



TAO

Therapy Assistance Online

Sign up and get instant anonymous access to powerful evidence based programs, content and tools to help you feel better.

ThePath.TAOConnect.org

Let Go and Be Well

- Introduction to Acceptance and Commitment Therapy
- Fusion and Defusion
- Thinking Mind vs. Observing Mind and Acceptance
- Mindfulness
- Values
- Taking Action

Calming your Anxiety

- Relaxation and Anxiety Reduction
- Thoughts, Assumptions, and Core Beliefs
- Mindfulness
- Facing your Fears
- Lifestyle Factors

Interpersonal Relationships and Communication

- Managing Anger
- Communication Strategies
- Relationships
- Communication Styles
- Problem Solving

Leave your Blues Behind

- Feelings and Thoughts
- Understanding Stress and Relaxation
- Unhealthy and Healthy Thoughts
- Layers of Thinking
- Core Beliefs
- Relationships, Lifestyle, and Problem Solving

Improving Your Mood

- Behavioral Activation
- Make and Activation Plan and Identifying Values
- Achieving Flow and Identifying Strengths
- Avoidance and Depression Traps
- Problem Solving

Pain Management

- Understanding Pain
- Managing Pain and Lifestyle Factors
- Cognitive Strategies for Pain Management
- Mediation for Pain
- Act for Pain Management

Evaluating My Alcohol and Drug Use

- Do I Need to Do Something About My Alcohol or Drug Use?
- Making Decisions about your Alcohol or Drug Use

Recovery Skills and Topics

- Coping with Cravings
- Refusal Skills and Social Support in Recovery
- Recovering from a Lapse or Relapse
- Overcoming Guilt and Shame
- Managing Finances in Recovery
- Time Management in Recovery
- Identifying Core Values in Recovery

**Easy Sign Up at:
ThePath.TAOconnect.org
or use the QR code below.**

- 1. Enter your basic info, use your university email address.**
- 2. Leave the 'Enrollment Key' field blank.**
- 3. Fill out the demographics and read the Informed Consent form, click 'Sign Me Up!'**
- 4. Check your email. You will be sent a welcome email with instructions to log in.**

