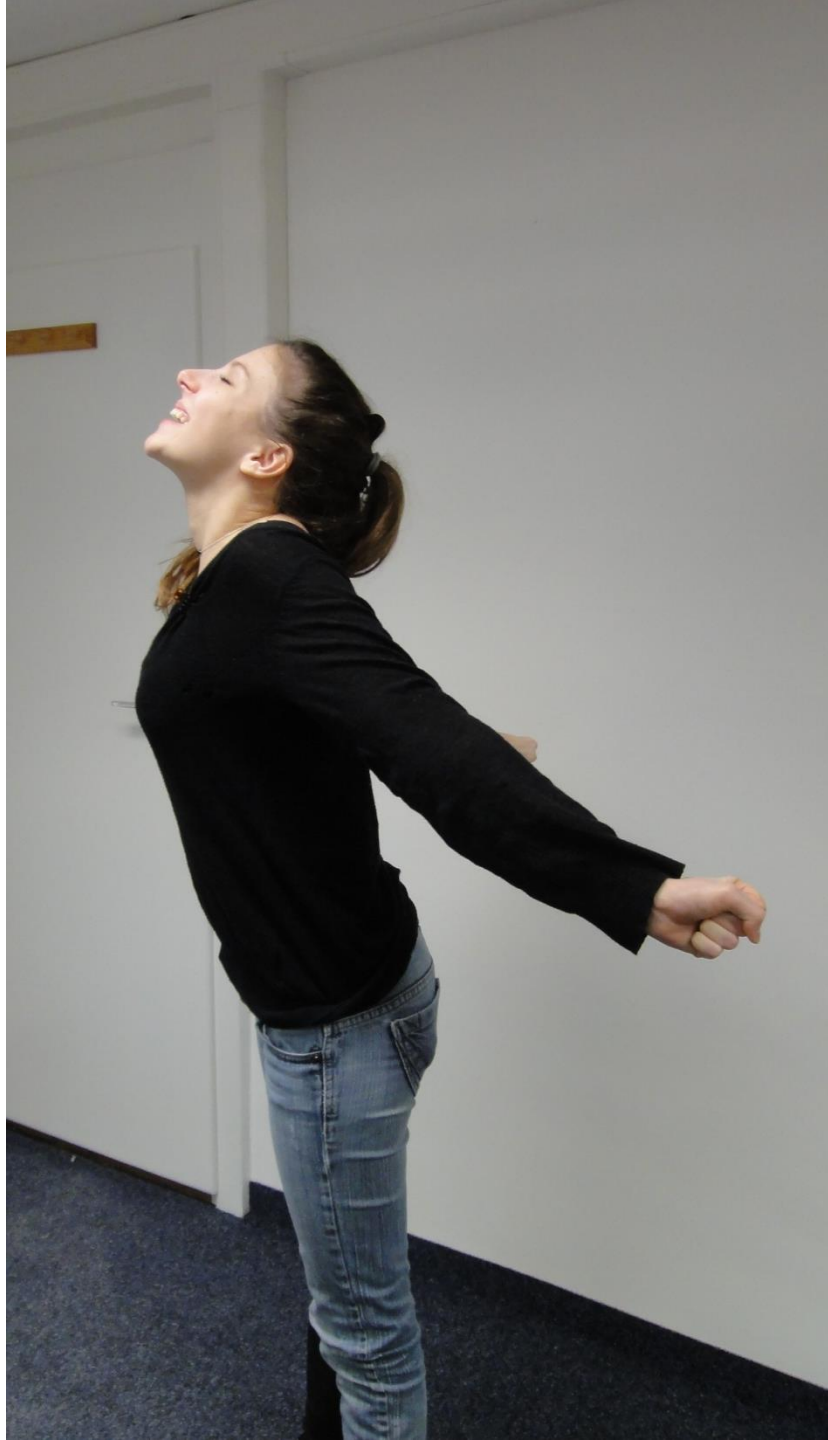


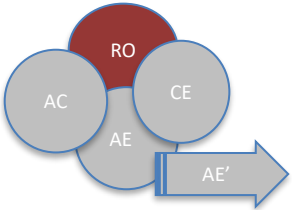
What did you feel?



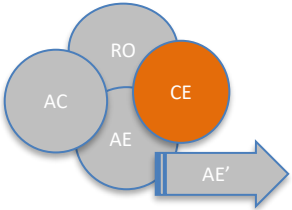
Behavioral expression

- Stand still!
- Remember a situation of personal success or victory!
- Imitate the actress on the next slide!





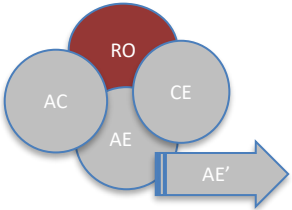
What did you feel?



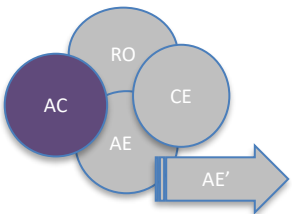
Behavioral expression

- Stand still!
- Remember the anticipation of a situation, a gift, an event that you enjoyed!
- Imitate the actress on the next slide!





What did you feel?



Behavioral expression

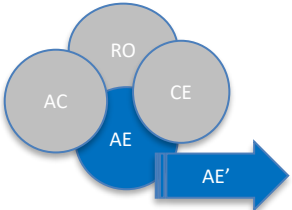
- Expressing positive emotions by non-verbal behaviors can increase the strength of those.



The perfect moment



Lynn Sessions, twistedsifter.com



For the next session

- For the next session, let's write down in our workbook, the behaviors we used to increase the pleasant sensations.
- In order to be able to talk about them in our next meeting.

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.](#)