

THE UNDERRATED DISPATCH

MONTHLY STRATEGIES FOR THE UNDERDOG CLINICIAN

THIS MONTH'S FEATURE

ADVANCED TREATMENT REFERENCE SET: CLINICAL KNOWLEDGE AT YOUR FINGERTIPS

Neurofeedback for ADHD and addiction. Psychedelic-assisted therapy trials. Pharmacogenetics affecting MAT efficacy. Brain stimulation approaches that weren't even mentioned in your program.

Your clients are asking about these treatments. Families are researching them. Courts are approving them. And you're Googling under your desk hoping nobody notices you don't know what tDCS stands for.

Includes:

- ✓ BIOFEEDBACK VS. NEUROFEEDBACK
- ✓ BRAIN STIMULATION THERAPIES (DBS, TDCS, TMS)
- ✓ INTENSIVE THERAPIES IN ADDICTION RECOVERY
- ✓ PSYCHEDELICS IN ADDICTION TREATMENT
- ✓ COMMON HARM REDUCTION STRATEGIES
- ✓ MEDICATIONS AFFECTED BY PHARMACOGENETICS

[SHOP NOW](#)

AVAILABLE IN TWO FORMATS:

DIGITAL DOWNLOAD & LAMINATED PHYSICAL SET

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

Holiday Survival Plans for Recovery

Gender-specific safety planning templates for clients navigating Thanksgiving and December holidays.

INCLUDES:

- Trigger identification checklists
- Boundary-setting scripts
- Exit strategies
- Sober support system contacts
- Response scripts for alcohol pressure
- Emotional regulation strategies
- Post-event debrief plans

Two versions available: Men/Women

IMPLEMENTATION NOTES

December isn't just family gatherings and time off—it's relapse season. These templates help clients identify triggers, plan exit strategies, and make harm reduction decisions BEFORE they're in the moment. Use them in sessions this week—your clients are already thinking about this stuff anyway.

Holiday Survival Plan for Women in Recovery

PRE-HOLIDAY PLANNING

MY BIGGEST TRIGGERS
(Check all that apply)

- ☐ Being asked to host or cook
- ☐ Comments about my weight/appearance/weight
- ☐ Family criticism or judgment
- ☐ Pressure to drink ("It's a holiday")
- ☐ Being responsible for someone's happiness
- ☐ Being asked to control emotions
- ☐ Exposure to difficult relationships/people
- ☐ Feeling lonely or unsupported
- ☐ Being image oriented
- ☐ Performance about food/drinking/appearance

Holiday Survival Plan for Men in Recovery

PRE-HOLIDAY PLANNING

MY BIGGEST TRIGGERS
(Check all that apply)

- ☐ Being offered drinks during food/drink
- ☐ "Man up" or "You have one" pressure
- ☐ Other men questioning my sobriety
- ☐ Being asked to drink for fun/drinking
- ☐ Feeling isolated in the room when sober
- ☐ Seeing drinking buddies who still use
- ☐ Family asking about sobriety/life
- ☐ Experiencing family/guesting stress
- ☐ Feeling judged for past mistakes
- ☐ Being made fun of or teased
- ☐ Pressure to "forget" people who hurt me
- ☐ Having to explain why I'm sober

FIND IT NOW IN YOUR PROFESSIONAL RESOURCES

DECEMBER MISSION UPDATES

- **Mastery Series** (12/14) 3rd Article Release with Materials
- **Featured Board** (12/1) Supporting Loved Ones in Recovery Board
- **Monthly Content Drop** (12/15)
- **New Clinician Series Releases** (12/7; 12/14; 12/21; 12/28)

Underrated Tactic: The "What If" Pre-Frame

TURN HOLIDAY DENIAL INTO HONEST PLANNING

Most counselors avoid asking: "What if you DO drink at the family dinner?" It feels like permission. Like expecting failure. But here's the reality: Your client is already thinking about it. And by not discussing it, you're leaving them to plan alone.

The 3-Question Approach:

🧠 "What situations during the holidays feel hardest to navigate sober?" (Let them name it—don't guess)

🧠 "If you DID decide to drink/use, what would your safest option look like?" (Harm reduction without judgment)

🧠 "Who can you text afterward—no matter what happened?" (Connection after the fact matters more than prevention)

PAIRS PERFECTLY WITH THIS MONTH'S QUICK WIN: