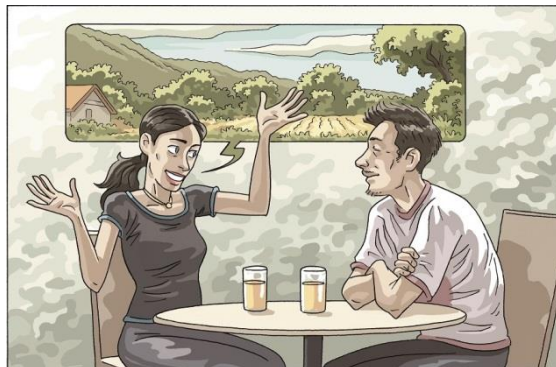


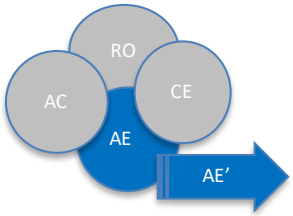


Positive Emotions Programme for Schizophrenia

PEPS- session 4

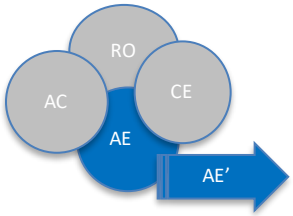
Capitalizing on





Intersessional experiences

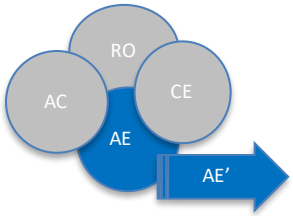
What was the task for today's session?



Intersessional experiences

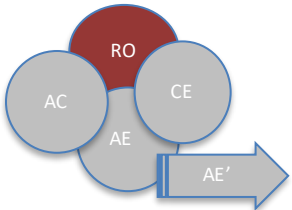
What was the task for today's session ?

- We had to write down, in our workbook, the behaviors that we used to increase pleasant sensations.
- This, in order to be able to talk about them.



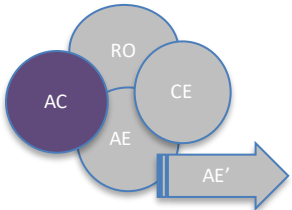
Intersessional experiences

- Let's share our experiences !



Recall

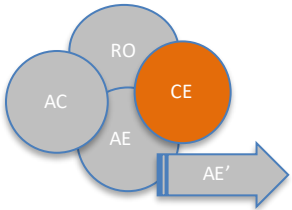
- Who would like to remind us the first two strategies we have learned to increase the positive emotions ?



Recall

- Who would like to remind us the first two strategies we have learned to increase the positive emotions ?
 - Express positive emotions with behaviors
 - Savor the pleasant experience



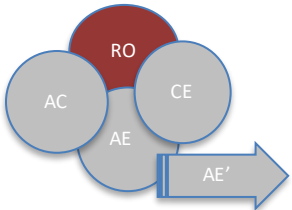


Solicitude



- 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 *Solicitude of Charly Cungi*.

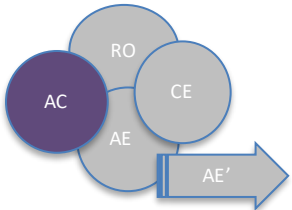




Sharing the experience...



- 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 during the week. She wants to invite Jack to the movies.
- She tells herself that she will not invite him because he may decline, and it would be awful.
- Our task is to help her founding a positive belief.



She tells herself that she will not invite him because he may decline, and it would be awful.

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



She tells herself that she will not invite him because he may decline, and it would be awful.

- Develop other explanations :
 - What can be related to her?
 - She tells herself that she is not good enough. She has not enough money to invite him. She is not self-confident.
 - What can be related to other people?
 - He does not like me. He is very busy. He may refuse because of shyness. He has terrible taste.
 - What can be related to the situation?
 - It is late. They do not know each other enough. There is no good movie to watch.

Would it be that terrible if Jack declines?

