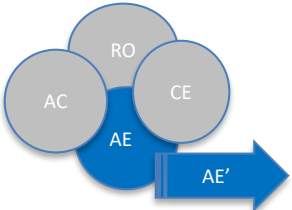


Positive Emotions Programme for Schizophrenia

PEPS – session 6

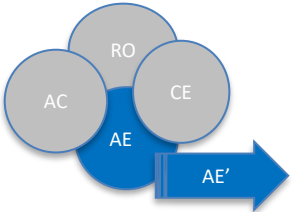
Anticipating the pleasure





Intersessional experiences

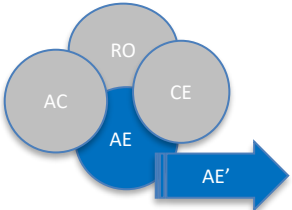
What was the task for today's session?



Intersessional experiences

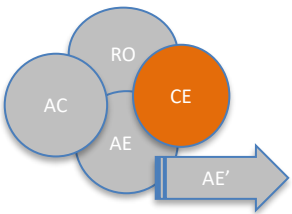
What was the task for today's session?

- We had to practice enjoying the pleasant moments of our life as often as possible.
- We had to assess our capacity to savor pleasure in a scale of 0 to 10.



Intersessional experiences

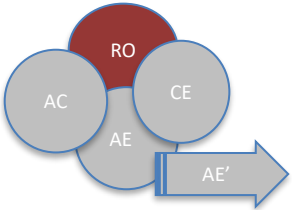
- Let's share our experiences !



Savoring a piece of music

- Become conscious of pleasant sensations
- Start **A beautiful summer day.mp3** by *Tanaël Nguyen*
 - However, the group can choose another piece of music available:
 - **Confident moment.mp3** by Noram Nguyen
 - **A good day.mp3** by Tanaël Nguyen
 - **Pure body.mp3** by Noram Nguyen

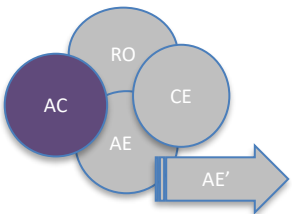




Sharing the experience...

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





Changing defeatist beliefs

- Jill has encountered a problem before the session, she missed the bus.
- She tells herself that she is going to be late. That's a disaster for her.
- Our task is to help her finding a positive belief.



Is that a disaster ?

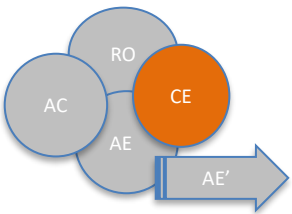
What would be the positive beliefs?

Is that a disaster ?

What would be the positive beliefs?

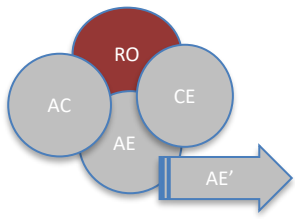
- It happens to be late.
- Better late than never.
- The next bus had more free seats, it was good for her after all.
- She being late did not go unnoticed, it is a good exercise.
- Etc.





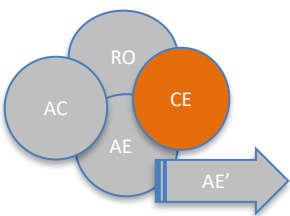
List of pleasant activities

- Establish a list of three or four pleasant activities that you wish to return to, increase or start.



Share about your list

- You can complete your list by learning from other's ideas.

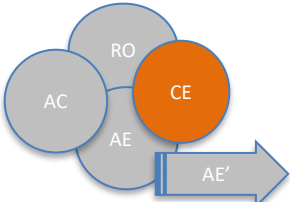


List of pleasant activities

Assess the activities in the table of your workbook (page 13).

Activities	Pleasure	Effort	Pleasure - Effort
<i>Ex : go to the movies</i>			

1. Little pleasure-----10. Extreme pleasure
1. Little effort -----10. Enormous effort

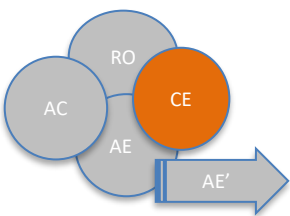


List of pleasant activities

Assess the degree of pleasure and effort for each activity

Activities	Pleasure	Effort	Pleasure - Effort
<i>Ex : go to the movies</i>	5	3	

1. Little pleasure-----10. Extreme pleasure
1. Little effort -----10. Enormous effort

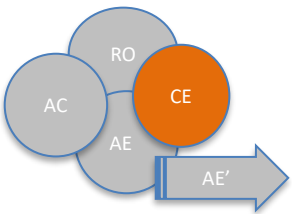


List of pleasant activities

Deduct effort score from pleasure score
(pleasure score – effort score)

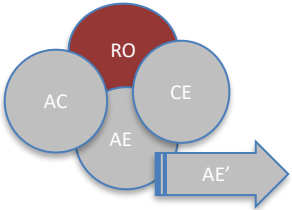
Activities	Pleasure	Effort	Pleasure - Effort
<i>Ex : go to the movies</i>	5	3	2

1. Little pleasure-----10. Extreme pleasure
1. Little effort -----10. Enormous effort



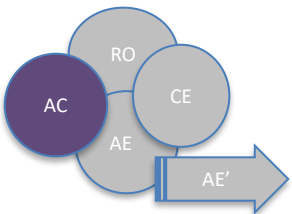
Anticipating the pleasure

- Select 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_an_pleasant_activity.**



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

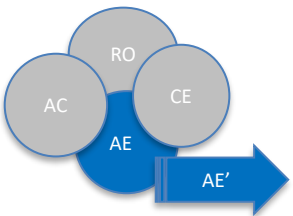
- The capacity to anticipate the pleasure is associated to happiness.
- It is about rejoicing at a positive future event and consciously feel the pleasant sensations generated by this anticipation.



The perfect moment



Frode Sandbech, twistedsifter.com



For the next session

- Let's train anticipating the pleasant moments
- Let's pick a positive events which is about to happen shortly.
- Let's train anticipating by imagining this event.

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.](#)