



# THE RESILIENT SELF:

A Wellness Symposium for Helping Professionals

Thursday, May 15, 2025

Wojcik Conference Center @ Harper College

## Symposium Breakouts

All sessions offered AM and PM.

### Breakout 1: Releasing the Weight of Trauma

**Amy Morgan**

Working with first responders and others in high-stress response and support roles has given Amy Morgan deep insight into the toll that witnessing trauma can take. In this breakout session, she'll explore how hearing and absorbing others' painful experiences can lead to vicarious trauma—impacting your mental and emotional well-being as if the experiences were your own. Through thoughtful discussion, Amy will share ways to recognize these effects, heal from the weight of trauma, and restore positivity and happiness into your life. This session offers practical steps to safeguard your well-being so you can move forward with resilience and renewed strength.

### Breakout 2: Underestimated Treasures: Micro Self-Care for People in Helping Professions

**Dr. Rebecca Hubbard**

People in helping professions know the benefits of self-care but are not exempt from the struggles of implementing effective self-care strategies. In this practical workshop, participants will explore the importance of understanding the role of their social and cultural identities in their beliefs about self-care, learn practical strategies to implement micro self-care into their day and create a personalized self-care plan to test out in their work environment. Participants will leave with a fresh view of how their self-care can reflect their values.



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## **Breakout 3: Where Does “It” Go? Navigating Trauma Through Resilience in Policing** **Ken Tworek**

Where Does “It” Go? is an insightful and practical presentation designed to help law enforcement officers understand the hidden impact of trauma exposure on their physical, mental, and emotional well-being. While officers are trained to handle high-stress situations in the moment, little attention is given to where that stress and trauma go afterward. This presentation challenges the common misconception that LEOs can “leave it at work,” highlighting the reality that trauma accumulates and affects every aspect of an officer’s life.

This presentation will provide attendees with the knowledge and tools to recognize, process and mitigate the effects of trauma exposure while fostering a culture of proactive mental wellness.

## **Breakout 4: Singing Bowls** **Rick and Bridget Kaczmarek**

The singing bowl sessions are designed so that the participants can fully relax. There is no requirement or pre-requisite in order to fully benefit from participation. The session will begin with a brief introduction/orientation on what to expect and how to stay focused. Using sound, we will explore a deeper state heading toward meditation and release. Ideally, participants will be laying down to maximize the experience.



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## Keynote Speaker Bio



**Amy Morgan, MSC, CWPS, CFRC(D), CMHA, CCPA**

**CEO/Founder of Center of Training**

Amy Morgan is a no-nonsense mental health professional specializing in the well-being of law enforcement officers and first responders, with a dedicated focus on trauma recovery and suicide prevention. As the CEO of Center of Training, Amy leads a mission-driven organization providing comprehensive online mental health training programs for both individuals and corporate organizations.

Previously, Amy was the founder and CEO of Academy Hour, a mental health training provider specifically designed for first responders. Recognizing the critical need for specialized support, Amy created the Certified First Responder Counselor training & certification program, as well as the Certified Peer Support Leader & Teammate training & certification program—initiatives that have equipped countless professionals with the skills to support professionals, their peers and communities.

With a commitment to removing negative influences, facilitating trauma healing, fostering strong personal connections, and guiding individuals toward a deeper sense of purpose, Amy's training programs are designed to empower all of us to lead fulfilled and meaningful lives. With a genuine passion for helping, Amy brings both expertise and heart to the stage, hoping to inspire audiences with actionable strategies and transformative insights.



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## Breakout Speaker Bios



### **Dr. Rebecca Hubbard, Licensed Clinical Psychologist**

Dr. Rebecca Hubbard is a licensed clinical psychologist, yoga instructor, former student athlete, and recovering perfectionist. She has been on her own wellness journey since she was a teenager and uses her personal experience and professional training to co-create spaces for healing and growth in her Chicago-based private practice.



### **Rick Kaczmariski, Grounded Wellness Center**

Rick Kaczmariski is the director at Grounded Wellness Center, in operation since 2018. His primary focus in this role is making self-care accessible to those who may be a bit hesitant to take care of themselves. Rick leads the training and curriculum for yoga, meditation, and workshop offerings at GWC.

Rick has a passion for responsible healing and helps individuals take responsibility for their own healing journey. He often says, "We don't get to choose what happens to us- but we get to choose how we respond." Rick has been leading yoga and meditation classes for over 10 years. With a foundation in meditation and holistic or "traditional" yoga, he leads sessions that are designed to help people over the full spectrum of their existence.



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### **Bridget Kaczmarek, Grounded Wellness Center**

Bridget Kaczmarek has been in the healing arts for 15 years and teaching yoga for over 10 years. She has a very soft and accessible way of leading groups through practice. As the owner of Grounded Wellness Center, she has helped many women along their healing journey through a variety of modalities. Bridget has an affinity for breathwork and is the lead breathwork practitioner at GWC. Bridget was in the beauty industry and was a hair stylist for years before finding additional ways to make a positive impact in people's lives. Bridget now helps people to realize their beauty on the inside is far superior to that on the outside. Bridget loves to include sound and other natural healing methods into sessions to help one fully relax and recharge.



### **Ken Tworek**

Ken Tworek is a Medal of Valor recipient and retired police officer with over 18 years of service, during which he protected his community through frontline patrol and high-risk SWAT operations. His law enforcement career was cut short after he survived an ambush attack that threatened his life and the lives of others. This experience profoundly reshaped his perspective on resilience and how individuals and organizations can navigate their most difficult challenges.



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### Ken Tworek cont.

Ken is set to earn his LSW and CADC after completing his MSW from Aurora University, where his research focused on mitigating cumulative trauma exposure in first responders and the impact of mental wellness on their environments. Today, he splits his professional work between providing clinical therapy and leading workshops that help first responders embrace the present and look ahead to the journey still to come.

Beyond his clinical practice, Ken is committed to advocating for policies that prioritize mental health support for first responders and integrating trauma-informed training into law enforcement. By training officers in resilience-building strategies and mental wellness, he aims to create a cultural shift in policing that fosters both personal well-being and more effective public service.



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