

# Resiliency for the Helping Professionals CGS/CAGS

Fall 2019 Program Coordinator: Lea Christo, LICSW

Classes run: September 21 to December 8, 2019

| Course #                       | Course Title  | Credits | Instructor                        | Prerequisites/<br>Notes | Day  | Time          | Room                           |
|--------------------------------|---|---------|-----------------------------------|-------------------------|--|---------------|--------------------------------|
| RES 800<br><br><b>LIMIT 15</b> | The Theoretical Foundations of<br>Resiliency Building Interventions | 3       | Mary Ann Mariani                  | <b>HYBRID</b>           | <b>Four SATURDAYS</b><br><b>on campus</b><br>Sept 21, Oct 19,<br>Nov 23, Dec 7 | 9am to<br>2pm | Tsotsis<br>Conf<br>Room<br>237 |
| RES 820<br><br><b>LIMIT 15</b> | The Practice of Self Compassion in<br>Resiliency                    | 3       | Mary Ann Mariani<br>& Lea Christo | <b>HYBRID</b>           | <b>Four SUNDAYS</b><br><b>on campus</b><br>Sept 22, Oct 20,<br>Nov 24, Dec 8   | 9am to<br>2pm | Tsotsis<br>Conf<br>Room<br>237 |
|                                |   |         |                                   |                         |  |               |                                |
|                                |   |         |                                   |                         |  |               |                                |