

How Do I Sign Up?



TAO

Therapy Assistance Online

Could you use some help? [Click here to learn about TAO.](#)

Here are the steps to get you started in TAO:

1. In your browser window, navigate to [TAO Website](#) (USA) and click on the 'Sign Me Up' button.
2. Enter your name and email address on the enrollment form, use your university email address.
3. Enter a password (once more to confirm it).
4. Leave the 'Enrollment Key' field blank. Fill out the demographics and Informed Consent form and click 'Sign Me Up!'
5. Check your email. You will be sent a confirmation link which you must click on before signing in.
6. Click on the link, and log into the platform, and the first thing you will see is the home page. Scroll down to the section 'My Pathways' to find all your available pathways.
7. Choose the pathway(s) that are right for you, then get started. Work through the educational module and exercises. The course will prompt you when a practice tool or log should be completed. You can work with these either in the web interface or you can download the Android or iOS mobile apps.

NOTE: The apps include the logs and mindfulness library; however, most of the courses must be accessed through the web interface. Make sure you click the "Sign up in TAO Self-Help box." You will have instant access to the program and can start the program today. All you need is your SNC email and a password!