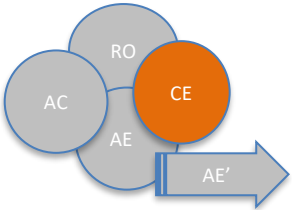


Positive Emotions Programme for Schizophrenia

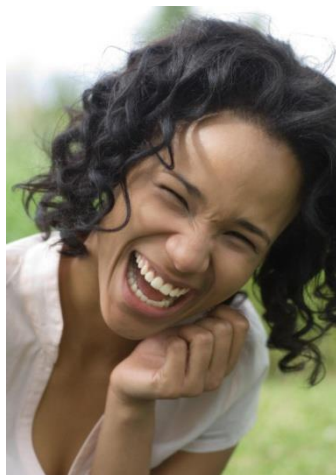
PEPS – session 1

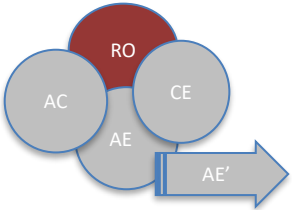
Changing defeatist beliefs



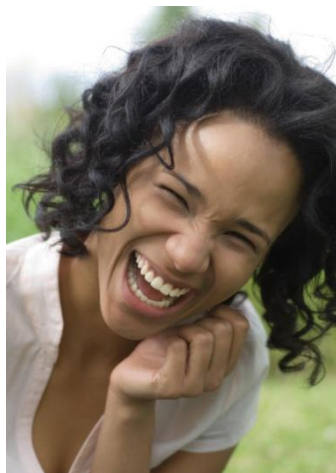


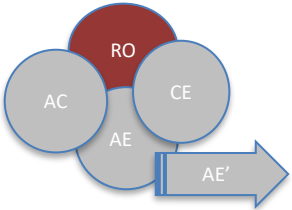
Look at these pictures...





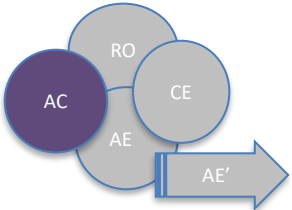
How do these pictures make you feel?





Why is this so important to experience positive emotions (1) ?

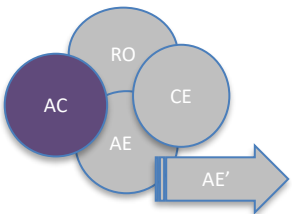




Why is this important to experience positive emotions (1) ?

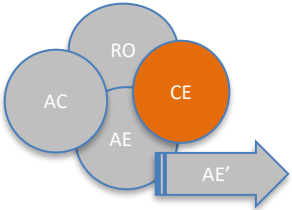
- Positive emotions and pleasant feelings reinforce our behaviors towards one goal.
- They promote motivation and well-being.





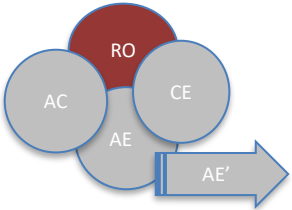
Why is this important to experience positive emotions (2) ?

- People with schizophrenia may have difficulties to anticipate and preserve positive emotions.
- **PEPS** aims to increase the capacities to anticipate and savor positive emotions.



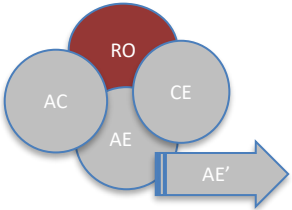
Look at these pictures...





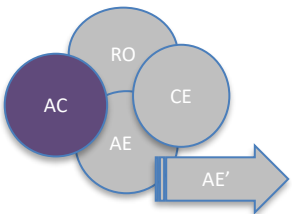
How do these pictures make you feel?





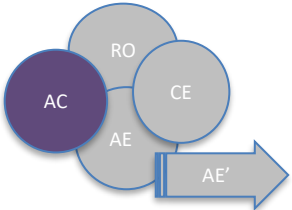
Why is this important to reduce negative emotions?



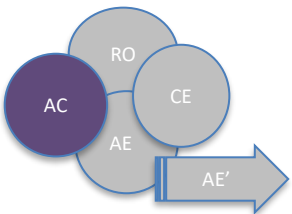


Why is this so important to reduce negative emotions?

- Negative emotions (fear, anger, depression, shame, etc.) may be the consequence of repeated failures.
- They can drive into behaviors of protection and avoidance that keep you from getting involved in new activities.

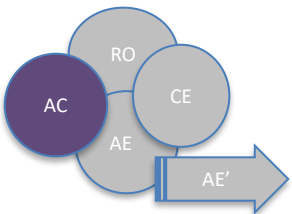


Why is this important to increase positive emotions?

