

ADRESS BOOK

PEPS

Positive Emotions Programme for Schizophrenia



This workbook belongs to:

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My group facilitators are named: _____

You can download all material and recordings at the web site:

www.seretablir.net/PEPS/

Welcome to PEPS programme

PEPS is therapeutic education programme. Its goal is to reduce anhedonia (difficulty to anticipate and feel pleasure).

The aim will be to learn diminishing negative emotions and defeatist thoughts, and increase cognitive control of positive emotions (by anticipating and maintaining them).

You will be welcomed and guided, during the eight programme sessions, by health and social professionals.

Together, you will experience meditation and relaxation techniques.

You will also train to anticipate the pleasures of life and to savor them, in order to arouse positive emotions. You will observe the effects of the exercises you will do during and between sessions.

The subjects of the sessions will be:

1. Managing defeatist beliefs
2. Savoring the pleasant experience
3. Changing defeatist beliefs
4. Capitalizing on positive emotions
5. Savoring and recalling good things
6. Anticipating the pleasure
7. Anticipating the pleasant moments
8. Putting all together

**PEPS team wish you to enjoy your participation at this
programme!**

Your Workbook

This workbook is free and belongs to you.

It will accompany you at every session and between sessions.

It contains the main exercises you will experience and somehow, it will be a checklist. You will be able to consult it at any moment, and find your benchmarks.

At the end of each session, every member of the group will take some time to choose an activity to experiment with before the next session. Several possibilities will be suggested to you in this workbook. You will find empty spaces to write down what you chose.

At the beginning of each session, you will have some time to recall the experiences related to the activity you chose in the previous session. Then you will share your experience and ideas with the group.

Over the sessions, this workbook will become the witness of your exercises and techniques you enjoyed and have been useful to you.

It may be also useful to you to communicate with your referees about this program and your experiences.

Techniques experimented during the session

Calm crisis

A vagal maneuver to « slow down »

Exhale the air of your lungs, softly, like a «deflating balloon».

Inhale a little bit of air, without any effort.

Maintain that air a short while to promote the process of gas exchange in your lungs.

Let the air of your lungs get away, without forcing.



Neutralization to regulate the heart rate

Focus your attention on the region of the heart.

Breath comfortably, without forcing through this area,
look for the most pleasant respiration.

Focusing on an emotion, a pleasant feeling

Calm crisis is on the CD

The exercises I will practice:

What I will remember

Ideas, keywords, techniques:

SESSION 1 – Managing defeatist beliefs

For the next session

Choose a picture or an object that makes you feel a pleasant emotion or/and feeling, in order to introduce it to the group.

My notes:

My picture or my object: (paste a representation of your object or a copy of your picture below; you can also just write the name of what has generated the pleasant feeling)



For today

I had to choose a picture or an object which generates in me a pleasant emotion or/and feeling, and introduce my choice to the group. (If needed, you can take back the previous sheet)

Techniques experimented during the session

Savoring the pleasant experience

Focusing deliberately your attention on the present pleasant experience.

This strategy goes with an increase of the intensity and the frequency of positive emotions.

It's about consciously feeling the pleasant sensations generated by the experience.



At the end of this programme, I feel

(Describe your feeling, your impression about the learnings in PEPS programme.)

SESSION 8 – Putting all together

For today:

I had to pick an activity with a pleasure-benefit score higher than “0” and train anticipating the pleasure this activity would bring me by savoring it consciously.

I had to write down the senses I used.

I had to say how I savored the pleasure, and which were the pleasant sensations.

(If needed, you can take back the previous sheet)

SESSION 2 – Savoring the pleasant experience

For the next session

For the next time, let’s select a pleasant situation and observe consciously the generated sensations in order to savor them.

Write down how you savored them so that you will be able to talk about it in our next meeting.

My notes:

My pleasant situation:

.....

.....

.....

.....

The sensations I felt and savored:

.....

.....

.....

.....

SESSION 3 – Behavioral expression

For today:

I had to select a pleasant situation and observe consciously the generated sensations in order to be able to savor them. I had to write down how I savored them so that I will be able to talk about it. (If needed, you can take back the previous sheet)



Techniques experimented during the session

Behavioral expression

To express positive emotions by non-verbal behaviors. The facial expression of emotions may increase their strength.

