



Assumption University

SCHOOL OF
GRADUATE STUDIES

**Resiliency in the Helping Professions Program
Spring 2025 Semester
Monday, January 21, 2025 – Thursday, May 8, 2025
Both courses are online**

Courses Offered	Meeting Time	Instructor	Course Delivery
RES 810 Mindfulness-Based Interventions	Saturdays, 9am – 12pm 1/25/25 3/1/25 4/5/25 5/3/25	Karen Bluth	Hybrid; Online synchronous zoom class sessions
RES 850 Resonant Leadership and Supervision	N/A	Keith Lahikainen	Asynchronous online