



What is the Fullest Well?

The Fullest Well: From Fatigue to Fulfillment is a 3 hour self-paced online course that offers an eclectic and systemic approach to helping professionals at risk for Compassion Fatigue, Secondary Trauma and Vicarious Trauma from empathizing with people suffering from traumatic events. The course was created to help the healers build a foundation of self-compassion and awareness to use in the moment strategies to recover from secondary trauma.

Who is The Fullest Well course for?

The Fullest Well is designed for social workers, mental health therapists, caseworkers, educators, nurses, doctors, EMTs or any other healthcare professional working with people suffering from traumatic events.

This course is also designed for Community Health, Social Service, Healthcare Organizations, and Education facilities employing direct line workers at risk for compassion fatigue, secondary trauma, vicarious trauma and burnout.

I run a Community Health Organization, Non-Profit Organization, Private Practice, Healthcare Facility, or Educational Institution and I want to enroll my staff in this course; what exactly are we getting?

The course is pre-recorded, self-paced and can also be used as a tool to orient new staff into their roles as helping professionals and as a lifetime educational tool for current staff to navigate the impact of individual and organizational compassion fatigue with more adaptive and healthier strategies.

When registering at least 20 staff, organizations will receive The Fullest Well Course, The 5 Pillars of Self-Care hard copies, community access to monthly live Q & A sessions, continuing education credits for Pennsylvania and New York state Licensed Social Workers, Counselors, and Marriage and Family Therapists. Contact info@vitaminhealing.com to enroll.

How is the Fullest Well different from all the other stuff out there?

Generally all the other stuff out there teaches people how to implement regular "good self-care practices" and limiting self-care to "feel good" activities and or self indulgent sentiments. The Fullest Well Course is different because we see beyond Compassion Fatigue as an individual issue requiring individual solutions.

Does the course come with Continuing Education Credits?

At the completion of the course, continuing education credits are available for Pennsylvania and New York state Licensed Social Workers, Counselors, and Marriage and Family Therapists.

How much does the course cost?

There is a one time fee of \$79.00. The fee for organizations purchasing the course for 20+ staff is \$67.00.

How long will I have access to the course?

Students will have lifetime access to the course.