## THE UNDERRATED DISPATCH

MONTHLY STRATEGIES FOR THE UNDERDOG CLINICIAN

### THIS MONTH'S FEATURE

QUARTERLY KITS NOW LIVE: YOUR SURVIVAL SYSTEM FOR THE HARDEST PARTS OF THE JOB

Whether you're in your first two years fighting imposter syndrome or you're a seasoned clinician drowning in documentation—we built something for you.

### Includes:

- ✓ THE SURVIVAL KIT FIRST 90 DAYS
  CONFIDENCE FOR EARLY CAREER
  CLINICIANS NAVIGATING AGENCY
  POLITICS, 45-MINUTE SESSIONS, AND
  "AM I DOING THIS RIGHT?" PANIC
- ✓ DOCUMENTATION MASTERY FOR ANY EXPERIENCE LEVEL STRUGGLING WITH NOTE PILE-UP, COMPLIANCE ANXIETY, AND THE 60-SECOND SESSION MEMORY GAP

SHOP KITS NOW

QUARTERLY REFRESH - NEW THEMES EACH SEASON,
AVAILABLE WHILE SUPPLIES LAST

## BONUS SPECIAL: NEW CLINICIAN SURVIVAL SERIES - ONGOING

Weekly strategies that bridge theory and reality for counselors in their first two years. Includes real-world navigation tips, confidence-building frameworks, and "what they didn't teach you in grad school"

breakdowns.

# **QUICK WIN TOOL OF THE MONTH**

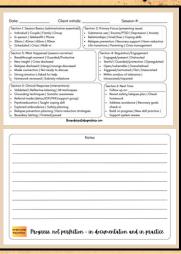
The 60-Second Session Capture System

-Stop losing session details between back-to-back clients. This simple circle-and-capture method takes one minute after each session but saves 30 minutes when you finally sit down to write notes.

-When documentation piles up and memory fades, this system bridges the gap between "session just ended" and "sitting down to write the note three days later." Circle keywords, jot key phrases, complete full note later with confidence. <u>IMPLEMENTATION</u>

#### NOTES

This month's series tackles the questions you're too afraid to ask: e.g. "What do I do when I run out of things to say?" "How do I know if my note is good enough?" Real talk for real overwhelm.



FIND IT NOW IN YOUR
PROFESSIONAL
RESOURCES

### NOVEMBER MISSION UPDATES

- Mastery Series (11/9) 2nd Article Release with Materials
  - Featured Board (10/1) Adolescents & Children build until it's paralyzing.
- Monthly Content Drop (11/15)
- Quarterly Kits (11/1) Kits are Live! Purchase one now!
- New Clinician Series Releases (11/2, 11/9, 11/16, 11/23, 11/29)

### Underrated Tactic: The Two-Minute Debrief

TURN OVERWHELM INTO MOMENTUM

New clinicians often rush from session to session without processing. Experienced clinicians let documentation anxiety build until it's paralyzing.

The fix:

- After each session: Take 60 seconds to capture what happened (Quick Capture Cards)
- End of day: Take 60 seconds to name one thing you did well
- Before leaving: Set one intention for tomorrow

PAIRS PERFECTLY WITH THIS MONTH'S KITS