

TAO – Therapy Assisted Online

What is TAO?

TAO is a digital platform of modules to help improve mental health, wellness, and life functioning, comprising of:

- Interactive educational sessions
- Screening and progress measures
- Practice tools
- Mindfulness library

Modules include:

- Cognitive Behavioral Treatment for anxiety or depression
- Behavioral Activation for depression
- Acceptance and Commitment Therapy
- Sessions for relationship and communication problems

Results show:

- People who use TAO's online mental health tools over several weeks improve their mental health functioning significantly.
- The higher the engagement with TAO, the greater the gains in symptoms reduction, sense of well-being, and life functioning.



**For complete private online self-help 24/7
sign up at: thepath-ca.TAOconnect.org
with your: UBC student email
and use enrolment key: 22ubc#law**



**TANGLED UP
INSIDE?**

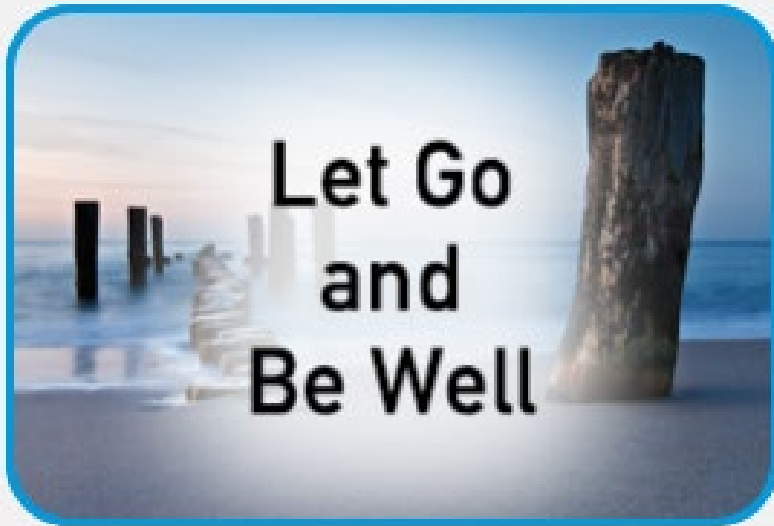
Free mobile-friendly help for stress, anxiety, depression, communication and relationships, and, substance use that fits around your busy life... anytime, anywhere.



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with your: UBC student email
and use enrolment key: 22ubc#LAW

For more information:
Anna Kline, Student Wellbeing Counsellor kline@allard.ubc.ca 604.822.4928 rm 147b

My Pathways



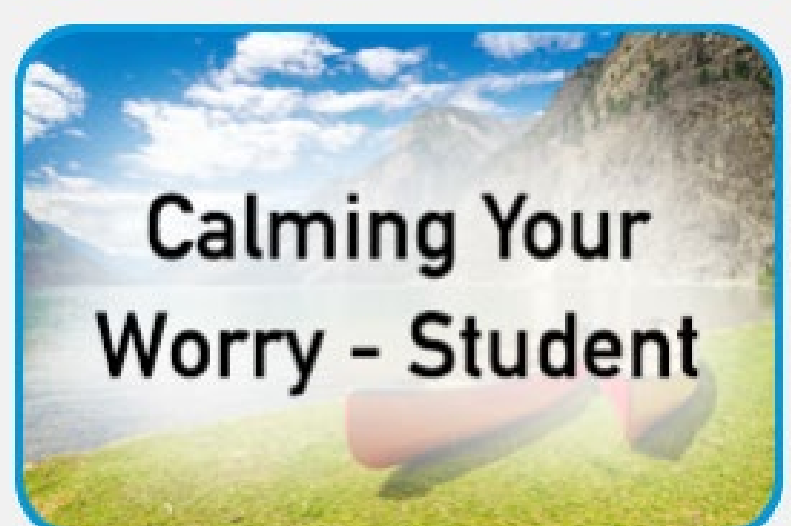
ACT for General Well-Being and Resilience



CBT for Stress and Anxiety



CBT for Depression



CBT for Stress and Anxiety

Welcome to "Let Go and Be Well!"


Below you will find your modules for the Let Go and Be Well course. Each heading below in blue is a module of Let Go and Be Well. Under each heading, you will find a list of activities for that module. The modules work best when they are completed in order. Regardless, if you are curious about the other modules, feel free to click around and see the content.


Instructions

Click on each activity (in green) to start it. Follow the instructions on the page to complete the activity, and once you are done, you can move on to the next activity. When you complete the activity, the activity will automatically be marked as complete in the system, so when you view the course main page, you will see what you have completed.

 [User Walkthrough](#)


Module 1: Introduction to Acceptance and Commitment Therapy


 [Session 1: Getting Stuck in Our Thoughts](#)


 [Session 2: The Six Core Principles of ACT](#)

 [Module Feedback](#)


Module 2: Fusion and Defusion


 [Session 1: Fusion and Defusion](#)

 [Session 2: Defusion Strategies](#)

 [Module Feedback](#)


Module 3: Thinking Mind vs. Observing Mind and Acceptance


 [Session 1: Thinking Mind vs. Observing Mind](#)

 [Session 2: Acceptance](#)

 [Module Feedback](#)

Module 4: Mindfulness

 [Session 1: Mindfulness](#)

 [Module Feedback](#)


Module 5: Values


 [Session 1: Values](#)

 [Session 2: Defining Your Values](#)

 [Module Feedback](#)

Module 6: Taking Action

 [Session 1: Taking Action](#)

 [Module Feedback](#)



Therapy
Assistance
Online

Testimonials

I was 'freaking out' before a quiz and then made use of the breathing strategies. I felt much more relaxed and had stopped panicking. It was such a nice feeling that my thoughts weren't racing anymore.

I've been able to really focus on what I was doing rather than worrying about things outside the present moment. Nothing about my situation has changed, but the stress I've been feeling isn't impacting me in the same way.

Before, anxiety controlled my life...Now my anxiety motivates me to make a change...I recognize the feeling and take care of it.

My head is quieter and I can actually focus. I never noticed how much noise there was and how much judgment I had. I am able to remind myself, this doesn't concern me right now. These approaches have helped me to accomplish things more efficiently. It's changed how I approach my life. I'm losing this pessimistic attitude and doing this has refreshed me.

The sessions were helpful and very easy to follow along with. I liked that they provided information and then had me apply it to my life..... I didn't even have to leave my house.

I liked how easy and simple it was. Sure, it takes work to perform mindfulness well but just attempting it makes me feel so much better and calm and less worried. I liked that it was so straightforward.