Examples:

Jump around

Clench the fists

Inflate the chest and reach your arms back

Close the fist and with the arm bended, mark the emotion with a movement

Raise the arm to the sky to mark the victory.

Dance

Sing, hum

SESSION 7 – Anticipating the pleasant moments

For the next session

Pick an activity with a pleasure-benefit score higher than “0”

Train to anticipate the pleasure of this activity: imagine the pleasure this activity would bring you by savoring it consciously.

Write down the senses you used.

Describe how you savored the pleasure.

My notes:

The activity I picked:.....

.....

The senses I used to anticipate the pleasure:

-
-
-

Which sensations have been pleasant:

.....

.....

How did I savored these pleasant sensations:

.....

.....

.....

SESSION 7 – Anticipating the pleasant moments

For today:

I had to train anticipating the pleasant moments.

I had to pick one or two activities that I enjoyed or a positive event about to come.

I had to train anticipating, in my imagination, this activity or event.
I assessed my success in this exercise.

(If needed, you can take back the previous sheet)



SESSION 3 – Behavioral expression

For the next session

Write down the behaviors you used to increase the pleasant sensations that you felt, in order to be able to talk about it in our next meeting.

My notes:

Pleasant events that happened to me:

-
-
-

Behaviors that increase the pleasant sensations:

-
-
-
-
-
-

SESSION 4 – Capitalizing on positive emotions

For today :

I had to write down, on page 8, the behaviors that increase my pleasant sensations. (If needed, you can take back the previous sheet)

Techniques experimented during the session

Capitalizing on:

To communicate and celebrate the positive events with others.

This strategy is associated with an improvement in affect, beyond the impact of the positive event itself and it improves the immune response.



SESSION 6 – Savoring

For the next session

Train to anticipate the pleasant moments.

Pick an activity that you like or a positive event about to happen.

Train to anticipate, in your imagination, this activity or this event.

My notes:

The positive event I anticipate:

I succeeded anticipating this event in my imagination:

Not succeeded	Succeeded a little	Moderately succeeded	Really succeeded	Succeeded brilliantly
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The positive event I anticipate:

I succeeded anticipating this event in my imagination:

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The positive event I anticipate:

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SESSION 6 – Anticipating the pleasure

For today:

I had to train enjoying the present moment, as often as possible and in different life circumstances. I assessed my ability to savor the pleasure in some pleasant events in a scale from 0 to 10. (If needed, you can take back the previous sheet)

Exercise of the session

List of pleasant activities:

Activities	Pleasure	Effort	Pleasure-Effort

For each activity assess the pleasure this activity would bring you
1 = a bit of pleasure <----->10 = a lot of pleasure

For each activity assess the effort this activity would represent
1 = little effort <----->10 = enormous effort

Deduct effort score from pleasure score

pleasure score – effort score

SESSION 4 – Capitalizing on positive emotions

For the next session

Train to capitalize positive events.

Relate these positive events to your friends and observe the effects it generates in you.

My notes:

Positive events:

-
-
-

The people I talked with about the events:

-
-
-

How did it make me feel:

.....

.....

.....

.....

SESSION 5 – Savoring and recalling good things

For today:

I had to train capitalizing positive events by relating them to my friends and observing the effects it generated within me. (If needed, you can take back the previous sheet)

Summary data of the session

Savoring the pleasant experience

- Deliberately focusing your attention on the memory of a pleasant experience is associated with happiness.
- **It's about reviving a past memory and consciously feeling pleasant sensations generated by the memory.**



SESSION 5 – Savoring and recalling good things

For the next session

Train to enjoy the present moment, as often as possible and in different life circumstances. Assess your ability to savor pleasure in a scale from 0 to 10.

Make it a habit to appreciate all small and big things that you can enjoy.

My notes:

Pleasant event:

My rate regarding my ability to savor this event, put a checkmark on the line below:

0					5					10
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Pleasant event:

My rate regarding my ability to savor this event, put a checkmark on the line below:

0					5					10
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Pleasant event:

My rate regarding my ability to savor this event, put a checkmark on the line below:

0					5					10
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