

THE UNDERRATED DISPATCH

MONTHLY STRATEGIES FOR THE UNDERDOG CLINICIAN

THIS MONTH'S FEATURE

NEW: YOUNGER CLIENTS — TOOLS BUILT FOR THE ROOM YOU'RE ACTUALLY IN

Expanding into child, adolescent, and family work means your toolkit needs to expand too.

Younger Clients collection is built for clinicians doing real work with younger clients and the families sitting across from them. Trauma-informed. Practical. Designed to travel home and actually get used.

You'll find tools like a Window of Tolerance battery bookmark that makes regulation language accessible for a seven-year-old, a quick capture card adapted for child and family sessions, and a parent psychoeducation handout that answers the questions families bring into your waiting room before they even sit down.

Because the best tool is the one that makes it out of your office.

[SHOP YOUNGER CLIENTS' COLLECTION NOW](#)

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 Battery Bookmark

Your clients already know what it means to be on empty.

Three zones. Simple language. No jargon. A tool that makes Window of Tolerance concepts accessible for kids, teens, and the families sitting in the room with them.

Use it in session. Send it home. Let the conversation keep going without you.

IMPLEMENTATION NOTES

April's series continues with the hardest conversation in clinical work — what happens when a client dies. Blog 25 drops April 5th. No framework prepares you for it. That's exactly why we're talking about it.



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

APRIL MISSION UPDATES

- **Mastery Series** (4/12) 7th Article Release with Materials
- **Featured Board** (4/1) High Risk Population
- **Monthly Content Drop** (4/15)
- **New Clinician Series Releases** (4/5; 4/12; 4/19; 4/26)
- **Counseling Awareness Month** (4/10-Teal Day)
- **Alcohol Awareness Month**

Underrated Tactic: The Bookmark

IT WILL ONLY WORK IF IT LEAVES THE OFFICE

Most clinicians introduce a tool in session and never see it again. Before it leaves the room, do three things.

Name the zones together. Ask the kid what red feels like in their body. What green feels like. The bookmark becomes theirs the moment their language is on it.

Give the parent one job. Not to fix the zone. Just to notice and name it. "Looks like you might be in the yellow zone right now." Noticing without fixing is a skill most parents have never been asked to practice.

Tell them where it lives. Backpack. Bathroom mirror. Nightstand. Ask the kid. Let them decide. It needs a home or it disappears into a drawer.

The bookmark isn't the intervention. The conversation you build around it is.

PAIRS PERFECTLY WITH THIS MONTH'S QUICK WIN:

THE BATTERY BOOKMARK