



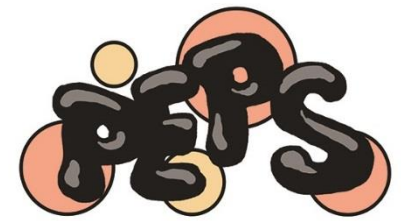
Programme Emotions Positives pour la Schizophrénie

PEPS – session 2

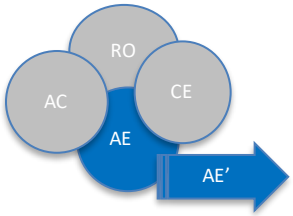
Savoring the pleasant experience



Every PEPS session will be divided in multiple steps:

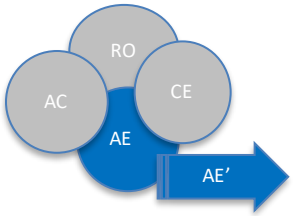


1. Sharing of experience about the exercise done during intersession (participant's workbook)
2. Relaxation exercise (calm crisis, enjoyment of a pleasant moment, solicitude, etc.)
3. Work on defeatist beliefs with Jill & Jack
4. Training of a PEPS ability.
5. Introduction of the exercise to do at home (participant's workbook)



Intersessional experiences

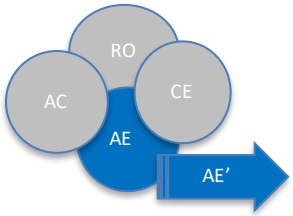
What was the task for today's session?



Intersessional experiences

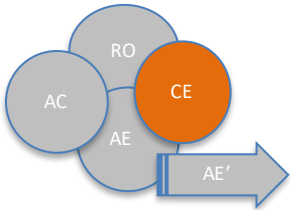
What was the task for today's session?

- We had to choose a picture or an object generating a pleasant (for us) emotion or/and feeling, in order to introduce it to the group.



Intersessional experiences

- Let's introduce and discuss about the pictures or objects we brought!

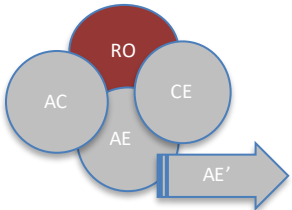


Calm crisis



- 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 jf*.

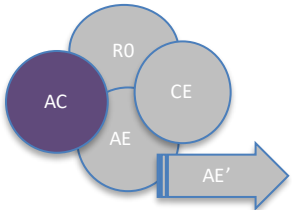




Sharing the experience...

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





Changing defeatist beliefs

- Jack has encountered a problem during the session.
- He tells himself that, if he asks a question, he will look ridiculous.
- Our task is to help him to found a positive belief.



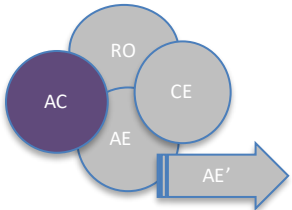
Jack tells himself that, if he asks a question, he will look ridiculous.

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



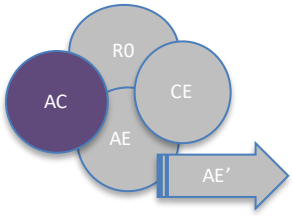
Jack tells himself that, if he asks a question, he will look ridiculous.

- Develop other explanations :
 - What can be related to him?
 - He does not understand something. He did not hear. He has been distracted.
 - What can be related to other people?
 - The other one is not clear, confused. He speaks too softly.
 - What can be related to the situation?
 - The subject is complicated. It is noisy.



Jack, is he truly ridiculous?

What would be the positive beliefs?

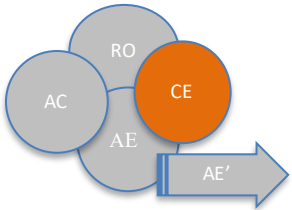


Jack, is he truly ridiculous?

What would be the positive beliefs?

- It is normal to not understand everything.
- Everyone can get distracted.
- It is a subject with whom he is not comfortable.
- By asking a question he shows that he is interested in learning.
- If the facilitator is not clear enough, Jack is not responsible for that.
- Etc.



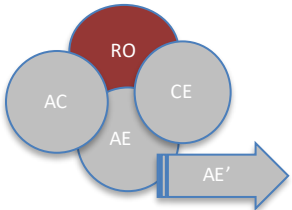


Savoring the pleasant experience

- You're about to see photographs of landscapes.
- Observe the pleasant sensations they may generate in you.
- Focus your attention on these sensations.

