

## **Cognitive Behavioral Therapy (CBT) & Therapy Assistance Online (TAO)**

*Spring 2021 Zoom Workshop for Students*

The goal of Cognitive Behavioral Therapy (CBT) is to change patterns of thinking or behavior that are behind people's difficulties, and so change the way they feel. Studies show that self-directed CBT can be effective in helping with anxiety and depression. When CBT tools are delivered online, this can be an option for those who prefer online to in-person meetings.

**Therapy Assistance Online (TAO)** is a free tool for UNM students. TAO provides self-help when you need support and education for common issues as well as guided help when your problems require a higher level of care.

### **When & Where**

Tuesday, March 23  
12:00-1:00 PM  
Via Zoom

### **What You'll Learn:**

- Learn about use of Tech in Mental Health
- Tailor modules to your needs and issues, e.g., calming your worry, improving your mood, relationships, etc.

**NO CHARGE!**

**RSVP:** [studentcounseling@unm.edu](mailto:studentcounseling@unm.edu)