



**Assumption
University**

SCHOOL OF
GRADUATE STUDIES

**Resiliency in the Helping Professions Program
Summer II 2025 Semester
Monday, July 7, 2025 – Friday, August 15, 2025
All 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 21 – July 24 9am – 3pm	M. Mariani & L. Christo	Hybrid; With 4-day synchronous intensive week
RES 830.01 Positive Psychology: A Strengths Based Approach to Resiliency	July 7 – Aug 15	K. Lahikainen	Asynchronous