

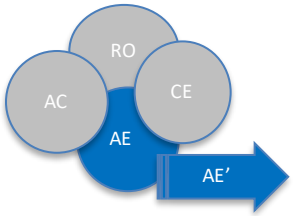


# Positive Emotions Programme for Schizophrenia

## PEPS – session 8

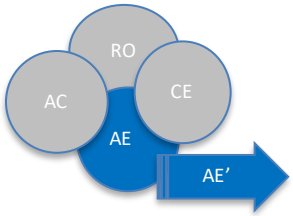
### Review





# Intersessional experiences

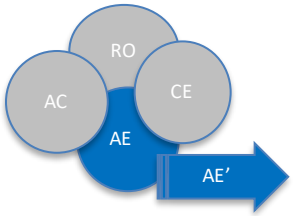
**What was the task for today's session ?**



# Intersessional experiences

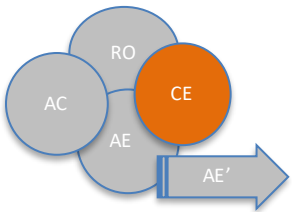
## What was the task for today's session ?

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



# Intersessional experiences

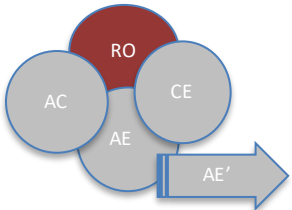
- Let's share our experiences!



# Calm crisis

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

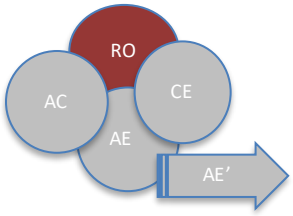




# Sharing the experience...

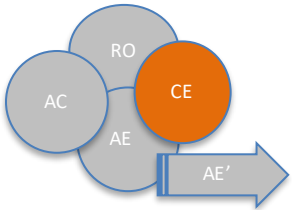
- What did you feel?
  - Pleasant or unpleasant sensations, comfort, discomfort, concentration, availability, interest, boredom, etc.
- How do you feel now?





# Feedback on the animation

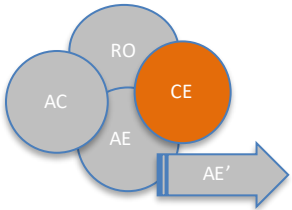
- Give a positive feedback to the facilitator for his performance.



# Review

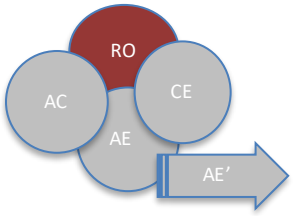
- What are the abilities that you have learned during PEPS programme ?





# Review

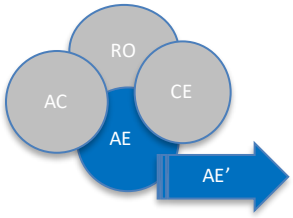
- Complete your comments about the following themes :
  - Changing defeatist beliefs
  - Savoring the pleasant experience
  - Anticipating the pleasant moments
  - Recalling the pleasant moments
  - Behaviorally expressing the emotions
  - Capitalizing on positive experiences



# Applying it in everyday life

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



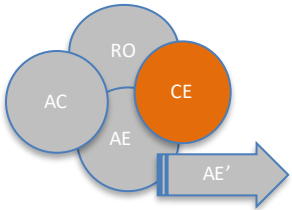


# Applying them in everyday life

- 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.

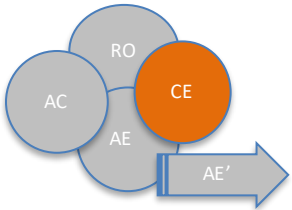
[www.seretablir.net/PEPS/](http://www.seretablir.net/PEPS/)





# Review

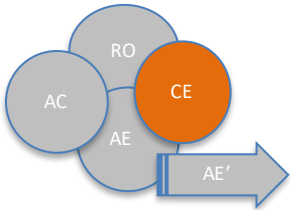
- The purpose of the following exercises is to mobilize **PEPS** learnings.
  - Recalling a pleasant moment
  - Capitalizing on
  - Anticipating a pleasant moment
- The animation of the exercise leaded by the participants consolidates the learning.



# 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.

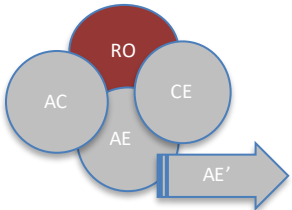




# Capitalizing



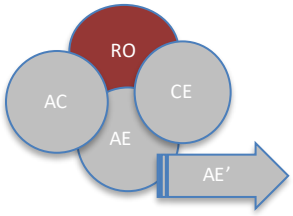
- Imagine this moment and tell your neighbor about it.
  - *Don't you know what happen to me? ...* Relate the positive event.
- After a few minutes, reverse the roles.



# Sharing the experience...

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

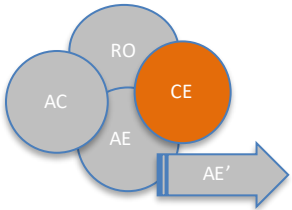




# Feedback on the animation

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

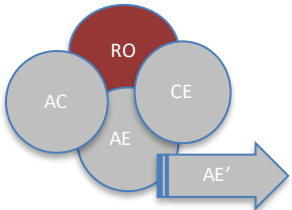




# Anticipating the pleasure

- 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.

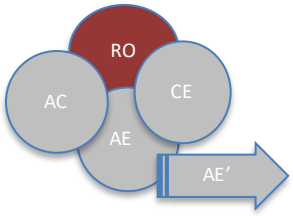




# Sharing the experience...

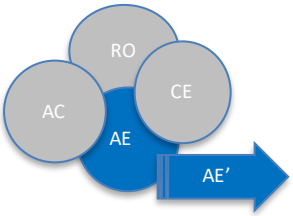
- What did you feel?
  - Pleasant or unpleasant sensations, comfort, discomfort, concentration, availability, interest, boredom, etc.
- How do you feel now?





# 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](http://twistedifter.com)*

# Thank you for your participation



# 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

- 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.
- 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.
- 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.