What is TAO?

The TAO therapy is an online platform of tools and educational materials to help you to 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. These modules are designed 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.

The TAO therapy model has been validated with over 100 studies in 20 countries and has been shown to be highly effective.

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 travel to see your therapist. 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

Let’s Get Started!

1. In your browser, log in to the TAO website at: https://thepath.taoconnect.org/login/
2. After you log in, you will be prompted to change your password. For your security, please do...
3. Please answer the Research Consent form that will appear on the home page.
4. On the homepage menu, click on “Your Treatments”. Then click the treatment button and you will find instructions, a helpful walk-through video, and the treatment.
Quick Start Guide

Home
Here is where you can begin to access the great tools and materials that TAO has to offer!

Your Treatments
The main menu link scrolls you down the homepage to the 'Your Treatments' section.

To Access Your Treatment

1. Choose which treatment you would like to start by clicking its button on the homepage.
2. This page shows the modules and sessions available to you. Select the appropriate green-colored session to enter it.
3. On the next page, click here to start your session!

Crisis Information
Your emergency crisis information is displayed right on the homepage.

Your Logs
Here you can find your daily journals and logs that have been assigned to you.

Video Conference
The first time you use the videoconferencing, you will need to download the Zoom software. Then, going forward, you will be able to easily connect with your therapist.

Weekly Mood Survey
Completion may be required to access the video conference.
Anxiety

MODULE 1
Understanding Anxiety & Worry

MODULE 2
Relaxation & Anxiety Reduction

MODULE 3
Thoughts, Assumptions, & Core Beliefs

MODULE 4
Mindfulness

MODULE 5
Facing Your Fears

MODULE 6
Lifestyle Factors

MODULE 7
Anxiety Review

BA Depression

INTRODUCTORY MODULE*
Overview of Depression

MODULE 1
Behavioral Activation

MODULE 2
Making An Activation Plan and Identifying Values

MODULE 3
Achieving Flow and Identifying Strengths

MODULE 4
Avoidance and Depression Traps

MODULE 5
Problem Solving

MODULE 6
Life Balance and Relapse Prevention

ACT Depression

INTRODUCTORY MODULE*
Overview of Depression

MODULE 1
Introduction to Acceptance and Commitment Therapy

MODULE 2
Fusion and Defusion Strategies

MODULE 3
Thinking Mind vs. Observing Mind and Acceptance

MODULE 4
Mindfulness

MODULE 5
Values

MODULE 6
Taking Action

CBT Depression

INTRODUCTORY MODULE*
Overview of Depression

MODULE 1
Feelings and Thoughts

MODULE 2
Understanding Stress and Relaxation

MODULE 3
Unhealthy and Healthy Thoughts

MODULE 4
Layers of Thinking

MODULE 5
Core Beliefs

MODULE 6
Relationships and Lifestyle

MODULE 7
Relapse Prevention

*The Overview of Depression module can be used with ACT, BA, and CBT.