



NWM2025

JOHANNESBURG, SOUTH AFRICA • 3-7 NOVEMBER 2025

Thursday, 6 November 2025

Session 3

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Workshop: Understanding How Thoughts, Feelings, and Actions Affect Patient Care: Using the Cognitive Behavioral Therapy (CBT) Triangle

Moderators: Dr. Lilian Komba, Dr. Evance Mgeyi, Ms. Happiness Minja





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Reflect, Reframe, Respond: Using the CBT Triangle to Support Thoughtful and Compassionate Patient Care

Presented by: Happiness Minja Dr. Lilian B. Komba and Dr. Evance Mgeyi
Baylor Foundation Tanzania



Agenda

Background

Cognitive-Behavioral Therapy (CBT)

Cognitive-Behavioral Therapy Triangle

Cognitive Reframing

Compassion Self talk

Learning Objectives

- ❖ **Describe** the components of the CBT triangle and their role in shaping behavior.
- ❖ **Identify** common “negative triangles” that may arise in both patient and provider interactions.
- ❖ **Apply** reframing techniques to shift from reactive to reflective responses.
- ❖ **Practice** compassionate self-talk strategies to manage stress and improve patient-provider relationships.

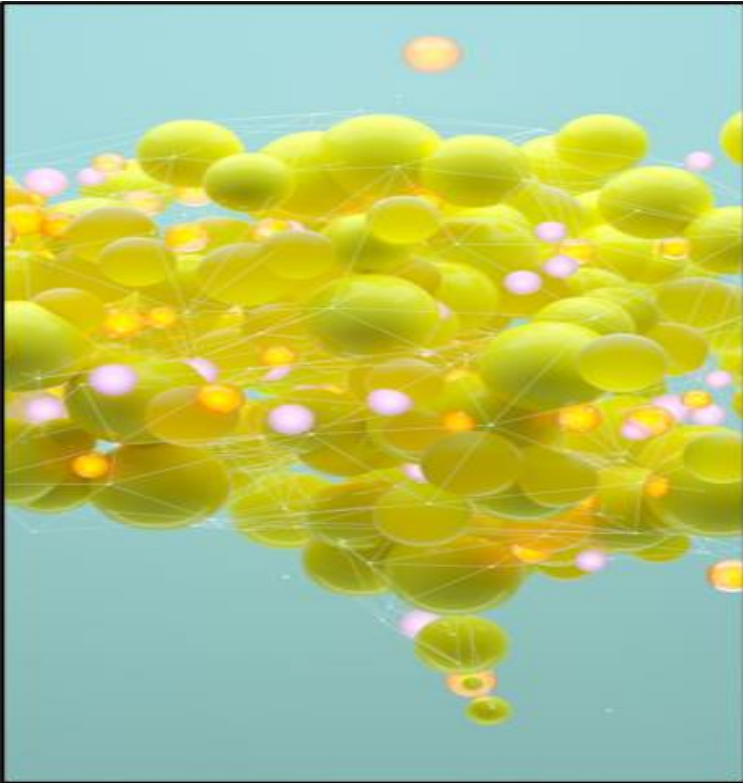
Background

Aaron Beck's Cognitive Behavior Therapy

- ❖ In early 1960 Aaron Beck developed an approach known as a cognitive therapy as a result of his research on depression.
- ❖ Aaron Beck observations of depressed clients revealed that they had a negative bias in their interpretation of certain life events, which contributed to their cognitive distortions.
- ❖ Beck called it cognitive therapy because of the importance it places on thinking.
- ❖ It's now known as **cognitive-behavioral therapy (CBT)** because the therapy employs behavioral techniques as well..

