

THE UNDERRATED DISPATCH

MONTHLY STRATEGIES FOR THE UNDERDOG CLINICIAN

THIS MONTH'S FEATURE

QUARTERLY KITS: YOUR 2026 SURVIVAL SYSTEM

New year, same impossible caseloads. Same documentation pile-up. Same "I should have this figured out by now" spiral.

We built two kits for exactly this:

THE SURVIVAL KIT — FIRST 90 DAYS For early-career clinicians navigating agency politics, back-to-back sessions, and the constant "am I doing this right?" panic.

THE SIDEKICK KIT — 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.

JANUARY MISSION UPDATES

- **Mastery Series (1/11)** 4th Article Release with Materials
- **Featured Board (1/1)** Outpatient Mental Health (OPMH)
- **Monthly Content Drop (1/15)**
- **New Clinician Series Releases (1/4; 1/11; 1/18; 1/25)**

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.

IMPLEMENTATION NOTES

January's series tackles the unglamorous reality of clinical work: the paperwork that never ends and the creeping feeling that nothing you do actually matters. Real talk for the post-holiday slump.

QUICK WIN TOOL OF THE MONTH

The Weekly Pulse Check

Five questions. Every Friday. Two minutes.

1. How many notes am I behind?
2. Did I take lunch at least 3 days this week?
3. What's one thing I did well?
4. What's one client situation I need consultation on?
5. What do I need this weekend to recover?

No elaborate self-care routine. No 10-step reflection journal. Just a quick gut-check before you leave for the weekend.

The Weekly Pulse Check

Five questions. Every Friday. Two minutes.

NOTES BEHIND

How many am I behind? Count your unsigned, unfinished, or draft notes.

○ 0 — Caught up (winning!)

○ 1-10 — Manageable

○ 11-20 — Needs attention

○ 21+ — I need a vacation

○ 30+ — Block time NOW

Tip: If the number notes less than knowing the number. Awareness is step one.

BASIC NEEDS

Did I take lunch at least 3 days this week? Actual lunch. Not eating at your desk while charting.

○ Yes — Great job!

○ No — What got in the way?

Tip: If the answer is 'not a issue, something needs to change.'

WINS

What's one thing I did well this week? One clinical win. One good session. One moment handled well.

Tip: If you can't think of anything, you're not looking hard enough. It counts even if it's not much.

CONSULTATION

What's one client situation I need consultation on? The one you're carrying. The one keeping you up. Name it.

[FIND IT NOW IN YOUR PROFESSIONAL RESOURCES](#)

Underrated Tactic: The Friday 5

STOP WAITING FOR SUPERVISION TO PROCESS
Most clinicians carry the week's stress home because they never stop to ask themselves what's actually weighing on them.

The fix: Before you leave on Friday, answer the 5 Pulse Check questions. Out loud or on paper — doesn't matter. What matters is you NAME it before you carry it home.

The client you're dreading? Name it. The note pile growing? Name it. The win you forgot to celebrate? Name it.

What gets named gets managed. What stays vague stays heavy.

PAIRS PERFECTLY WITH THIS MONTH'S QUICK WIN: THE WEEKLY PULSE CHECK