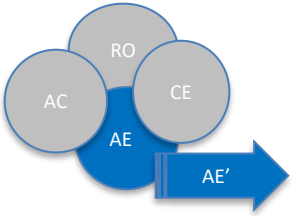


Positive Emotions Programme for Schizophrenia

PEPS – session 8

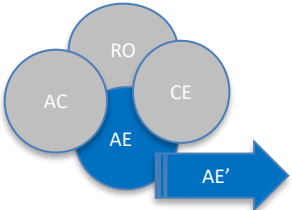
Review





Intersessional experiences

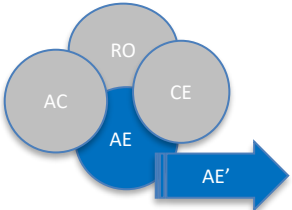
What was the task for today's session ?



Intersessional experiences

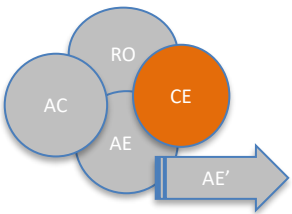
What was the task for today's session ?

- We had to pick an activity with a pleasure-benefit score higher to «0» and train anticipating the pleasure.



Intersessional experiences

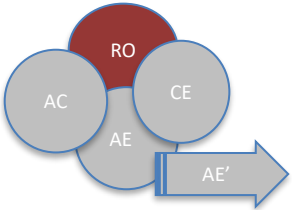
- Let's share our experiences!



Calm crisis

- Who is interested in leading the calm crisis today?
 - Lead the calm crisis and the feedback of the experience.

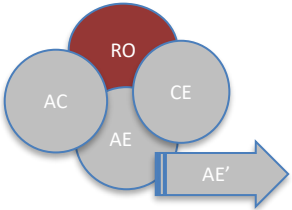




Sharing the experience...

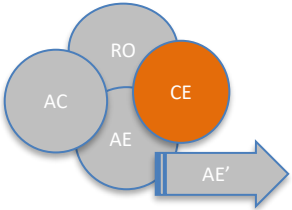
- What did you feel?
 - Pleasant or unpleasant sensations, comfort, discomfort, concentration, availability, interest, boredom, etc.
- How do you feel now?





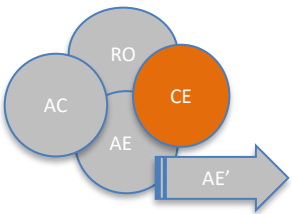
Feedback on the animation

- Give a positive feedback to the facilitator for his performance.



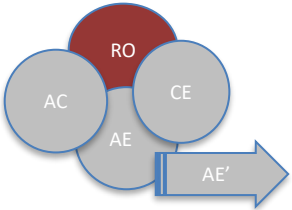
Review

- What are the abilities that you have learned during PEPS programme ?



Review

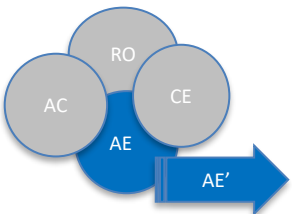
- Complete your comments about the following themes :
 - Changing defeatist beliefs
 - Savoring the pleasant experience
 - Anticipating the pleasant moments
 - Recalling the pleasant moments
 - Behaviorally expressing the emotions
 - Capitalizing on positive experiences



Applying it in everyday life

- How are you going to use these abilities in everyday life?
- List your strategies, tips, means.

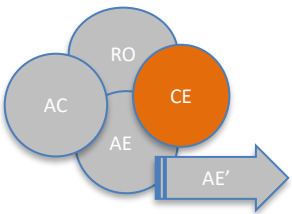




Applying them in everyday life

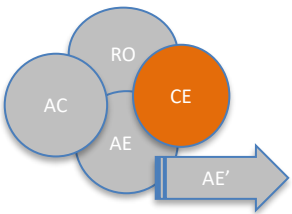
- How are you going to use these abilities in everyday life?
- List your strategies, tips, means :
 - Reread the workbook, download the recordings, solicitate the facilitators, practice the techniques, talk about it with other participants, etc.





Review

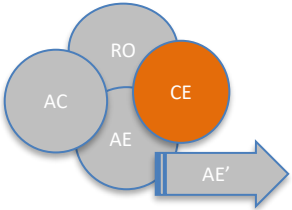
- The purpose of the following exercises is to mobilize **PEPS** learnings.
 - Recalling a pleasant moment
 - Capitalizing on
 - Anticipating a pleasant moment
- The animation of the exercise leaded by the participants consolidates the learning.



Recalling a pleasant moment

- Choose a pleasant moment.
- Go over the pleasant aspects of the event.
- Savor consciously its pleasant aspects.
 - Become conscious of the value of this moment.
 - If a disruptive thought interferes with the exercise, become aware of it and come back to the exercise.

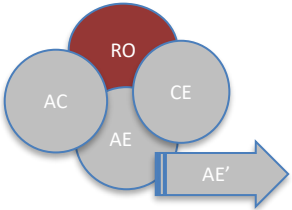




Capitalizing



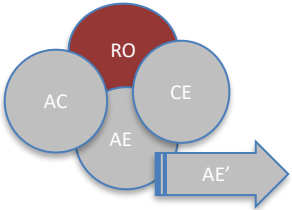
- Imagine this moment and tell your neighbor about it.
 - *Don't you know what happen to me? ...* Relate the positive event.
- After a few minutes, reverse the roles.



Sharing the experience...

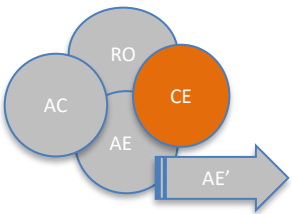
- What did you feel?
 - Pleasant or unpleasant sensations, comfort, discomfort, concentration, availability, interest, boredom, etc.
- How do you feel now?





Feedback on the animation

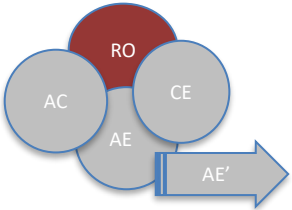
- Give a positive feedback to the facilitator for his performance.



Anticipating the pleasure

- Choose a positive event that is going to happen shortly (an outing, a meal, a date, an invitation, etc.)
- Imagine yourself in that situation and identify the pleasant sensations which go with this event.
- Savor the moment.

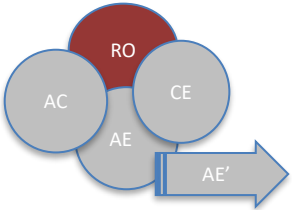




Sharing the experience...

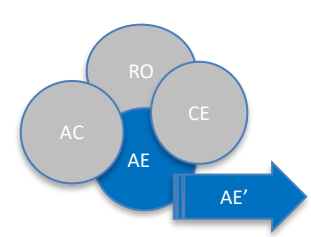
- What did you feel?
 - Pleasant or unpleasant sensations, comfort, discomfort, concentration, availability, interest, boredom, etc.
- How do you feel now?





Feedback on the animation

- Give a positive feedback to the facilitator for his performance.



In the future

- **Savor the pleasant moments**
- **Express your positive emotions**
- **Relate the pleasant events**
- **Anticipate the positive moments**
- **Develop positive beliefs about yourself**

The perfect moment



Nick Kelly, twistedifter.com

Thank you for your participation



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.](#)