



Assumption University

SCHOOL OF
GRADUATE STUDIES

**Resiliency in the Helping Professions Program
Full Summer 2026 Semester
Tuesday, May 26, 2026 - Friday, August 14, 2026
All courses are online**

Courses Offered	Meeting Time	Instructor	Course Delivery
RES 820.01 The Practice of Self-Compassion in Resiliency	4 Tuesdays: June 30 July 14 July 28 August 11 9am – 2:30pm	M. Mariani & L. Christo	Hybrid; With 4-day synchronous zoom class meetings

**Resiliency in the Helping Professions Program
Summer II 2026 Semester
Monday, July 6, 2026 - Friday, August 14, 2026
All courses are online**

RES 830.01 Positive Psychology: A Strengths Based Approach to Resiliency	July 6 – Aug 14	K. Lahikainen	Asynchronous; Online
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