



TAO

My Pathways to Wellness

Client Guide

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My Pathways to Wellness

TAO – Therapy Assistance Online is a suite of online tools for well-being, resilience and behavioral health.

Welcome to TAO! You have taken an important step toward a better, healthier future. TAO is a sophisticated framework that will support you in gaining the knowledge, self-awareness, and skills you need to achieve wellness and better overall functioning. It has been designed by psychologists to be a comprehensive guided course that is grounded in well researched strategies.

But, an easier way to think of TAO is to visualize it as a library of engaging, interactive textbooks. Consider each TAO pathway to be a rich book of resources on a specific area of wellness, with each module in that pathway representing a chapter of the book, and each module session representing a subsection of the chapter. Imagine standing in a library with books as far as the eye can see, full of resources designed specifically to strengthen your functioning and your unique goals. Just as you would in that library, in TAO you have the access to a wide variety of resources and tools. Plus, the pathways are engaging and entertaining, but also educational! They include videos and exercises that can be accessed both on-line and on our app.

My Pathways to Wellness can serve as your TAO guide to the pathways. Your clinician has marked/ highlighted the modules that will be the most helpful for your unique concerns and your own goals for wellness.

Here are some additional tips to help you get started:

- You can work on a couple of sessions at a time or a whole module, as your schedule permits.
- You can work at your own pace, moving ahead when you are ready. You don't have to rush or feel pressured as you go through. Think of this as more of a stroll down a path rather than a sprint up a steep hill. Most people find it helpful to try to do 10-15 minutes per day for 3-4 times a week, to start.
- Each week you will learn new skills, practice new strategies, and gradually feel better.
- Your Counselor/ Therapist is available and happy answer questions or provide help if you need assistance.

ACCEPTANCE AND COMMITMENT THERAPY (ACT)- LET GO AND BE WELL

MODULE 1: INTRODUCTION TO ACCEPTANCE AND COMMITMENT THERAPY

Session 1: Getting Stuck in Our Thoughts (25m)

Session 2: The Six Core Principles of ACT (15m)

MODULE 2: FUSION AND DEFUSION

Session 1: Fusion and Defusion (20m)

Session 2: Defusion Strategies (20m)

MODULE 3: THINKING MIND VS. OBSERVING MIND AND ACCEPTANCE

Session 1: Thinking Mind vs. Observing Mind (25m)

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COGNITIVE-BEHAVIORAL THERAPY (CBT)- CALMING YOUR ANXIETY (ADULT VERSION & STUDENT VERSION)

MODULE 1: UNDERSTANDING ANXIETY AND WORRY

Session 5: The Cognitive Response System (15m)

MODULE 2: RELAXATION AND ANXIETY REDUCTION

Session 1: Relaxation (15m)

Session 2: Progressive Muscle Relaxation (15m)

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Session 4: Guided Imagery (20m)

MODULE 3: THOUGHTS, ASSUMPTIONS, AND CORE BELIEFS

Session 1: Defining Thoughts, Assumptions, and Core Beliefs (15m)

Session 2: Unhelpful Thoughts (10m)

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Session 5: Core Beliefs (30m)

Session 6: Challenging Core Beliefs (15m)

MODULE 4: MINDFULNESS

Session 1: Mindfulness (ADULT VERSION 15m, STUDENT VERSION 10m)

Session 2: Mindfulness Tips (10m)

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MODULE 6: LIFESTYLE FACTORS

Session 1: Lifestyle Factors (ADULT VERSION 10m, STUDENT VERSION 25m)

Session 2: Nutrition (10m)

Session 3: Physical exercise and sleep habits (10m)

COMMUNICATIONS AND INTERPERSONAL RELATIONSHIPS

MANAGING ANGER (45M)

COMMUNICATION STRATEGIES (45M)

RELATIONSHIPS (45M)

COMMUNICATION STYLES

Session 1: Different Types of Communication (45m)