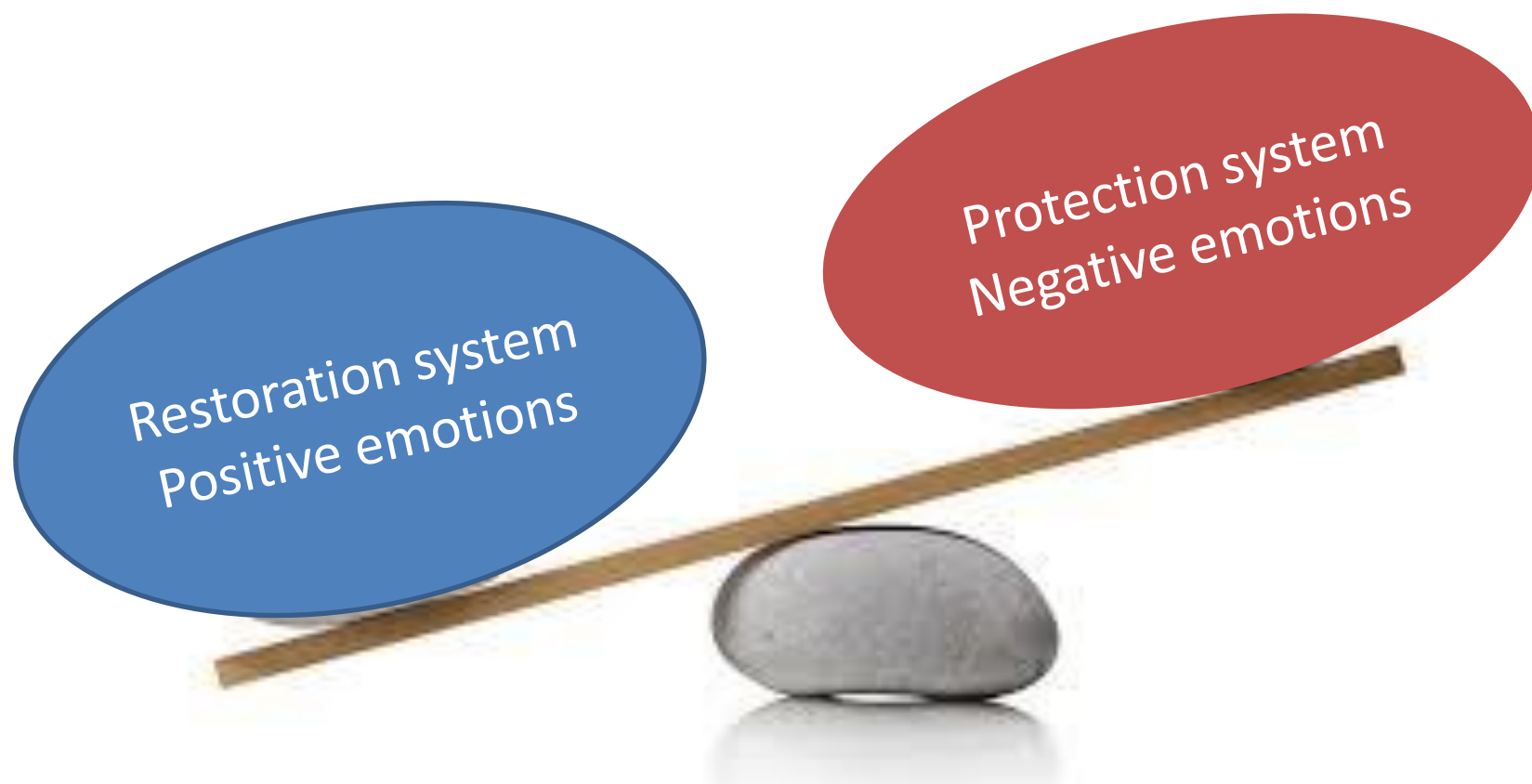


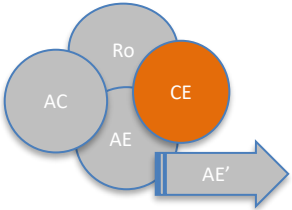
Why is this important to increase positive emotions?

- Positive emotions (happiness, calm, kindness, contentment, etc.) have a comforting and soothing effect.
- They help us to restore ourselves, regain and thrive.



