

Learn to Live Named Finalist for 16th Annual Tekne Awards

MHTA to honor Minnesota's top technology companies and individuals at the Nov. 18 awards ceremony

Minneapolis, MN ([PRWEB](#)) November 16, 2015 -- The Minnesota High Tech Association (MHTA) has named Learn to Live as a finalist in the Startup category for the 2015 Tekne Awards, which will be held at the Minneapolis Convention Center on Wednesday, Nov. 18. The Tekne Awards honor Minnesota companies and individuals who have shown superior technology innovation and leadership.

Learn to Live was launched in 2013 by Chief Psychology Officer Dr. Russ Morfitt and CEO Dale Cook. The company offers online programs for depression and anxiety disorders based on the proven principles of Cognitive Behavioral Therapy ("CBT"). In addition to serving individuals, Learn to Live began selling direct to organizations this year. Their unique delivery, which includes customized training and community engagement activities, has produced strong engagement rates, much higher than the industry average. Learn to Live's mission is to continually innovate in the healthcare space, using their revolutionary self-help programs as alternatives to often-inaccessible traditional treatments to help more people and to become the pre-eminent provider of reliable online CBT.

"We're proud to be a Tekne Award finalist, and feel likewise humbled to be in the company of such influential and innovative people and organizations," said Dale Cook, CEO of Learn to Live. "Being a part of this Minnesota health technology community is consistently rewarding and inspiring. It's a confirmation of our team's work that the MHTA recognizes the tech innovation that helps us reach so many people suffering from mental health problems."

Presented by the MHTA, the Tekne Awards annually recognizes Minnesota's best and brightest technology users and developers in innovation, development, education, commercialization and management. A full list of finalists is available online at <http://www.tekneawards.org>.

"The Tekne Awards recognize those whose leadership and dedication to technological development helps demonstrate Minnesota as a global leader in technology," said Margaret Anderson Kelliher, president and CEO of MHTA. "This year's finalists should be extremely proud of their role in advancing the science and technology sector in Minnesota."

The 16th annual Tekne Awards program will begin at 4:30 p.m. with a VIP registration and reception, followed by general registration and cocktails at 5 p.m. The awards ceremony will commence at 7 p.m., with a post-event reception at 8:30 p.m. WCCO anchor Amelia Santaniello will emcee the event.

For additional information, or to register for the 2015 Tekne Awards program, visit <http://www.tekneawards.org> or contact Aly Roach at 952-230-4553 or aroach@mhta.org.

About Learn to Live:

Learn to Live provides online self-help programs to address psychological problems such as depression, social anxiety, stress, anxiety and worry. Learn to Live is part of an exciting movement within behavioral health of providing lower cost but highly effective methods of web-based healthcare treatment. The programs are modeled on over a decade of clinical research that demonstrates that internet-delivered Cognitive Behavioral



Therapy (“iCBT”) is as effective as face-to-face therapy. In addition to providing programs directly to consumers, Learn to Live partners with large self-insured employers and health care providers who can benefit from the low-cost delivery model, behavior tracking capabilities, data analytics, and powerful program outcomes. Find out more online at <https://www.learntolive.com> or follow Learn to Live on Twitter at <https://twitter.com/learntolivecbt> and Facebook at <https://www.facebook.com/LearnToLiveCBT>.

About Minnesota High Tech Association (MHTA):

MHTA is an innovation and technology association united in fueling Minnesota’s prosperity. We help bring together the people of Minnesota’s technology ecosystem and lead the charge in directing technology issues to Minnesota’s state capitol. MHTA is the only membership organization that represents Minnesota’s entire technology-based economy. MHTA members include organizations of every size – involved in virtually every aspect of technology creation, production, application and education in Minnesota. Find out more online at <http://www.mhta.org> or follow MHTA on Twitter at <http://twitter.com/MHTA>.



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