Session 2: Understanding and Avoiding Drama in Relationships (25m)

PROBLEM SOLVING

Session 1: Problem Solving Model (25m)

Session 2: Thinking Habits (25m)

EVALUATING MY ALCOHOL AND DRUG USE

EVALUATING ALCOHOL AND DRUG USE (60M)

MAKING DECISIONS ABOUT YOUR ALCOHOL OR DRUG USE (45M)

RECOVERY SKILLS AND TOPICS

COPING WITH CRAVINGS (45M)

REFUSAL SKILLS AND SOCIAL SUPPORT IN RECOVERY

Session 1: Maximizing Your Odds at Success: Preparing to Say No (20m)

Session 2: Building a Social Support Safety Net (30m)

RECOVERING FROM A LAPSE OR RELAPSE (45M)

OVERCOMING GUILT AND SHAME (45M)

MANAGING FINANCES IN RECOVERY (45M)

TIME MANAGEMENT IN RECOVERY

Session 1: Setting Priorities (30m)

Session 2: Obstacles to Effective Time Management (20m)

VALUES (60M)

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MODULE 7: ANXIETY REVIEW

ADULT

Session 1: Identify Early Warning Signs (10m)

Session 2: Take Action to Continue Recovery (25m)

STUDENT

Session 1: Review and the Way Forward (60m)

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MODULE 5: VALUES

Session 1: Values (30m)

Session 2: Defining Your Values (45m)

MODULE 6: TAKING ACTION

Session 1 - Taking Action (30m)

BEHAVIORAL ACTIVATION (BA)- IMPROVING YOUR MOOD

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Session 1: Sources of Well-Being (10m)

Session 2: Recognizing Depression Traps (10m)

Session 3: Improving Awareness and Understanding (15m)

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MODULE 3: ACHIEVING FLOW AND IDENTIFYING STRENGTHS

Session 1: Flow (15m)

Session 2: Strengths (30m)

MODULE 4: AVOIDANCE AND DEPRESSION TRAPS

Session 1 – TRAPs (30m)

Session 2 – TRAC (20m)

MODULE 5: PROBLEM SOLVING

Session 1 – Problems (30m)

Session 2 - Thinking Habits (20m)

MODULE 6: LIFE BALANCE AND RELAPSE PREVENTION

Session 1 - Review and Reflect; Relapse Prevention (45m)

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Session 2: Defining Your Values (45m)

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Session 1 - Taking Action (30m)

PAIN MANAGEMENT

UNDERSTANDING PAIN

Session 1: Basics of Pain (30m)

Session 2: Medications and Pain (15m)

Session 3: Alternative Medical Treatments (10m)

Session 4: Goal Setting (30m)

MANAGING PAIN AND LIFESTYLE FACTORS (45M)

COGNITIVE STRATEGIES FOR PAIN MANAGEMENT

Session 1: Reducing the Negative Impact of Pain (15m)

Session 2: Recognizing and Changing Negative Thoughts (20m)

Session 3: Re-Engaging with Life (25m)

MEDITATION FOR PAIN (20M)

ACT FOR PAIN MANAGEMENT

Session 1: Acceptance and Commitment Therapy Strategies (30m)

Session 2: Values (30m)

Session 3: Creating a Values Road Map (45m)

OVERVIEW OF DEPRESSION (OPTIONAL FOR ACT, BA, CBT)

Session 1: Understanding Depression (20m)

Session 2: Causes of Depression (15m)

Session 3: Overcoming Depression (10m)

CBT DEPRESSION WITH ANXIETY- *LEAVE YOUR BLUES BEHIND*

MODULE 1: FEELINGS AND THOUGHTS

Session 1: Feelings and Thoughts (25m)

MODULE 2: UNDERSTANDING STRESS AND RELAXATION

Session 1: Stress and Depression (15m)

