TAO program summarieS

# **calming your anxiety-** *Cognitive-Behavioral Therapy (CBT)*

# **(student and adult)**

*Theoretical Perspective: Cognitive-Behavioral Therapy (CBT) with a strong Mindfulness component. In Cognitive-Behavioral Therapy (CBT), the focus is on identifying and changing dysfunctional thinking, which leads to more desirable behavioral and emotional change. CBT remains one of the most evidence-based treatments in psychology and is heavily utilized in behavioral health treatment.*

## Module 1: Understanding Anxiety and Worry

**Session 1: Program Introduction** 15 minutes (+/-)

After completing this session, you will:

* Demonstrate familiarity with program goal and time requirements
* Plan for your first week within the program
* Elaborate on anxiety’s role in your life

**Session 2: Goal Setting** 15 minutes (+/-)

After completing this session, you will:

* Identify specific problems and goals you wish to address in this program
* Evaluate the reasonableness of goals
* Apply a personalized approach to addressing your specific issues and goals

**Session 3: Motivation** 15 minutes (+/-)

After completing this session, you will:

* Reflect upon the value and usefulness of progress monitoring in your life
* Evaluate the effectiveness of some of your previous methods to track your progress
* Break down major goals into smaller tasks

**Session 4: What is Anxiety?** 15 minutes (+/-)

After completing this session, you will be able to:

* Differentiate typical and problematic anxiety
* Recognize the physiological processes associated with anxiety
* Identify practices that exacerbate anxiety

**Session 5: The Cognitive Response System** 15 minutes (+/-)

After completing this session, you will be able to:

* Identify the fight-or-flight response
* Recognize the physiological indicators of anxiety

**Session 6: Causes of Anxiety and Unhelpful Practices** 15 minutes (+/-)

After completing this session, you will be able to:

* Differentiate between helpful and unhelpful anxiety
* Identify how past experiences have influenced your present behavior and attitudes

## Module 2: Relaxation and Anxiety Reduction

**Session 1: Relaxation** 15 minutes (+/-)

After completing this session, you will be able to:

* Determine potential barriers to relaxation in your life
* Identify how the relaxation response is a counter to the fight-or-flight response

**Session 2: Progressive Muscle Relaxation** 15 minutes (+/-)

After completing this session, you will be able to:

* before and after relaxation exercises
* Perform progressive muscle relaxation

[**Session 3: Deep Breathing**](https://thepath.taoconnect.org/mod/tincanlaunch/view.php?id=31372)10 minutes (+/-)

After completing this session, you will be able to:

* Use your relaxation log to monitor your stress before and after relaxation exercises
* Perform deep breathing exercises

**Session 4: Guided Imagery** 20 minutes (+/-)

After completing this session, you will be able to:

* Use your relaxation log to monitor your stress before and after relaxation exercises
* Perform guided imagery exercises

## Module 3: Thoughts, Assumptions, and Core Beliefs

**Session 1: Defining Thoughts, Assumptions, and Core Beliefs** 15 minutes (+/-)

After completing this session, you will be able to:

* Reflect upon how you think about your own anxiety
* Identify underlying thought processes

[**Session 2: Unhelpful Thoughts**](https://thepath.taoconnect.org/mod/tincanlaunch/view.php?id=31375)10 minutes (+/-)

After completing this session, you will be able to:

* Identify common unhelpful thoughts
* Evaluate the degree to which unhelpful thoughts play a role in your life

**S**[**ession 3: Challenging Thoughts**](https://thepath.taoconnect.org/mod/tincanlaunch/view.php?id=31376)15 minutes (+/-)

After completing this session, you will be able to:

* Review common unhelpful thoughts
* Practice challenging an unhelpful thought in your own life

**Session 4: Challenging Assumptions** 30 minutes (+/-)

After completing this session, you will be able to:

* Identify signal words that indicate unhelpful assumptions
* Identify the steps to challenge unhelpful assumptions
* Practice challenging unhelpful assumptions

**Session 5: Core Beliefs** 30 minutes (+/-)

After completing this session, you will be able to:

* Distinguish between healthy and unhealthy core beliefs
* Determine what unhealthy core beliefs are working in your life
* Recognize that childhood and past experiences influence your core beliefs

**Session 6: Challenging Core Beliefs** 15 minutes (+/-)

After completing this session, you will be able to:

* Identify specific unhealthy core beliefs in your life
* Practice successfully challenging an unhealthy core belief
* Complete an entry in your challenge log

