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Smart Tech Tools for Private Practice

Discover 3 tech-based tools you can suggest or integrate to support clients and enhance your private practice workflow. From apps to wearables, get a quick look at what's helping clinicians support change beyond the therapy hour.

Relapse Prevention Apps

Give clients tools like Sober Grid, Reframe, or Pear reSET-O to manage cravings, log progress, and receive real-time support even outside the therapy hour.

Digital Support Communities

Suggest trusted virtual communities or forums for peer connection. Great for clients in early recovery or with limited in-person support systems.

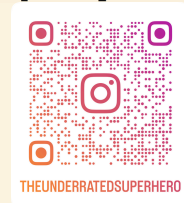
Wearables & Data-Driven Feedback

Recommend using fitness trackers to help clients track sleep, heart rate, or triggers — empowering personalized conversations around wellness goals.

Explore which tools make the most sense for your clients — and your practice.



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Notes: Adapted for home or office printing.