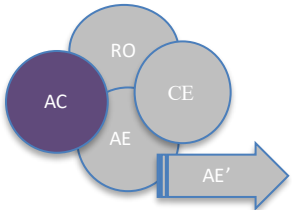






What did you feel and what did you savor?



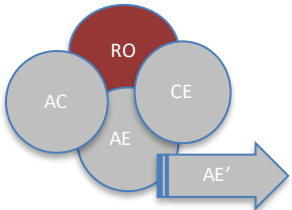


Savoring the pleasant experience

- Focusing our attention deliberately on the pleasant experience is accompanied with an increase of the intensity and the frequency of positive emotions.
- **It's about feeling consciously the pleasant sensations generated by the experience.**

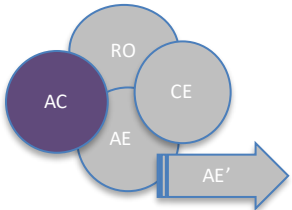






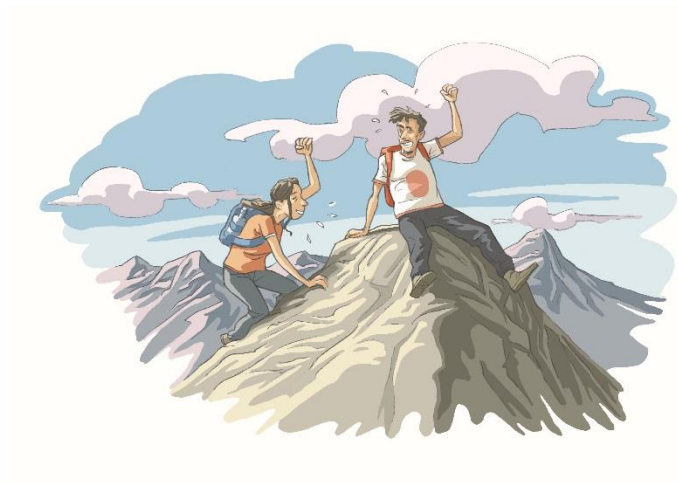
What did you feel and what did you savor ?

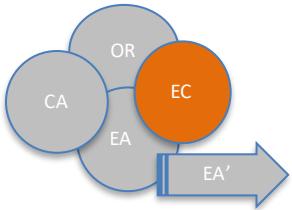




Savoring the pleasant experience

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



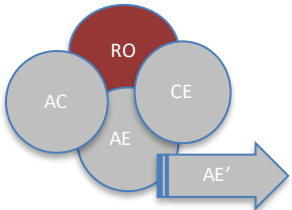


Increase the savor

- Look at this landscape.
- Tell yourself that it is a unique moment and how lucky you are to contemplate it.







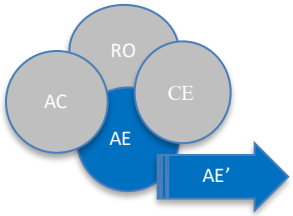
What did you feel and what did you savor ?



The perfect moment



Pam Mullins, twistedsifter.com



For the next session

- For the next session, let's select a pleasant situation and observe consciously the generated sensations in order to savor them.
- Write down how you savored them so that you will be able to talk about it in our next meeting.

PEPS v2.0

- Design : Jérôme Favrod et Alexandra Nguyen
- Illustrations : Sébastien Perroud, PET
- Actors : Charlotte Aeschbacher & Yael Horowitz
- Music : Tanaël (piano) et Noram Nguyen (guitar)



References

- 1 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.
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- 3 Nguyen A, Frobert L, Favrod J: Schizophrénie : réduire l'anhédonie et l'apathie. *Santé mentale* 2016:70-75.
- 4 Favrod J, Nguyen A, Frobert L, McCluskey I, Fankhauser C, Rexhaj S: Programme Emotions positives pour la schizophrénie (PEPS); in Franck N (ed) *Les outils de la réhabilitation en psychiatrie*. Issy-les-Moulineaux, Elsevier Masson SAS, 2016
- 5 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.
- 6 Favrod J, Maire A, Rexhaj S, Nguyen A: *Se rétablir de la schizophrénie : un guide pratique pour les professionnels*, ed 2nd. Issy-les-Moulineaux, Elsevier Masson SAS, 2015.