WHAT IS TAO?

The TAO therapy is an online platform of tools and educational materials to help you learn about and change how you think and feel. Along with the educational materials in the platform, every week you will be completing a short mood survey and meeting online with your therapist in a brief video-conference.

Your therapist will provide you with support, encouragement, problem solving, and accountability. There are fourteen modules to help you have a better understanding of your personal situation and equip you with tools to aid you in feeling less anxious now and as you go forward in your life.

WHAT’S IN IT FOR YOU?

TAO provides therapy that fits in your schedule and your lifestyle. The TAO therapy online educational materials can be completed anytime and anywhere you have internet access. You will schedule your weekly meeting with your therapist, but since it is an online video-conference you can be anywhere you have privacy!

You don’t have to take time out of your busy schedule to get to the Counseling Center. It means that getting help is your private business. The daily practice and exercises mean you will have better results from your treatment. It’s work but it’s worth it.

WHAT YOU NEED TO GET STARTED

- Internet Enabled Mobile Device or Computer
- Web Camera
- Microphone or Headset
- Your login info emailed to you

TAO TREATMENTS

- Understanding Anxiety & Worry
- Relaxation & Anxiety Reduction
- Thoughts, Assumptions, & Core Beliefs
- Mindfulness
- Facing Your Fears
- Lifestyle Factors
- Anxiety Review
- Overview of Depression
- Behavioral Activation
- Make An Activation Plan & Identifying Values
- Achieving Flow & Identifying Strengths
- Avoidance & Depression Traps
- Problem Solving
- Life Balance and Relapse Prevention
In your browser, log in to the TAO website at: https://thepath.taoconnect.org/login/

After you log in, you will be prompted to change your password. For your security, please do...

Finally, click on: “TAO Treatments” and watch the Client Walkthrough.