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MODULE 3: UNHEALTHY AND HEALTHY THOUGHTS

Session 1: Unhealthy and Healthy Thoughts (10m)

MODULE 4: LAYERS OF THINKING

Session 1: Layers of Thinking (45m)

MODULE 5: CORE BELIEFS

Session 1: Core Beliefs (30m)

MODULE 6: RELATIONSHIPS, LIFESTYLE, AND PROBLEM SOLVING

Session 1: Lifestyle Factors (20m)

Session 2: Social Support (10m)

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MANAGING ANGER (45M)

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COMMUNICATION STRATEGIES (45M)

RELATIONSHIPS (45M)

COMMUNICATION STYLES

Session 1: Different Types of Communication (45m)

Session 2: Understanding and Avoiding Drama in Relationships (25m)

PROBLEM SOLVING

Session 1: Problem Solving Model (25m)

Session 2: Thinking Habits (25m)

COGNITIVE-BEHAVIORAL THERAPY (CBT)- *CALMING YOUR ANXIETY* (*ADULT VERSION & STUDENT VERSION*)

MODULE 1: UNDERSTANDING ANXIETY AND WORRY

Session 1: Program Introduction (15m)

Session 2: Goal Setting (15m)

Session 3: Motivation (15m)

Session 4: What is Anxiety? (15m)

Session 5: The Cognitive Response System (15m)

Session 6: Causes of Anxiety and Unhelpful Practices (15m)

MODULE 2: RELAXATION AND ANXIETY REDUCTION

Session 1: Relaxation (15m)

Session 2: Progressive Muscle Relaxation (15m)

Session 3: Deep Breathing (10m)

Session 4: Guided Imagery (20m)

MODULE 3: THOUGHTS, ASSUMPTIONS, AND CORE BELIEFS

Session 1: Defining Thoughts, Assumptions, and Core Beliefs (15m)

Session 2: Unhelpful Thoughts (10m)

Session 3: Challenging Thoughts (15m)

Session 4: Challenging Assumptions (30m)

Session 5: Core Beliefs (30m)

Session 6: Challenging Core Beliefs (15m)

MODULE 4: MINDFULNESS

Session 1: Mindfulness (ADULT VERSION 15m, STUDENT VERSION 10m)

Session 2: Mindfulness Tips (10m)

Session 3: Mindfulness Exercise (15m)

MODULE 5: FACING YOUR FEARS

Session 1: Facing Fears (15m)

Session 2: Exposure (30m)

MODULE 6: LIFESTYLE FACTORS

Session 1: Lifestyle Factors (ADULT VERSION 10m, STUDENT VERSION 25m)

Session 2: Nutrition (10m)

Session 3: Physical exercise and sleep habits (10m)

BEHAVIORAL ACTIVATION (BA)- *IMPROVING YOUR MOOD*

MODULE 1: BEHAVIORAL ACTIVATION

Session 1: Sources of Well-Being (10m)

Session 2: Recognizing Depression Traps (10m)

Session 3: Improving Awareness and Understanding (15m)

MODULE 2: MAKE AN ACTIVATION PLAN AND IDENTIFYING VALUES

Session 1: Activation Plan (15m)

Session 2: Road Map for Activation (10m)

Session 3: Values (15m)

MODULE 3: ACHIEVING FLOW AND IDENTIFYING STRENGTHS

Session 1: Flow (15m)

Session 2: Strengths (30m)

MODULE 4: AVOIDANCE AND DEPRESSION TRAPS

Session 1 – TRAPs (30m)

Session 2 – TRAC (20m)

MODULE 5: PROBLEM SOLVING

Session 1 – Problems (30m)

Session 2 - Thinking Habits (20m)

MODULE 6: LIFE BALANCE AND RELAPSE PREVENTION

Session 1 - Review and Reflect; Relapse Prevention (45m)

