Let Go and Be Well
- Overview of Depression
- Introduction to Acceptance and Commitment Therapy
- Fusion and Defusion
- Thinking Mind vs. Observing Mind and Acceptance
- Mindfulness
- Values
- Taking Action

Improving Your Mood
- Overview of Depression
- Behavioral Activation
- Make and Activation Plan and Identifying Values
- Achieving Flow and Identifying Strengths
- Avoidance and Depression Traps
- Problem Solving
- Life Balance and Relapse Prevention

Calming your Anxiety
- Understanding Anxiety and Worry
- Relaxation and Anxiety Reduction
- Thoughts, Assumptions, and Core Beliefs
- Mindfulness
- Facing your Fears
- Lifestyle Factors
- Anxiety Review

Evaluating my Alcohol and Drug Use
- Do I Need to Do Something About My Alcohol or Drug Use?
- Making Decisions about your Alcohol or Drug Use

Coping Through Coronavirus
- Interpersonal Relationships and Communication
- Managing Anger
- Communication Strategies
- Relationships
- Communication Styles
- Problem Solving

Leave your Blues Behind
- Overview of Depression
- Feelings and Thoughts
- Understanding Stress and Relaxation
- Unhealthy and Healthy Thoughts
- Layers of Thinking
- Core Beliefs
- Relationships, Lifestyle, and Problem Solving
- Relapse Prevention

Recovery Skills and Topics
- Coping with Cravings
- Refusal Skills and Social Support in Recovery
- Recovering from a Lapse or Relapse
- Overcoming Guilt and Shame
- Managing Finances in Recovery
- Time Management in Recovery
- Identifying Core Values in Recovery

Pain Management
- Understanding Pain
- Managing Pain and Lifestyle Factors
- Cognitive Strategies for Pain Management
- Meditation for Pain
- Act for Pain Management

Evidence-Based Behavioral Health Content Available for your learners

TAO content is assignable with completion verification and provides real-time facilitator dashboards.

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