## Module 4: Mindfulness

**Session 1: Mindfulness** 10 minutes (+/-)

After completing this session, you will be able to:

* See the benefits of changing your thinking on your anxiety
* Practice being in the moment
* Deal more effectively with your anxiety without feeling the need to avoid it

**Session 2: Mindfulness Tips** 10 minutes (+/-)

After completing this session, you will be able to:

* Demonstrate and understanding of mindfulness
* Evaluate mindfulness in your life
* Apply mindfulness in your life

**Session 3: Mindfulness Exercise** 15 minutes (+/-)

After completing this session, you will be able to:

* Practice a mindfulness exercise from beginning to end
* Practice being in the moment

## Module 5: Facing Your Fears

**Session 1: Facing Fears** 15 minutes (+/-)

After completing this session, you will be able to:

* Demonstrate an understanding of the exposure process
* Develop a personal exposure plan
* Apply the exposure process in your own life

**Session 2: Exposure** 30 minutes (+/-)

After completing this session, you will be able to:

* Recognize how the "exposure" process works
* Deliberately face anxiety-provoking situations

## Module 6: Lifestyle Factors

**Session 1: Lifestyle Factors**25 minutes (+/-)

After completing this session, you will be able to:

* Recognize how lifestyle factors influence anxiety
* Face anxiety-provoking situations

**Session 2: Nutrition**10 minutes(+/-)

After completing this session, you will be able to:

* Recognize how nutrition influences anxiety
* Begin to differentiate between anxiety causing foods and anxiety reducing foods

**Session 3: Physical Exercise and sleep habits** 10 minutes (+/-)

After completing this session, you will be able to:

* Recognize how physical exercise influences anxiety
* Monitor your pulse
* Recognize the benefits of good sleep habits
* Change your sleep environment to make it more sleep friendly

## Module 7: Anxiety Review

**Session 1: Review and the Way Forward** 60 minutes (+/-)

After completing this session, you will be able to:

* Take time to review what you’ve learned and how you’ve changed.
* You will explore next steps to take

# **improving your mood-** *Behavioral Activation (BA)*

*Theoretical Perspective: Behavioral Activation. Behavioral Activation (BA) takes an "inside-out" approach to depression. The longer someone is depressed, the more they withdraw and avoid, which actually leads to even worse depression and reinforcement of negative cycles that support low mood. The goal of BA is to help you re-engage with life and sources of wellbeing. This increased activity leads to feeling more hopeful, improved mood, and greater motivation.*

## Overview of Depression (optional)

**Session 1: Understanding Depression** 20 minutes (+/-)

After completing this session, you will be able to:

* Define depression
* List consequences of depression
* Identify the symptoms of depression

**Session 2: Causes of Depression** 15 minutes (+/-)

After completing this session, you will be able to:

* Be able to explain the causes of depression

**Session 3: Overcoming Depression** 10 minutes (+/-)

After completing this session, you will be able to:

* Be able to explain ways of overcoming depression

## Module 1: Behavioral Activation

**Session 1: Sources of Well-Being** 10 minutes (+/-)

After completing this session, you will be able to:

* Be able to enlist the sources of well-being

**Session 2: Recognizing Depression Traps** 10 minutes (+/-)

After completing this session, you will be able to:

* Be able to recognize depression traps

**Session 3: Improving Awareness and Understanding** 15 minutes (+/-)

After completing this session, you will be able to:

* Be able to monitor your depression to improve your awareness and understanding

## Module 2: Make an Activation Plan and Identifying Values

**Session 1: Activation Plan** 15 minutes (+/-)

After completing this session, you will be able to:

* Be able to make an activation plan
* Imagining Your Week of Activation Scheduling

**Session 2: Road Map for Activation** 10 minutes (+/-)

After completing this session, you will be able to:

* Be able to develop your road map in activation

**Session 3: Values** 15 minutes (+/-)

After completing this session, you will be able to:

* Be able to understand your values
* Be able to evaluate your values.
* Defining your values exercise
* Rating Activities for Enjoyment and Importance exercise

## Module 3: Achieving Flow and Identifying Strengths

**Session 1: Flow** 15 minutes (+/-)

After completing this session, you will be able to:

* Be able to understand flow
* Be able to experience flow

**Session 2: Strengths** 30 minutes (+/-)

After completing this session, you will be able to:

* Be able to define your strengths
* Be able to apply your strengths

## Module 4: Avoidance and Depression Traps

**Session 1 – Traps** 30 minutes (+/-)

After completing this session, you will be able to:

* Be able to identify depression traps

**Session 2 – TRAC** 20 minutes (+/-)

After completing this session, you will be able to:

* Be able to apply TRAC

## Module 5: Problem Solving

**Session 1 – Problems** 30 minutes (+/-)

After completing this session, you will be able to:

* Be able to resolve problems that trigger depression

**Session 2 - Thinking Habits** 20 minutes (+/-)

After completing this session, you will be able to:

* Be able to examine thinking habits
* Be able to change thinking habits

## Module 6: Life Balance and Relapse Prevention

**Session 1 - Review and Reflect; Relapse Prevention** 45 minutes (+/-)

After completing this session, you will be able to:

* Be able to review and reflect what you learned in this program
* Continue working on strategies you have learned
* Identify any remaining barriers and identify ways to address them
* Learn warning signs and risk factors for relapse and make a plan to prevent depression from coming back
* Strengthen your resilience to keep depression from coming back

# **let go and be well-** *Acceptance and Commitment Therapy (ACT)*

*Theoretical Perspective: Acceptance and Commitment Therapy (ACT). Acceptance and Commitment Therapy (ACT) has a firm research-supported treatment base, and has become more popular over the years with its emphasis on values, self-compassion, acceptance, and mindfulness - all core psychological wellbeing principles. The focus is on accepting what is, without overly focusing on it, rather than on eliminating symptoms. When we can let go of the preoccupations with our problems and struggles, our symptoms dissipate as a byproduct. ACT can be very helpful with anxiety, depression, and lower quality of life. ACT intervention has 2 main goals: (1) Develop acceptance of unwanted, private experiences that are out of personal control, and (2) Commitment and action toward a valued life. These ACT modules are applicable for depression and anxiety.*

## Overview of Depression (Optional)

**Session 1: Understanding Depression** 20 minutes (+/-)

After completing this session, you will be able to:

* Define depression
* List consequences of depression
* Identify the symptoms of depression

**Session 2: Causes of Depression** 15 minutes (+/-)

After completing this session, you will be able to:

* Be able to explain the causes of depression

**Session 3: Overcoming Depression** 10 minutes (+/-)

After completing this session, you will be able to:

* Be able to explain ways of overcoming depression

## Module 1: Introduction to Acceptance and Commitment Therapy

**Session 1: Getting Stuck in Our Thoughts** 25 minutes (+/-)

After completing this session, you will be able to:

* Learn that everyone has a constant stream of thoughts running through their heads
* Know that, with people, what goes on in the inside is much messier than what they show on the outside

[**Session 2: The Six Core Principles of ACT**](https://thepath.taoconnect.org/mod/tincanlaunch/view.php?id=31389)15 minutes (+/-)

After completing this session, you will be able to:

* Define Acceptance and Commitment Therapy
* Learn about the 6 Core Skills in ACT
* Have created a road map for coping with your thoughts and feelings

## Module 2: Fusion and Defusion

**Session 1: Fusion and Defusion** 20 minutes (+/-)

After completing this session, you will be able to:

* Understand what the concepts of “fusion” and “defusion” are
* Understand ways fusion can enter into someone’s life
* Have practiced some defusion exercises

**Session 2: Defusion Strategies** 20 minutes (+/-)

After completing this session, you will be able to:

* Be familiar with several strategies to help you defuse negative or distressing thoughts
* Identify helpful thoughts

## Module 3: Thinking Mind vs. Observing Mind and Acceptance

**Session 1: Thinking Mind vs. Observing Mind** 25 minutes (+/-)

After completing this session, you will be able to:

* Have learned how to distinguish between the thinking mind and observing mind
* Have practiced mindfulness exercises to help you be aware of the here and now

**Session 2: Acceptance** 20 minutes (+/-)

After completing this session, you will be able to:

* Understand how to let go and accept your thoughts and feelings
* Keep a log of your thoughts and feelings throughout the week

## Module 4: Mindfulness

**Session 1: Mindfulness** 20 minutes (+/-)

After completing this session, you will be able to:

* Understand what “mindfulness” is
* Have practiced mindfulness exercises to help you focus on the present moment
* Keep a log of your mindfulness experiences throughout the week

## Module 5: Values

**Session 1: Values** 30 minutes (+/-)

After completing this session, you will be able to:

* Understand what “values” are
* Have reflected on what your values are and on what your life could be like if you stick with those values