CBT DEPRESSION WITH ANXIETY- *LEAVE YOUR BLUES BEHIND*

MODULE 1: FEELINGS AND THOUGHTS

Session 1: Feelings and Thoughts (25m)

MODULE 2: UNDERSTANDING STRESS AND RELAXATION

Session 1: Stress and Depression (15m)

Session 2: Relaxation Strategies (30m)

MODULE 3: UNHEALTHY AND HEALTHY THOUGHTS

Session 1: Unhealthy and Healthy Thoughts (10m)

MODULE 4: LAYERS OF THINKING

Session 1: Layers of Thinking (45m)

MODULE 5: CORE BELIEFS

Session 1: Core Beliefs (30m)

MODULE 6: RELATIONSHIPS, LIFESTYLE, AND PROBLEM SOLVING

Session 1: Lifestyle Factors (20m)

Session 2: Social Support (10m)

Session 3: Problem Solving (30m)

MODULE 7: RELAPSE PREVENTION

Session 1: Identify Early Warning Signs (10m)

Session 2: Take Action to Continue Recovery (25m)

COGNITIVE-BEHAVIORAL THERAPY (CBT)- CALMING YOUR ANXIETY (ADULT VERSION & STUDENT VERSION)

MODULE 1: UNDERSTANDING ANXIETY AND WORRY

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Session 3: Motivation (15m)

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Session 5: The Cognitive Response System (15m)

Session 6: Causes of Anxiety and Unhelpful Practices (15m)

MODULE 2: RELAXATION AND ANXIETY REDUCTION

Session 1: Relaxation (15m)

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Session 6: Challenging Core Beliefs (15m)

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COMMUNICATIONS AND INTERPERSONAL RELATIONSHIPS

COMMUNICATION STRATEGIES (45M)

RELATIONSHIPS (45M)

COMMUNICATION STYLES

Session 1: Different Types of Communication (45m)

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PROBLEM SOLVING

Session 1: Problem Solving Model (25m)

Session 2: Thinking Habits (25m)

RECOVERY SKILLS AND TOPICS

TIME MANAGEMENT IN RECOVERY

Session 1: Setting Priorities (30m)

Session 2: Obstacles to Effective Time Management (20m)

COGNITIVE-BEHAVIORAL THERAPY (CBT)- CALMING YOUR ANXIETY (ADULT VERSION & STUDENT VERSION)

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ACCEPTANCE AND COMMITMENT THERAPY (ACT)- *LET GO AND BE WELL*

MODULE 1: INTRODUCTION TO ACCEPTANCE AND COMMITMENT THERAPY

Session 1: Getting Stuck in Our Thoughts (25m)

Session 2: The Six Core Principles of ACT (15m)

MODULE 2: FUSION AND DEFUSION

Session 1: Fusion and Defusion (20m)

Session 2: Defusion Strategies (20m)

MODULE 3: THINKING MIND VS. OBSERVING MIND AND ACCEPTANCE

Session 1: Thinking Mind vs. Observing Mind (25m)

Session 2: Acceptance (20m)

COGNITIVE-BEHAVIORAL THERAPY (CBT)- *CALMING YOUR ANXIETY* *(ADULT VERSION & STUDENT VERSION)*

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RELATIONSHIPS (45M)

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MODULE 7: ANXIETY REVIEW

ADULT

Session 1: Identify Early Warning Signs (10m)

Session 2: Take Action to Continue Recovery (25m)

STUDENT

Session 1: Review and the Way Forward (60m)

COMMUNICATIONS AND INTERPERSONAL RELATIONSHIPS

MANAGING ANGER (45M)

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RELATIONSHIPS (45M)

COMMUNICATION STYLES

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Session 1: Problem Solving Model (25m)

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COGNITIVE-BEHAVIORAL THERAPY (CBT)- CALMING YOUR ANXIETY *(ADULT VERSION & STUDENT VERSION)*