In order to be motivated, positive emotions should exceed negative emotions

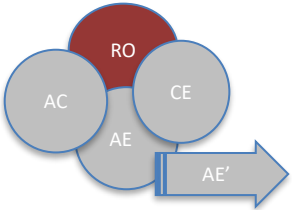




Calm crisis



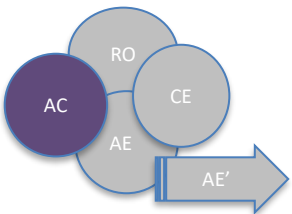
- Sit properly on your chair and look for a comfortable position.
- Take a little moment to find the right position.
- As far as possible, put your feet on the floor and hold your back straight and separated from the chair back.
- However, if that position doesn't suit you, look for another one more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



Sharing the experience...

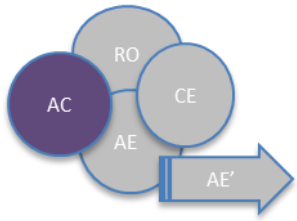
- What did you feel?
 - Pleasant or unpleasant sensations, comfort, discomfort, concentration, availability, interest, boredom, etc.
- How do you feel now?





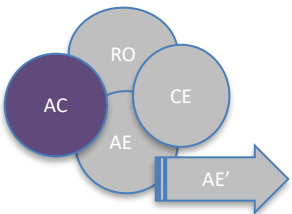
Calm crisis

- Relaxation exercises help to become receptive to pleasant sensations.
- They aim to slow down the breathing, to canalize mental activity.
- A regular practice of these exercises promotes positive emotions.



Defeatist beliefs

- Defeatist beliefs are negative thoughts about our achievements.
- They are related to negative emotions and can be an important obstacle to motivation.
- Reducing them helps to increase positive emotions.



Changing defeatist beliefs

- Jill has encountered a problem during calm crisis.
- She tells herself that she didn't succeed to relax and that she is useless.
- Our task is to help her finding a positive belief.



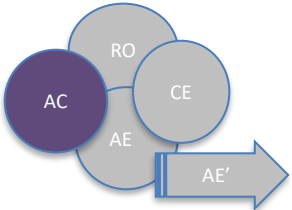
Jill tells herself that she did not succeed to relax and that she is useless.

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



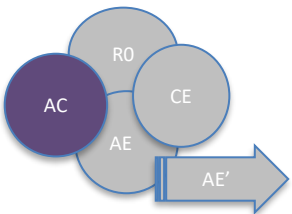
Jill tells herself that she did not succeed to relax and that she is useless.

- Develop other explanations :
 - What can be related to her?
 - She has difficulties to relax. She has parasitic ideas. She is too stressed.
 - What can be related to other people?
 - Facilitators have too high expectations, their instructions are not clear. The presence of other people does not help her to get relaxed. She does not like the voice of the exercise.
 - What can be related to the situation?
 - There is too much noise in the room. The exercise does not suit her.



Jill, is she truly useless?

What would be the positive beliefs?

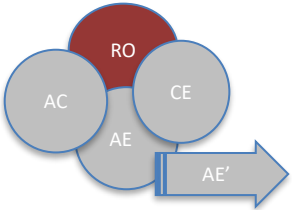


Jill, is she truly useless?

What would be the positive beliefs?

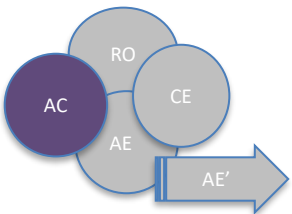
- She is not useless because she does not succeed on the first try.
- She may succeed if she practice.
- Some areas of her body got relaxed.
- The exercise does not suit her, another one might.
- Etc.





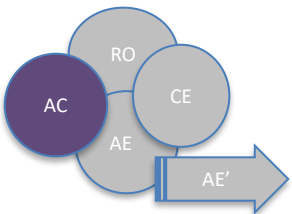
Sharing the experience...

- Have you ever had defeatist beliefs?
- What were the consequences of these beliefs in your life?



Defeatist beliefs

- Defeatist beliefs have often been the result of failures in the past.
 - School and professional failures
 - Failures in social and affective relationships
 - Failures in money and business management



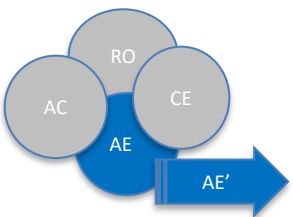
What are the consequences of these beliefs?

- Accepting these beliefs is an impediment to succeed, because it drives into resignation and non-commitment in activities.
- Changing these beliefs allows you to commit in activities and confirm that you are able to succeed.

The perfect moment



Prabhu B Doss, twistedsifter.com



For the next session

- Let us choose a picture or an object that makes us feel a pleasant emotion or/and feeling, in order to introduce it to the group.



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.](#)