

Resiliency for the Helping Professionals CGS/CAGS

Course Schedule for Summer 2020

Program Coordinator: Lea Christo, MSW May 18 to August 7, 2020

Course # & Section	Course Title	Instructor	Student Cap	Days/ time frame
RES 830	Positive Psychology: A Strengths Based Approach to Resiliency	Keith Lahikainen, Psy.D.	15	ONLINE Summer II June 29 to Aug 10, 2020
RES 820	The Practice of Self-Compassion In Resiliency	Lea Christo, MSW Mary Ann Mariani, Ph.D.	15	Summer II Online Intensive Via Zoom July 13, 14, 15, 16 From 9am - 2pm Final Assignment Due by August 5, 2020
RES 815	A Mindful Self-Compassion Program for Students	Karen Bluth, Ph.D.	15	Online Intensive via Zoom July 20, 21, 22, 23, 24 From 9am - 4pm Final Assignment Due by August 5, 2020 Prerequisite: RES 820 or SCP 872

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