



**Assumption
University**

SCHOOL OF
GRADUATE STUDIES

**Resiliency in the Helping Professions Program
Summer 2023 Semester
Monday, May 22, 2023 – Friday, August 11, 2023
Both courses are online**

Courses Offered	Meeting Time	Instructor	Course Delivery
RES 820.01 The Practice of Self-Compassion in Resiliency	Monday, Tuesday, Wednesday, Thursday, July 17 – July 20 9am – 3pm	Mary Ann Mariani & Lea Christo	Hybrid; Online synchronous zoom class sessions
RES 830.01 Positive Psychology: A Strengths Based Approach to Resiliency	Online	Keith Lahikainen	Asynchronous online