



webSTAIR

A Quick Guide to webSTAIR

What is webSTAIR?

webSTAIR is an online program that can help people who have experienced trauma. With the support of a coach, webSTAIR helps you learn useful skills to better manage difficult feelings, and to improve relationships. The topics covered are listed on page two of this handout. The program includes a welcome module and 10 skills-training modules, which contain:

- Sample videos to help learn skills
- Editable worksheets to track skills practice and progress
- Downloadable information sheets
- Visual feedback to track improvement

What might I notice as I go through webSTAIR?

The way to get the most out of the program is to practice the skills you learn. You may notice some skills are easier than others, but with continued practice, all the skills can help. You may notice people in your life responding to you in different and more positive ways. Overall, the skills are meant to improve your mood and support you and your relationships.

How is a coach different than a therapist?

Your coach acts as your support to help you apply what you learn in webSTAIR to your life. The skills you learn will all come from webSTAIR, so it's important for you use the webSTAIR program as your primary source of information.

How can I ask for support from my loved ones or friends as I go through webSTAIR?

First, ask yourself what you might need. Each person can find different things helpful. Some ideas include:

- Sharing what you're learning from webSTAIR
- Asking if you can practice skills with them
- Asking for help setting aside time to review the modules and practice skills online

When will I speak with my coach?

Using webSTAIR with a coach, you are expected to complete all 10 modules within 15 weeks. The program plans for you to have sessions with your coach every other week. However, a schedule with more or less coaching sessions can be planned depending on your needs. You and your coach will talk more about how to set up sessions once you have your Welcome & Orientation meeting.

Who else will contact me from the webSTAIR program?

Although coach is your primary guide through webSTAIR, you may also receive questionnaires to complete as part of the STAIR-Well project that is working to make various types of STAIR available to students in university counseling centers across the United States. None of your identifying information is shared with STAIR-Well.

Module #	Module Name	Description
-	Welcome	In this module, you will learn the basics of this online program and what you can hope to achieve. You'll also learn about how to move through this course in a way that will maximize your benefits.
1	Emotional Awareness	In this module, you will practice noticing and naming emotions. You'll also explore how different situations can trigger different emotions. You will then learn skills to practice to help you cope with your emotions better
2	Managing Emotions -Focus on Body	In this module, you will explore healthy emotion management that builds on your growing awareness of your feelings. You will explore your usual emotional responses and practice some skills in the body channel of emotions to help cope with your feelings.
3	Managing Emotions - Focus on Thoughts	In this module, you will explore the thought channel of emotion – how thoughts play into how you feel. You'll have a chance to practice noticing your thoughts. You will also learn some skills to adjust your thought patterns when you're making a situation more difficult than necessary.
4	Managing Emotions - Focus on Behaviors	In this module, you will explore the behavior channel of emotions. You'll learn how behaviors influence emotions. Then you will learn how to use your behavior to manage emotions in a healthy way.
5	Tolerating Distress to Reach Valued Goals	In this module, you will learn about when and why it's sometimes helpful to tolerate rather than reduce distress. You will practice some skills to help you tolerate distress so that you can reach your goals.
6	Understanding Relationship Patterns	Up until now, you have been focusing on yourself as an individual. Starting here, you will be looking at yourself in relationships. This module focuses on noticing emotions and behaviors as you interact with people. That's what understanding relationship patterns is all about.
7	Changing Relationship Patterns - Focus on Assertiveness	In this module, you will learn about different kinds of relationship patterns. You can identify which one or more patterns you tend to have in your relationships. This module will focus on a common area of difficulty – effective and appropriate assertiveness. This includes paying attention to how to express and communicate emotion through voice and body language.
8	Changing Relationship Patterns - Focus on Power	In this module, you will learn how to manage different power balances in relationships. The module presents how to maintain a respectful attitude towards oneself and others regardless of whether we have more or less power in a particular relationship or situation.
9	Changing Relationship Patterns - Focus on Closeness and Compassion	In this module, you will learn how to increase compassion for yourself and for others. You will also learn simple ways to become closer to others. This includes ways to start new relationships as well as how to maintain them through difficulties.
10	Course Conclusion	In the course conclusion, you will see how far you have come by answering a series of questions. Then, you will compare them to your original answers.