**Session 2: Defining Your Values** 45 minutes (+/-)

After completing this session, you will be able to:

* Have created a road map towards a life that is consistent with your values
* Have evaluated if your behaviors are being consistent with your values

## Module 6: Taking Action

**Session 1 - Taking Action** 30 minutes (+/-)

After completing this session, you will be able to:

* Understand what value-based goals are
* Know some value-based actions you can take

#  leave your blues behind - *(CBT Depression with anxiety)*

*Theoretical Perspective: Cognitive-Behavioral Therapy (CBT). In Cognitive-Behavioral Therapy (CBT), the focus is on identifying and changing dysfunctional thinking, which leads to more desirable behavioral and emotional change. CBT remains one of the most evidence-based treatments in psychology, and is heavily utilized in behavioral health treatment.*

## Optional Module: Overview of Depression

**Session 1: Understanding Depression** 20 minutes (+/-)

After completing this session, you will:

* Define depression
* List consequences of depression
* Identify the symptoms of depression

**Session 2: Causes of Depression** 15 minutes (+/-)

After completing this session, you will:

* Be able to explain the causes of depression

**Session 3: Overcoming Depression** 10 minutes (+/-)

After completing this session, you will:

* Be able to explain ways of overcoming depression

## Module 1: Feelings and Thoughts

**Session 1: Feelings and Thoughts** 25 minutes (+/-)

After completing this session:

* You will be able to explain the relationship between thoughts and feelings
* You will be able to distinguish between your own thoughts and your feelings

## Module 2: Understanding Stress and Relaxation

**Session 1: Stress and Depression** 15 minutes (+/-)

After completing this session:

* You will be able to understand the relationship between stress and depression

**Session 2: Relaxation Strategies** 30 minutes (+/-)

After completing this session:

* You will be able to use relaxation techniques to reduce stress

## Module 3: Unhealthy and Healthy Thoughts

**Session 1: Unhealthy and Healthy Thoughts** 10 minutes (+/-)

After completing this session:

* You will be able to understand the difference between healthy and unhealthy thoughts
* You will be able to identify your own unhelpful thoughts and learn ways to change these

## Module 4: Layers of Thinking

**Session 1: Layers of Thinking** 45 minutes (+/-)

After completing this session:

* You will be able to understand different layers of thinking patterns
* You will be able to identify thoughts, assumptions, and core beliefs in your own life, determine whether they are helpful or unhelpful

## Module 5: Core Beliefs

**Session 1: Core Beliefs** 30 minutes (+/-)

After completing this session:

* You will be able to understand how core beliefs are formed

## Module 6: Relationships, Lifestyle, and Problem Solving

**Session 1: Lifestyle Factors** 20 minutes (+/-)

After completing this session:

* You will be able to identify lifestyle choices that reduce depression

**Session 2: Social Support** 10 minutes (+/-)

After completing this session:

* You will be able to understand how relationships and social connections help keep you connected with life and help you overcome problems

**Session 3: Problem Solving** 30 minutes (+/-)

After completing this session:

* You will be able to apply a problem-solving model

## Module 7: Relapse Prevention

**Session 1: Identifying Early Warning Signs** 10 minutes (+/-)

After completing this session:

* You will be able to identify risk factors for relapse

**Session 2: Take Action to Continue Recovery** 25 minutes (+/-)

After completing this session:

* You will have a completed relapse prevention plan

## evaluating your alcohol and drug use

*Theoretical Perspective: These sessions come from various theoretical perspectives to address the stated concern. They are topical in nature and can be completed in any order as the subject presents.*

## evaluating alcohol and drug use

Estimated time to complete this session: 60+ minutes

After completing this session, you will:

* Know the difference between substance-related situational problems, substance abuse, and substance dependence
* Have identified problems you have experienced related to alcohol and drug use
* Be able to identify signs and symptoms of substance dependence or addiction

## making decisions about your alcohol or drug use

Estimated time to complete this session: 45+ minutes

After completing this session, you will have:

* Determined your goal for changing your substance use pattern
* Identified hazard situations that contribute to the harmful effect of alcohol and drugs in your life

# **recovery skills and Topics**

*Theoretical Perspective: These sessions come from various theoretical perspectives to address the stated concern. They are topical in nature and can be completed in any order as the subject presents.*

## coping with cravings

Estimated time to complete this session: 45+ minutes

After completing this session, you will:

