

THE UNDERRATED DISPATCH

MONTHLY STRATEGIES FOR THE UNDERDOG CLINICIAN

THIS MONTH'S FEATURE

FROM A TO RECOVERY.

A clinical card game system for the moments when traditional talk therapy isn't reaching where the work needs to go. Four base editions — Substance Use, Mental Health, Youth, and Kids. Plus specialty add-ons: Stereotypes & Stigma, Grief & Loss, Trauma, Co-occurring, Justice-Involved.

Print-at-home PDFs. Built for individual sessions, family work, and groups.

Core editions \$15. Add-ons start at \$5.

A lighter version is available for paid members.

[EXPLORE FROM A TO RECOVERY](#)

BONUS SPECIAL: NEW CLINICIAN SURVIVAL KIT SERIES

Four new posts — the harder professional territory of this work.

New posts every Sunday.

QUICK WIN TOOL OF THE MONTH

Brief Trauma Intervention In SUD Treatment

Plus a Containment Quick Reference Card

A clinical decision frame for SUD counselors working at the trauma-substance use intersection. Six questions for staying in scope without staying on the sidelines: expertise, containment plan, weekly plan, referrals, recovery when it doesn't go well, and documentation. Plus cultural considerations and a clinician self-check.

The companion card covers the in-the-moment work — what to do when trauma surfaces unexpectedly.

Free for all subscribers.

IMPLEMENTATION NOTES

Brief intervention is not trauma therapy. It's stabilization, motivation, and acknowledgment that what the client has survived shapes the work — without processing. The "won't go" client still needs you to stay in your lane.

[ACCESS THE DECISION FRAME](#)

[ACCESS THE CONTAINMENT CARD](#)

JUNE MISSION UPDATES

- **Featured Highlight (6/1)** — From A to Recovery
- **Featured Board (6/1)** — Men's Focused Board
- **Monthly Content Drop (6/15)**
- **New Clinician Series Releases (6/7; 6/14; 6/21; 6/28)**
- **Justice Involved Toolkit** — Now Live
- **PTSD Awareness Month** — All of June

Underrated Tactic: BRIEF INTERVENTION AS THE BRIDGE

For the male SUD client who refuses trauma therapy — the stigma, the distrust, the "I'm not crazy," the cultural messaging that says men handle things alone — brief intervention is what keeps trauma from collapsing the SUD work. Not as a substitute for trauma therapy, but as the stabilization that makes future trauma therapy possible.

Capable. Contained. Never reckless.

PAIRS PERFECTLY WITH THIS MONTH'S QUICK WIN: BRIEF TRAUMA INTERVENTION IN SUD TREATMENT