Background

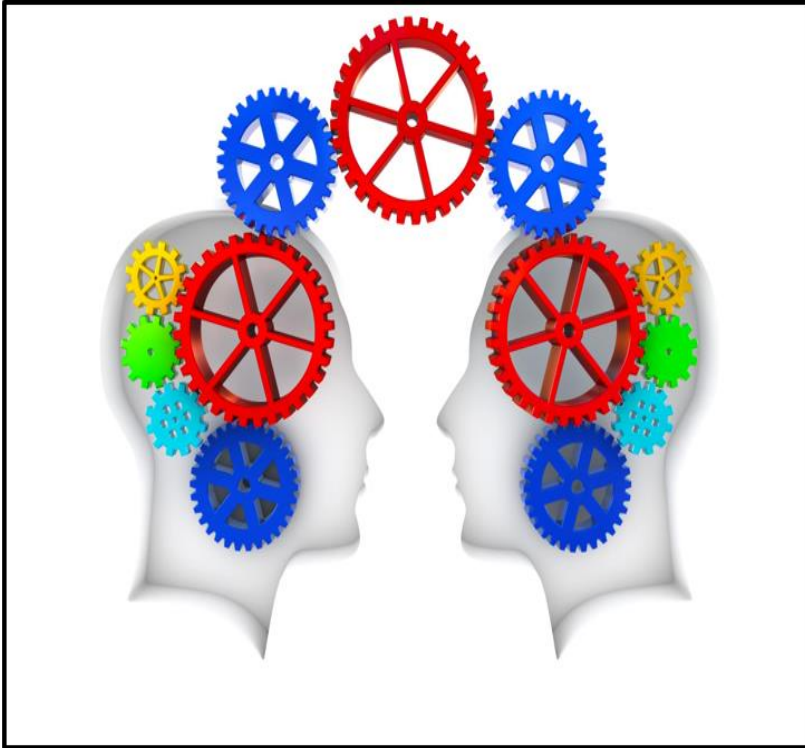
Cognitive-Behavioral Therapy (CBT)



- ❖ **Definition of CBT:** CBT is a type of talk therapy focusing on **thoughts**, **feelings**, and **behaviors** to improve mental health.
- ❖ **Therapeutic Approach:** CBT is structured and goal-oriented, involving collaboration with a trained therapist.
- ❖ **Focus on Thought Patterns:** CBT helps **identify and modify problematic thought patterns** influencing **emotions** and **behaviors**.
- ❖ **Outcome of CBT:** Changing maladaptive thoughts improves emotions and behaviors, **enhancing overall mental health**.

Background

Purpose and Mechanism



- ❖ **CBT Purpose:** CBT helps individuals understand how **thoughts affect emotions and behaviors**.
- ❖ **Challenging Distorted Thoughts:** CBT encourages **replacing unhelpful thoughts with constructive, realistic ones**.
- ❖ **CBT Mechanism:** It involves identifying cognitive distortions, practicing behaviors, and reinforcing positivity.
- ❖ **Adaptive Responses:** Individuals learn to respond effectively to challenges with clarity and new strategies.

