

Share this article with learners to provide them step by step instructions on how to send a Conduct Officer proof of completion of TAO content.

Welcome to TAO

Liam Learner  
liam.learner@taoconn...

Appointment Notifications

Home  
Browse Content  
Progress Measures  
**My Badges**  
My Practice Logs  
Mindfulness Exercise  
Crisis/Emergency Help  
Logout

**Badges**

Deep Breathing	Earned At 2022-09-01 14:20:18
The Six Core Principles of ACT	Earned At 2022-09-01 14:19:37
The Cognitive Response System	Earned At 2022-09-01 14:18:40
Beautiful Mountains for Your Mental Health	Earned At 2022-09-01 12:46:06
When Life Hands You Lemons	Earned At 2022-08-31 15:29:21
When Life Hands You Lemons	Earned At 2022-08-31 13:09:45
When Life Hands You Lemons	Earned At 2022-08-23 09:41:23
Getting Stuck in Our Thoughts	Earned At 2022-08-22 11:53:54
Communication Strategies	Earned At 2022-08-22 11:28:40
Evaluating Alcohol and Drug Use	Earned At 2022-08-22 11:26:09

Click Here for Crisis and Emergency Help

VIEW COURSE RESPONSES DOWNLOAD BADGE COPY LINK TO CLIPBOARD

Once inside the badge, click on the button: View Course Responses

**Completed Course**  
The Cognitive Response System

This Certifies  
**Liam Learner**  
has completed the  
**The Cognitive Response System Course**  
TAO Test Institution  
Completed At  
Thursday September 1st 2022 02:18 PM

TAO  
Therapy Assistance Online

← GO TO DASHBOARD

Liam Learner | Setting Priorities

Thu, Jan 20, 2022 1:36 PM

Assigned

Fri, Sep 2, 2022 12:16 PM

Completed

TCTDI Anonymous Self Help

Group

Launched: in TCTDI Anonymous Self Help

Launched: in TCTDI Anonymous Self Help

<div>Freenote Question</div> <div>What might you change about your time management in the next week?</div>	<div>Response</div> <div>Sample response</div>
<div>Freenote Question</div> <div>How much time are you spending on timewasters?</div>	<div>Response</div> <div>Sample response</div>
<div>Freenote Question</div> <div>What are some helpful, relaxing activities that de-stress you?</div>	<div>Response</div> <div>Sample response</div>
<div>Freenote Question</div> <div>How can you include the de-stressors in your life this week?</div>	<div>Response</div> <div>Sample response</div>
<div>Table Question</div> <div>There are 4 categories: urgent and important, not urgent and important, urgent and not important, not urgent and not important. It is helpful to think about the many things you try to fit in your schedule in terms of these four categories. Add your activities in each category.</div>	<div>Response</div> <div>Important:0:Urgent:Sample response</div> <div>Not Urgent:Sample response</div> <div>Not Important:0:Urgent:Sample response</div> <div>Not Urgent:Sample response</div>

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Once here, you can right click anywhere on your screen and click "Print"

Liam Learner

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Supporting Mental Health for All

← GO TO DASHBOARD

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