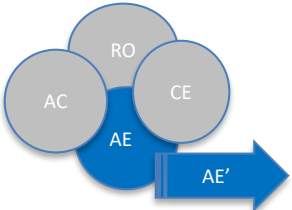


# Positive Emotions Programme for Schizophrenia

## **PEPS – session 5**

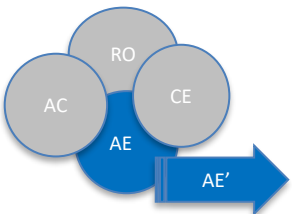
**Savoring and recalling the good things**





# Intersessional experiences

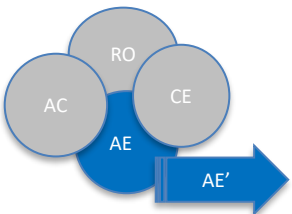
**What was the task for today's session?**



# Intersessional experiences

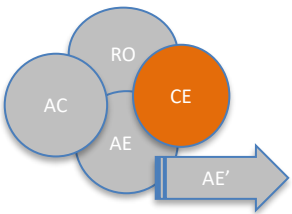
## What was the task for today's session?

- We had to practice capitalizing on the positive events by relating them to our friends and by observing the effects they produce in us.



# Intersessional experiences

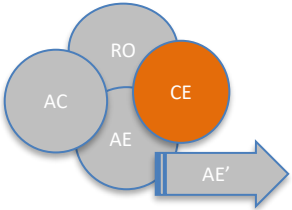
- Let's share our experiences !



# Calm crisis



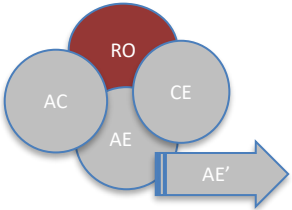
- Sit properly on your chair and look for a comfortable position.
- Take a little moment to find the right position.
- As far as possible, put your feet on the floor and hold your back straight and separated from the chair back.
- However, if that position doesn't suit you, look for another one more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



# Enjoyment of landscapes



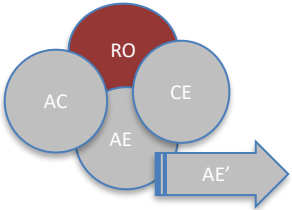
Start *Enjoying\_a\_landscape.mp3*



# Sharing the experience...

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



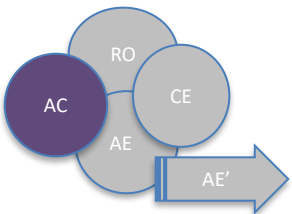


# Changing defeatist beliefs

- Have you had a defeatist belief this week ?
- Choose together a defeatist belief among those mentioned by the group.







# Formulate the defeatist belief

- Defeatist belief :

Negative thought about yourself which prevents you from doing something

Examples :

- *If I act awkward during PEPS' facilitation, I'm going to lose all credibility.*
- *What's the point ..... if I fail.*

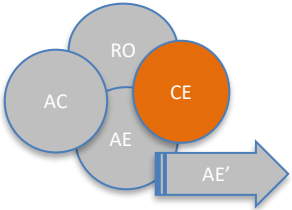
# Defeatist belief of a participant

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

# Defeatist belief of a participant

## What would be the positive beliefs?

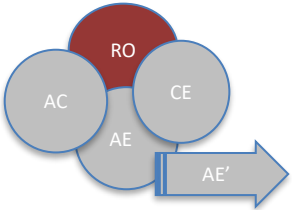




# Exercise of enjoyment

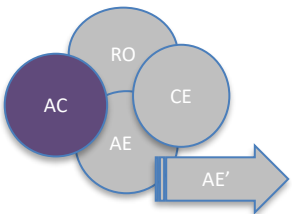
- What pleasant moment have you already lived today?  
*For example, enjoyed walking, observed a landscape, enjoyed a good moment with a friend, a little treat, etc. Start Enjoying\_a\_pleasant\_moment.mp3*
- Close your eyes, imagine this moment, and find what may be pleasant to feel in this memory.
- Enjoy this feeling, take the time to experience this feeling to increase it.
- Assess your capacity to savor this moment on a scale of 0 to 10.

**0 no pleasure** ----- **10 max. pleasure**



# Sharing the experience...

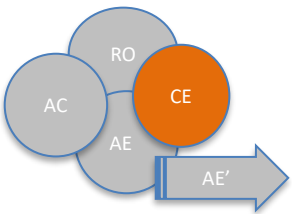
- What did you feel?
  - Pleasant or unpleasant sensations, comfort, discomfort, concentration, availability, interest, boredom, etc.
- How do you feel now?
- At what level have I estimated, in this exercise, my capacity to savor this moment (0-10)?



# Savoring the pleasant experience

- To focus deliberately one's attention on the memory of a pleasant experience is associated with happiness.
- It's about revive the past and consciously feel the pleasant sensations generated by the memory.

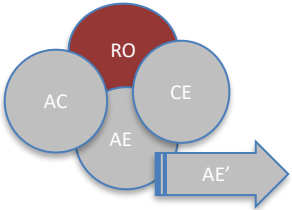




# Exercise of enjoyment and valuation of the moment

- Recall your pleasant moment by closing your eyes.
- Tell yourself that you are incredibly lucky to be able to live that moment.
- Assess your capacity to savor this moment on a scale of 0 to 10.

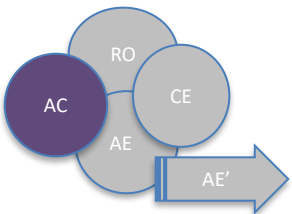
0 no pleasure ----- 10 max. pleasure



## Sharing the experience...

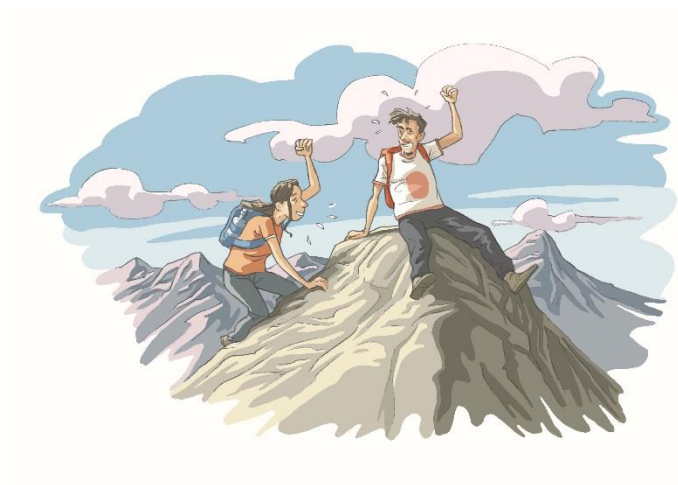
- At what level have I estimated my capacity to savor this moment in this exercise (0-10)?
- Is there a difference with the previous assessment?





# Savoring the pleasant experience

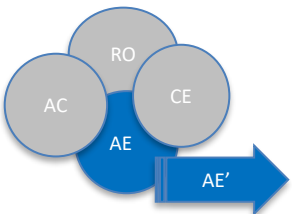
- The capacity to savor can be increased by valuing the lived situation.
  - How lucky I am to live this experience !
  - This experience is unique !



# The perfect moment



*Via Loco lol, twistedsifter.com*



## For the next session

- Let's practice enjoying, as much as possible, the pleasant moments in our life.
- Let's assess our capacity to savor the pleasure in a scale of 0 to 10.
- Let's get used to appreciate all the little and big things we're able to experience.

# 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.](#)