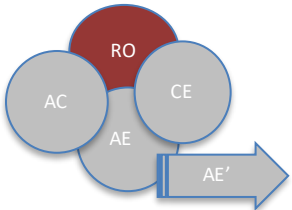
What would be the positive beliefs?

Would it be that terrible if Jack declines?

What would be the positive beliefs?

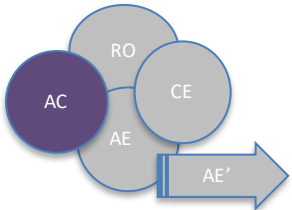
- It is not that bad.
- He will may agree another day.
- If she does not try, she will never know if he would agree.
- He could decline for reasons that do not have to do with her.
- Etc.





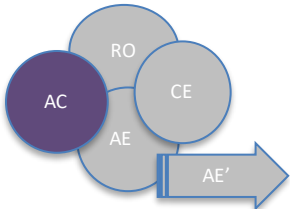
Changing defeatist beliefs

- In your opinion, what are the strategies to change the defeatist beliefs ?

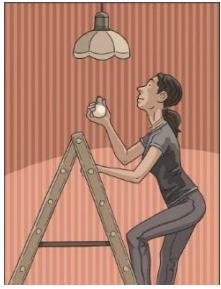


Strategies to change the defeatist beliefs

- Give yourself the right to learn; give yourself the right to not know.
- Be focused on what works instead of what does not.
- Ensure the success by reducing expectations.
- Congratulate and encourage yourself.



Reduce expectations



Give yourself the right to learn



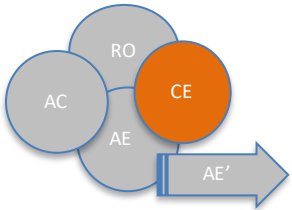
Encourage yourself



Be focused on what works

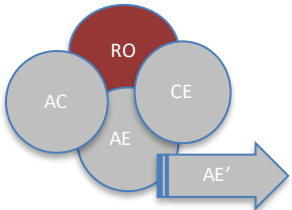


Success



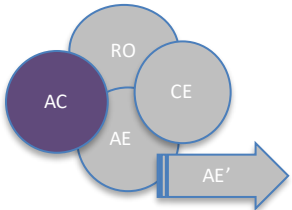
Capitalizing on

- Choose a pleasant event and tell it to your neighbor.
 - Don't you know what happened to me? ... Talk about a positive event.
- After a few minutes, reverse roles.



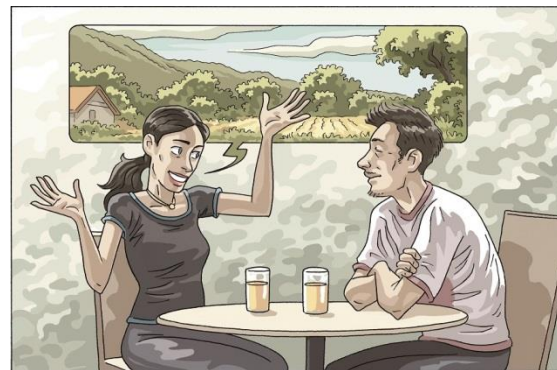
Sharing the experience

- What did you feel while you were talking about the pleasant moment?
- What did you feel while you were listening to your neighbor's pleasant experience?



Capitalizing on

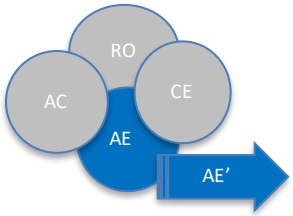
- Communicating and celebrating the positive events with other people leads to an improvement of the mood, beyond the positive event's effect itself.
- The immune response is also improved.



The perfect moment



Marco Querra twistedsifter.com



For the next session

- Let's practice capitalizing on the positive events.
- Let's relate positive events to our friends.
- Let's observe the effects that it produces in us.

PEPS v2.0

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



References

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- 2 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.
- 3 Nguyen A, Frobert L, Favrod J: Schizophrénie : réduire l'anhédonie et l'apathie. *Santé mentale* 2016:70-75.
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- 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.