Background

Applications of CBT

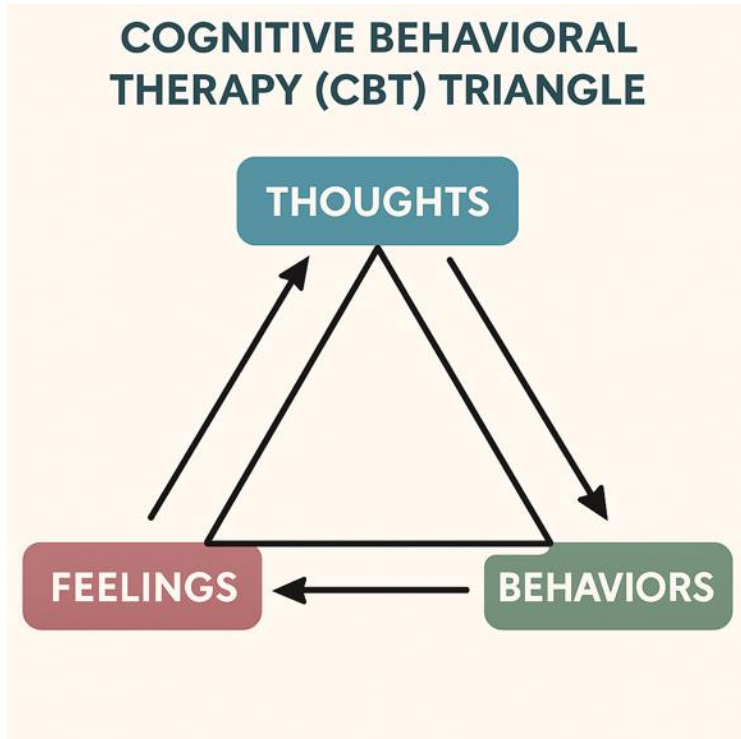
- ❖ **Wide Range of Conditions:** CBT effectively treats depression, anxiety, PTSD, and eating disorders across diverse populations.
- ❖ **Flexible Treatment Use:** CBT can be used alone or combined with medications and other therapies for better outcomes.
- ❖ **Adaptability to Settings:** CBT is suitable for short-term or long-term plans in individual, group, or online settings.
- ❖ **Skill Development Focus:** CBT helps individuals build skills for symptom management and emotional regulation

Background

General Benefits of CBT

- ❖ **Practical Coping Strategies:** CBT teaches adaptable techniques for managing stress and improving communication effectively.
- ❖ **Broad Applicability:** CBT benefits not only those with mental health diagnoses but also anyone seeking emotional resilience.
- ❖ **Enhanced Problem-Solving Skills:** CBT enhances problem-solving skills, helping individuals navigate life challenges more effectively.
- ❖ **Long-Term Emotional Improvement:** Skills learned through CBT support lasting improvements in mood, behavior, and relationships.

CBT TRIANGLE



- ❖ **Thoughts:** The ideas or beliefs that go through your mind/self-talk. Eg: I'm not good enough, this patient ignoring my advice, she is my friend
- ❖ **Feelings:** The feelings that arise from your thoughts or experiences. They are felt inside but they can sometimes be noticed through body language, tone of voice or facial expressions. Eg; Anger, happy, anxious, frustration, shy
- ❖ **Behaviors:** Is the actions, reactions or is what you do, and it can be seen by others. Eg: crying, running, speaking kindly, smile, avoiding them.

Group work (10 groups)

Task: Identify the triangle in the scenario (**Interactive Discussion**). **Present visual CBT triangle examples**

What are the unspoken thoughts?

What feelings are present?

What behaviors resulted?

Cases:

Group 1: If you walk past a group of young people, and just as you pass by, they start laughing

Group 2: You come home and find your parent or guardian is angry.

Group 3: You received poor results at school

Group 4: Your friend said they would come to your house but didn't show up.