* Have learned how to identify personal trigger situations for relapse
* Know several strategies for coping with trigger situations
* Have learned several strategies for coping with thoughts about using
* Know more about drunk or using dreams and how to deal with them

## Refusal skills and social support in Recovery

 **Session 1: Maximizing Your Odds at Success: Preparing to Say No** 20 minutes (+/-)

After completing this session, you will:

* Have Identified effective strategies for saying, “No” to alcohol and drugs in social situations
* Recognize passive, aggressive, passive-aggressive, and assertive responses to offers to drink or use
* Be able to identify high-risk situations and form assertive responses to them

**Session 2: Building a Social Support Safety Net** 30 minutes (+/-)

After completing this session, you will have:

* Evaluated your relationships and identified people who are supportive
* Identified your individual areas of need for support
* Identified strategies for developing an effective support network

## from a lapse or relapse

Estimated time to complete this module: 45 minutes (+/-)

After completing this session, you will have:

* Learned the difference between lapse and relapse
* Learned to evaluate the steps that lead to a lapse
* Learned to analyze the warning signs for a lapse
* Learned steps to take to avoid lapses and to recover from a lapse

## overcoming guilt and shame

Estimated time to complete this module: 45 minutes (+/-)

After completing this session, you will have:

* Learned to distinguish between guilt and shame
* Observed the damaging effects of shame
* Learned the importance of self-forgiveness in recovery

## Managing finances in recovery

Estimated time to complete this module: 45 minutes (+/-)

After completing this session, you will have:

* Learned the importance of financial management in recovery
* Learned to create a household budget
* Identified important problems or issues related to managing finances
* Described some specific steps to improve your financial management

## time management in recovery

**Session 1: Setting Priorities** 30 minutes (+/-)

After completing this session, you will have:

* Learned to use a model of identifying priorities in time management
* Evaluated how you are using time
* Identified changes you can make to use time more efficiently

**Session 2: Obstacles to Effective Time Management** 20 minutes (+/-)

After completing this session, you will:

* Be able to identify obstacles that interfere with managing time efficiently
* Have learned strategies to remove obstacles to time management
* Have identified which obstacles you find yourself doing

## Values

Estimated time to complete this module: 60 minutes (+/-)

After completing this session, you will have:

* Learned about some of the adverse consequences of addictions on personal values
* Decided which core values are most important to you
* Evaluated your own value-based behaviors
* Developed behavioral plans to help you live your life more consistently with your values

# **Communications and Interpersonal relationships**

*Theoretical Perspective: These sessions come from various theoretical perspectives to address the stated concern. They are topical in nature and can be completed in any order as the subject presents.*

## Managing Anger

Estimated time to complete this module: 45 minutes (+/-)

After completing this session, you will:

* Understand how anger works
* Know of some different strategy options you might consider using when faced with angry situations

## Communication Strategies

Estimated time to complete this module: 45 minutes (+/-)

After completing this session, you will have:

* Learned strategies to communicate more effectively
* This session will focus on 3 communication strategies:
1)  “I feel” Statements
2)    Listening-Reflecting (Listening to something and paraphrasing)
3)    Communicating Clearly Online

## relationships

Estimated time to complete this module: 45 minutes (+/-)

After completing this session, you will have:

* Learned important elements of a healthy relationship
* Learned to identify patterns that indicate serious problems in a relationship
* Evaluated helpful and unhelpful patterns in your own relationship
* Described steps you can take to improve your relationships

## Communication Styles

**Session 1: Different Types of Communication** 45 minutes (+/-)

After completing this session, you will have:

* Learned to describe different types of communication: passive, passive-aggressive, aggressive, and assertive
* Learned to identify less helpful (passive, aggressive, and passive-aggressive communications) statements
* Learned to create assertive responses in a variety of situations

**Session 2: Understanding and Avoiding Drama in Relationships** 25 minutes (+/-)

After completing this session, you will be able to:

* Describe the roles and relationships in the Karpman Drama Triangle model
* Identify times you have observed the roles in your life
* Know strategies to help avoid drama and improve communications in relationships

## Problem solving

**Session 1:** [**Problem Solving Model**](https://thepath.taoconnect.org/mod/tincanlaunch/view.php?id=31697)25 minutes (+/-)

After completing this session, you will have:

* Learned a 4-step problem solving model
* Recognized what you can and can't change

**Session 2: Thinking Habits** 25 minutes (+/-)

After completing this session, you will:

* Be able to examine thinking habits
* Be able to change thinking habits