



**Assumption
University**

SCHOOL OF
GRADUATE STUDIES

**Resiliency in the Helping Professions Program
Spring 2026 Semester
Tuesday, January 20, 2026 – Thursday, May 7, 2026
Both courses are online**

Courses Offered	Meeting Time	Instructor	Course Delivery
RES 810 Mindfulness-Based Interventions	Saturdays, 9am – 12pm 1/24/26 2/28/26 3/28/26 5/9/26	Karen Bluth	Hybrid; Online synchronous zoom class sessions
RES 850 Resonant Leadership and Supervision	N/A	Keith Lahikainen	Asynchronous online