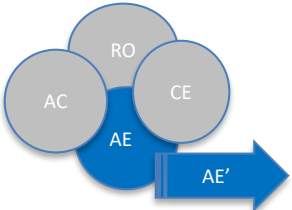


Positive Emotions Programme for Schizophrenia

PEPS – session 7

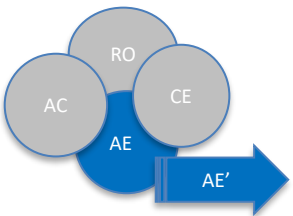
Anticipating the pleasant moments





Intersessional experiences

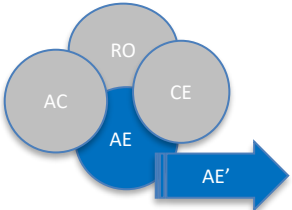
What was the task for today's session ?



Intersessional experiences

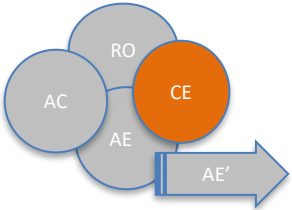
What was the task for today's session ?

- We had to practice anticipating the pleasant moments by selecting an appreciated activity which was about to happen.



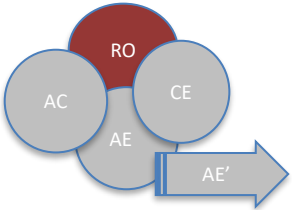
Intersessional experiences

- Let's share our experiences!



Developing positive expectations

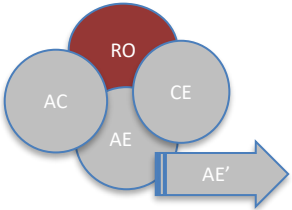
- Sit properly on your chair and look for a comfortable position.
- Take a little moment to find the right position.
- As far as possible, put your feet on the floor and hold your back straight and separated from the chair back.
- However, if that position does not suit you, look for another one more comfortable.
- Pay attention to the following words: start *Developing_positive_expectation.mp3*.



Sharing the experience...

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

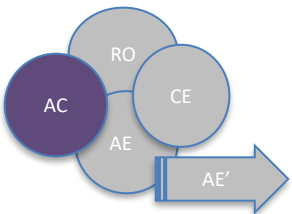




Changing defeatist beliefs

- 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 am going to lose all credibility.*
- *What's the point if I fail.*

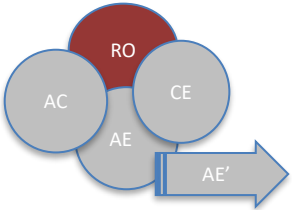
Defeatist belief of a participant

- 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

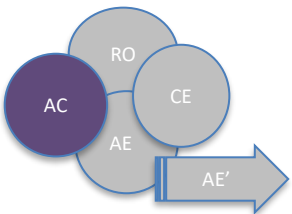
What would be the positive beliefs ?





Anticipating the pleasant moments

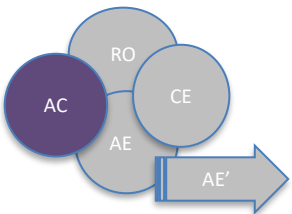
- Describe the situations which you rejoice about.
- Describe how you do to feel pleasure in advance.



Anticipating the pleasant moments

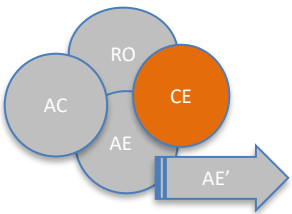
- Get ready (always have something to drink or eat at home for an unexpected visit, buy a small gift, etc.)
- Imagine the positive events that may happen tomorrow
- Have positive expectations for the future situations
- Rejoice behaviorally (jump around, rub your hands, get ready in front of the mirror, etc.)





Advice

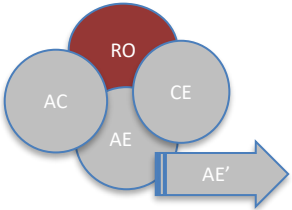
- Use your five senses
 - Sight
 - Hearing
 - Smell
 - Touch
 - Taste
- Focus on the positive emotions (joy, satisfaction, gratitude, contentment, etc.)



Anticipating the pleasure

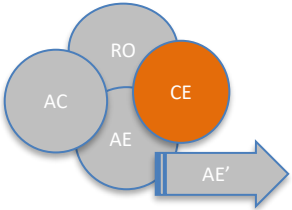
- Choose a piece of fruit that you particularly like.
- Close your eyes and imagine that piece of fruit
 - Pay attention to the following words: [start](#)
[Anticipating_the_pleasure_of_tasting_a_fruit.mp3](#)





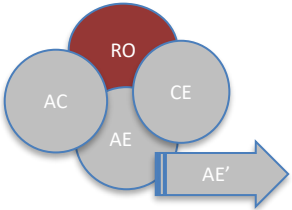
Sharing the experience...

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



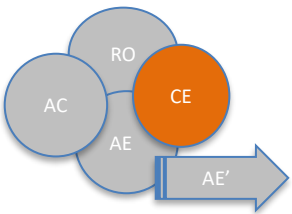
Anticipating the pleasure

- Choose a positive event about to happen (an outing, a meal, a date, an invitation, etc.)
- Imagine yourself in that situation and identify the pleasant sensations relative to this event and savor them.



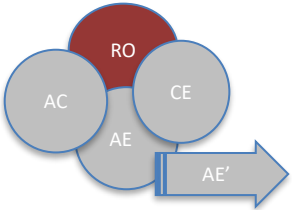
Sharing the experience...

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



Anticipating the pleasure

- Pick in your list a pleasant activity with a pleasure-effort score higher to «0».
- Imagine yourself doing this activity and look for feeling the pleasure it provides to you (**use your five senses**).
- Savor the pleasure.
- Start **Anticipating the pleasure of a pleasant moment.mp3**



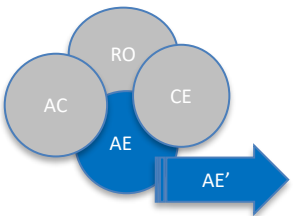
Sharing the experience...

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

The perfect moment



Bruno Gerber



For the next session

- Let's pick in our list a pleasant activity with a pleasure-benefit score higher to «0».
- Let's train to anticipate the pleasure that the activity provides us and to savor it consciously.
- Let's write down the senses we used.

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.](#)