

# THE UNDERRATED DISPATCH

MONTHLY STRATEGIES FOR THE UNDERDOG CLINICIAN

## THIS MONTH'S FEATURE

WE TALK HARM REDUCTION — DOES YOUR SPACE SAY IT?

You say you're harm reduction-focused. But what does a client see when they walk into your office?

Your environment sends a message before you open your mouth. A pillow in your waiting room. A mug on your desk. A tote you carry into work. These tell clients: You're safe here.

This month only:

**SALE RUNS ALL FEBRUARY.**

 15% off the entire Harm Reduction Collection Use code HARMREDUCTION15 at checkout

 Office Refresh Bundles — Save \$20 Pillow + Mug + Tote + 3 Stickers 4 color themes | \$70 each (Retail \$90)

[SHOP THE COLLECTION](#)

[SHOP THE BUNDLE](#)

## 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

February's series tackles two things that keep clinicians up at night: getting a complaint and wanting to quit. Real talk for when the job feels impossible.

## QUICK WIN TOOL OF THE MONTH

Cultural Humility Check-In

5 questions. 2 minutes. No judgment.

1. When's the last time I learned from a Black clinician or researcher?
2. Do my office materials reflect diverse experiences?
3. Do I ask about race-related stress in assessments?
4. Do I know culturally-specific recovery resources in my area?
5. Am I uncomfortable right now? (Good — sit with it.)

**Cultural Humility Check-in**  
5 questions, 2 minutes, no judgment

February is Black History Month — a good time to pause and check in with yourself. This isn't a test. There's no scoring, no penalty. Just honest reflection. Answer for yourself, bring it to supervision, or use it to start a conversation with your team.

1. When's the last time I learned from a Black clinician or researcher?
2. Do my office materials (books, posters, pamphlets) reflect diverse experiences?
3. Do I ask about race-related stress in assessments?

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

## FEBRUARY MISSION UPDATES

- Mastery Series** (2/8) 5th Article Release with Materials
- Featured Board** (2/1) Private Practice
- Monthly Content Drop** (2/15)
- New Clinician Series Releases** (2/15; 2/22)
- Quarterly Kits are live!** (2/1)
- Coming Soon:** The Clinician CEO Planner

## Underrated Tactic: The Question You're Not Asking

MAKE RACE-RELATED STRESS PART OF YOUR STANDARD ASSESSMENT

Most clinicians only ask about race when the client brings it up. But race-related stress affects treatment and recovery — whether it's spoken or not.

**The fix:** Add one question to your assessment:

 "How has your race or background affected your experience with treatment or recovery?"

**You don't need all the answers. You just need to open the door.**

**PAIRS PERFECTLY WITH THIS MONTH'S QUICK WIN: CULTURAL HUMILITY CHECK-IN**