

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.

IMPLEMENTATION 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.

Date:	Client Initials:	Session #:
<p>Section 1: Session Basics (Administrative essentials)</p> <ul style="list-style-type: none"> • Individual (Circle) Family (Group) • In person / Telehealth / Phone • Status (Active / On hold / Other) • Scheduled / Crisis / Walk-in 		
<p>Section 2: Primary Focus (Summarizing main)</p> <ul style="list-style-type: none"> • Substance use / Trauma/PTSD / Depression / Anxiety • Relationships / Grief/Bereavement / Coping skills • Relapse prevention / Recovery support / Harm reduction • Life transitions / Planning / Crisis management 		
<p>Section 3: What Happened (Session narrative)</p> <ul style="list-style-type: none"> • Briefing/through moment / Guarded/Protective • New insight / Crisis disclosed • Relapse disclosed / Strong language discussed • Made connection / Not ready to discuss • Strong emotion / Added for help • Homework reviewed / Safety plan discussed 		
<p>Section 4: Regulation/Engagement</p> <ul style="list-style-type: none"> • Engaged / Present / Distracted • Sober / Guarded/Symptomatic / Dysregulated • Open/Vulnerable / Overwhelmed • Supported/Supported / Not/Overwhelmed • Within window of tolerance / Unhoused/Overwhelmed 		
<p>Section 5: Clinical Response (Interventions)</p> <ul style="list-style-type: none"> • Validated / Reflective listening / MI techniques • Grounding techniques / Distraction techniques • Reflected mood (detour/ICP/PPF/support group) • Psychoeducation / Insight/coping skill • Explained consequences / Safety planning • Relapse prevention planning / Harm reduction strategies • Boundary Setting / Contract/Goal 		
<p>Section 6: Next Time</p> <ul style="list-style-type: none"> • Follow up on... • Revisit safety/risk/plan / Check homework • Address resistance / Recovery goals check-in • Build on progress / New skill practice / Support system review 		
<p><i>Remember to update this form.</i></p>		
<p>Notes</p>		
<p>Progress: not perfection - in documentation and in practice</p>		

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
- **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