

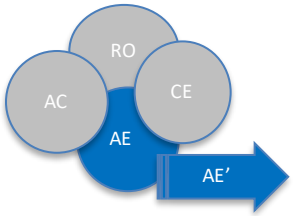


Positive Emotions Programme for Schizophrenia

PEPS – session 5

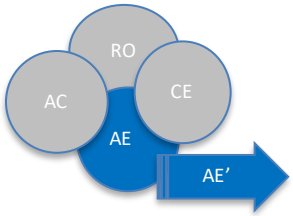
Savoring and recalling the good things





Intersessional experiences

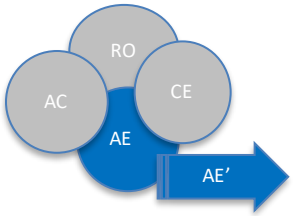
What was the task for today's session?



Intersessional experiences

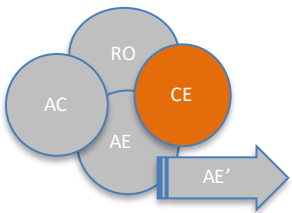
What was the task for today's session?

- We had to practice capitalizing on the positive events by relating them to our friends and by observing the effects they produce in us.



Intersessional experiences

- Let's share our experiences !

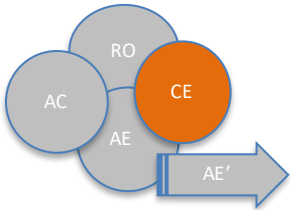


Calm crisis



- 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*.



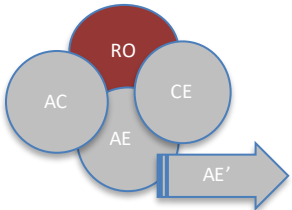


Enjoyment of landscapes



Start enjoyment of a sea landscape

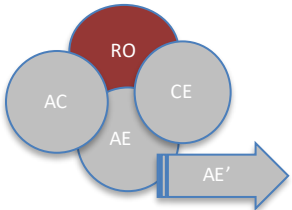




Sharing the experience...

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

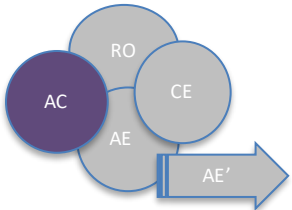




Changing defeatist beliefs

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

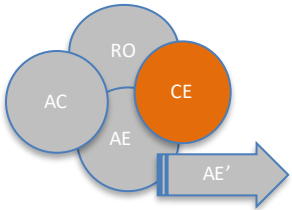
Defeatist belief of a participant

- 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?

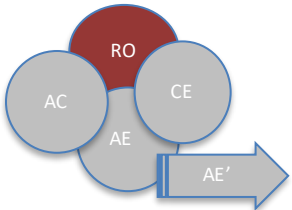




Exercise of enjoyment

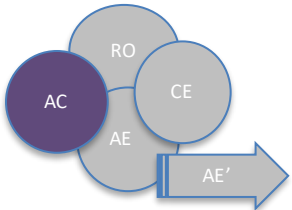
- What pleasant moment have you already lived today?
For example, enjoyed walking, observed a landscape, enjoyed a good moment with a friend, a little treat, etc.
- Close your eyes, imagine this moment, and find what may be pleasant to feel in this memory.
- Enjoy this feeling, take the time to experience this feeling in order to increase it.
- Assess your capacity to savor this moment on a scale of 0 to 10.

0 no pleasure ----- **10 max. pleasure**



Sharing the experience...

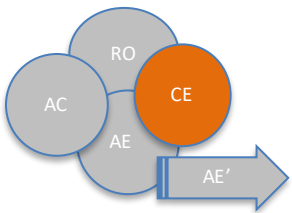
- What did you feel?
 - Pleasant or unpleasant sensations, comfort, discomfort, concentration, availability, interest, boredom, etc.
- How do you feel now?
- At what level have I estimated, in this exercise, my capacity to savor this moment (0-10)?



Savoring the pleasant experience

- To focus deliberately one's attention on the memory of a pleasant experience is associated with happiness.
- It's about revive the past and consciously feel the pleasant sensations generated by the memory.

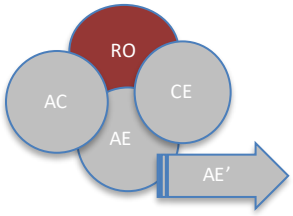




Exercise of enjoyment and valuation of the moment

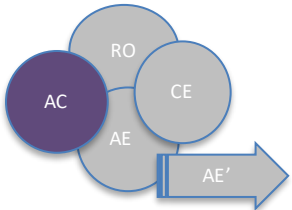
- Recall your pleasant moment by closing your eyes.
- Tell yourself that you are incredibly lucky to be able to live that moment.
- Assess your capacity to savor this moment on a scale of 0 to 10.

0 no pleasure ----- 10 max. pleasure



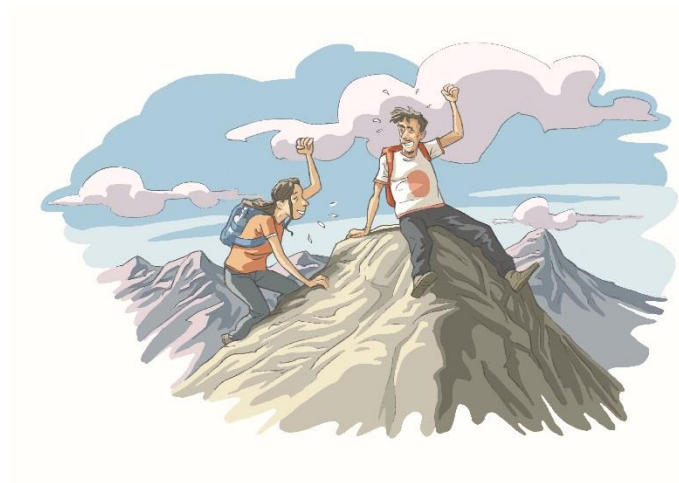
Sharing the experience...

- At what level have I estimated my capacity to savor this moment in this exercise (0-10)?
- Is there a difference with the previous assessment?



Savoring the pleasant experience

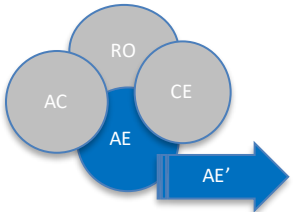
- The capacity to savor can be increased by valuing the lived situation.
 - How lucky I am to live this experience !
 - This experience is unique !



The perfect moment



Via Loco lol, twistedsifter.com



For the next session

- Let's practice enjoying, as much as possible, the pleasant moments in our life.
- Let's assess our capacity to savor the pleasure in a scale of 0 to 10.
- Let's get used to appreciate all the little and big things we're able to experience.

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.
- 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.
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