

## 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.

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.

## 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.

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

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
- Your login info emailed to you

## Let's Get Started!

1. In your browser, go to the TAO website at: <https://thepath.taoconnect.org/login/> and log in with your full email address.
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.



## Home

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



## Main Menu

Home    Your Treatments    Your Logs    Mindfulness Library

### Crisis Information

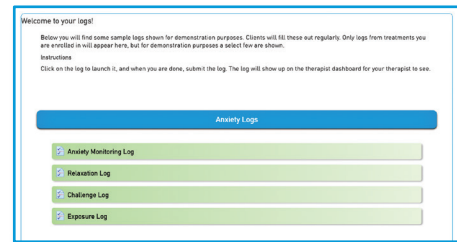
Your emergency crisis information is displayed right on the homepage.

### Your Logs

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

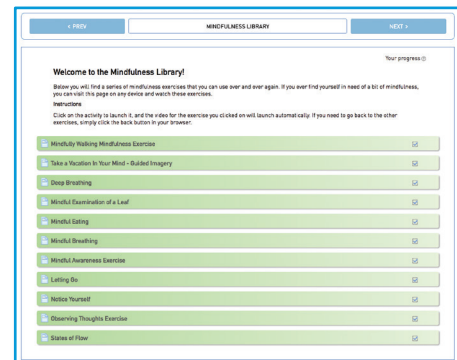
## Your Treatments

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



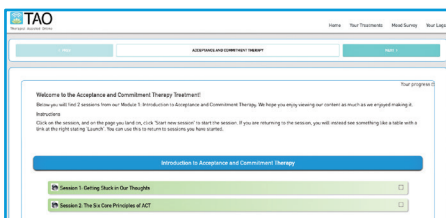
## Mindfulness Library

The Mindfulness Library contains a series of mindfulness exercises that you can use over and over again. If you ever find yourself in need of a bit of mindfulness, you can visit this page on any device to watch and practice these exercises.



## 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!