Group 5: Adolescent with poor adherence; staff burnout

Group 6: Staff burnout

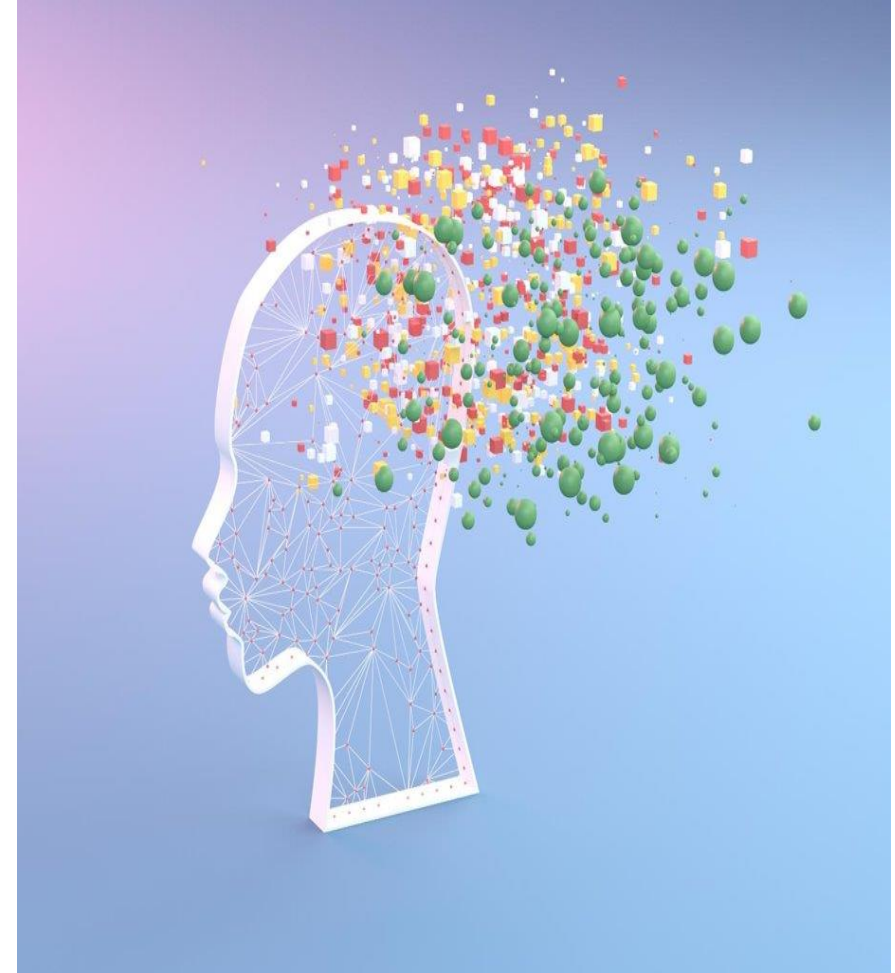
Cognitive Reframing

- ❖ Cognitive reframing helps individuals change their perspective on difficult situations.
- ❖ This method is based on Cognitive Behavioral Therapy connecting thoughts, emotions, and actions.
- ❖ Changing thoughts can positively affect emotions and behaviors.
- ❖ Cognitive reframing is a versatile tool useful in daily life for better well-being.

Cognitive Reframing

How Cognitive Reframing Works

- ❖ Cognitive reframing is a psychological technique aimed at helping individuals modify their perspective on challenging situations, encouraging a shift from negative to more neutral or positive interpretations.
- ❖ This method is rooted in cognitive behavioral therapy (CBT), which posits that negative thoughts can lead to negative emotions, and by altering these thoughts, a person's emotional response can also change.
- ❖ The process typically involves recognizing negative thought patterns, evaluating their validity, and developing alternative, more constructive views of specific situations.
- ❖ This means changing the way we interpret a situation from a negative or limiting perspective to a more positive or constructive one.
- ❖ It's about looking at the same situation differently, so that our feelings and behavior become more helpful, empowering and balanced.



Negative Triangle

Negative Thought: “I’m failing this patient”

Negative Feeling: Fear

Negative Behavior: Withdrawal

Positive Triangle

Positive Thought: “I’m doing my best, and I can ask for help”

Positive Feeling: Fear → Confidence

Positive Behavior: Collaborate

Group work (10 groups)

Task: Group exercise (same 10 groups will reframe their question to positive CBT)

Cases:

Group 1: If you walk past a group of young people, and just as you pass by, they start laughing

Group 2: You come home and find your parent or guardian is angry.

Group 3: You received poor results at school

Group 4: Your friend said they would come to your house but didn't show up.

Group 5: Adolescent with poor adherence; staff burnout

Group 6: Staff burnout

Compassionate Self-Talk

What do I say/do to myself in high-stress moments?"

Compassionate Self-Talk

“I’m overwhelmed, but I’ve handled worse.”

“Breathe first, respond next.”

“This moment doesn’t define me.”

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Session Evaluation

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Tea Break

15-minutes