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COMMUNICATIONS AND INTERPERSONAL RELATIONSHIPS

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COGNITIVE-BEHAVIORAL THERAPY (CBT)- CALMING YOUR ANXIETY *(ADULT VERSION & STUDENT VERSION)*

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MODULE 7: ANXIETY REVIEW

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ACCEPTANCE AND COMMITMENT THERAPY (ACT)- *LET GO AND BE WELL*

MODULE 1: INTRODUCTION TO ACCEPTANCE AND COMMITMENT THERAPY

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COMMUNICATIONS AND INTERPERSONAL RELATIONSHIPS

MANAGING ANGER (45M)

COMMUNICATION STRATEGIES (45M)

RELATIONSHIPS (45M)

COMMUNICATION STYLES

Session 1: Different Types of Communication (45m)

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PROBLEM SOLVING

Session 1: Problem Solving Model (25m)

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BEHAVIORAL ACTIVATION (BA)- *IMPROVING YOUR MOOD*

MODULE 3: ACHIEVING FLOW AND IDENTIFYING STRENGTHS

Session 1: Flow (15m)

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COGNITIVE-BEHAVIORAL THERAPY (CBT)- *CALMING YOUR ANXIETY* *(ADULT VERSION & STUDENT VERSION)*

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Session 2: Nutrition (10m)

Session 3: Physical exercise and sleep habits (10m)

PAIN MANAGEMENT

UNDERSTANDING PAIN

Session 1: Basics of Pain (30m)

Session 2: Medications and Pain (15m)

Session 3: Alternative Medical Treatments (10m)

Session 4: Goal Setting (30m)

MANAGING PAIN AND LIFESTYLE FACTORS (45M)

COGNITIVE STRATEGIES FOR PAIN MANAGEMENT

Session 1: Reducing the Negative Impact of Pain (15m)

Session 2: Recognizing and Changing Negative Thoughts (20m)

Session 3: Re-Engaging with Life (25m)

MEDITATION FOR PAIN (20M)

ACT FOR PAIN MANAGEMENT

Session 1: Acceptance and Commitment Therapy Strategies (30m)

Session 2: Values (30m)

Session 3: Creating a Values Road Map (45m)

COMMUNICATIONS AND INTERPERSONAL RELATIONSHIPS

MANAGING ANGER (45M)

COMMUNICATION STRATEGIES (45M)

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ADULT

Session 1: Identify Early Warning Signs (10m)

Session 2: Take Action to Continue Recovery (25m)

STUDENT

Session 1: Review and the Way Forward (60m)

ACCEPTANCE AND COMMITMENT THERAPY (ACT)- LET GO AND BE WELL

MODULE 1: INTRODUCTION TO ACCEPTANCE AND COMMITMENT THERAPY

Session 1: Getting Stuck in Our Thoughts (25m)

Session 2: The Six Core Principles of ACT (15m)

MODULE 2: FUSION AND DEFUSION

Session 1: Fusion and Defusion (20m)

Session 2: Defusion Strategies (20m)

MODULE 3: THINKING MIND VS. OBSERVING MIND AND ACCEPTANCE

Session 1: Thinking Mind vs. Observing Mind (25m)

Session 2: Acceptance (20m)

MODULE 4: MINDFULNESS

Session 1: Mindfulness (20m)

MODULE 5: VALUES

Session 1: Values (30m)

Session 2: Defining Your Values (45m)

MODULE 6: TAKING ACTION

Session 1 - Taking Action (30m)

COMMUNICATIONS AND INTERPERSONAL RELATIONSHIPS

MANAGING ANGER (45M)

COMMUNICATION STRATEGIES (45M)

RELATIONSHIPS (45M)

COMMUNICATION STYLES

Session 1: Different Types of Communication (45m)

Session 2: Understanding and Avoiding Drama in Relationships (25m)

PROBLEM SOLVING

Session 1: Problem Solving Model (25m)

Session 2: Thinking Habits (25m)