

THE UNDERRATED DISPATCH

MONTHLY STRATEGIES FOR THE UNDERDOG CLINICIAN

THIS MONTH'S FEATURE RECOVERY HAPPENS TOGETHER

September is National Recovery Month. The theme is connection — recovery holds because people hold it.

Harder than it sounds. The clients who isolate hardest aren't the ones who don't want people. They're the ones who decided they don't deserve any.

Also Suicide Prevention Awareness Month. WSPD is 9/10.

FEATURED RESOURCE

THE RELAPSE PREVENTION WALLET CARD

Most relapse prevention plans live in a binder nobody opens. This one is 3.5 by 2 inches and lives in a wallet.

Pre-printed: warning signs, HALT check, helpline. The blank side is theirs — three contacts, a commitment in their words.

Unlaminated, so you fill it in together.

20% off for members.

[GET THE WALLET CARD](#)

BONUS SPECIAL: AI IN CLINICAL PRACTICE

The Recognition stage continues — new posts September 1 and 15. August named two failure modes: the pull of an answer that feels like being right, and what it means when the tool folds the moment you push back.

Recognition runs seven posts, two a month. September is 3 and 4: "It Recommended the Safe Thing." (9/1) "Everyone Is Getting the Same Answer." (9/15)

QUICK WIN TOOL OF THE MONTH

GUILT AND SHAME IN RECOVERY

[Worksheet + infographic. One download.](#)

Most clients carry both and can't tell you which one they're in. The difference isn't academic. Guilt points at a behavior and turns into action. Shame collapses into identity and takes the motivation with it.

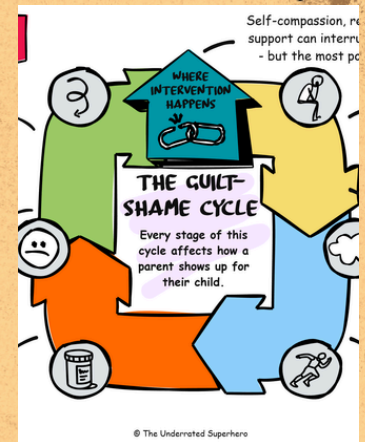
Clients sort their own statements into one column or the other, then practice reframing the ones that hardened into identity. Comes with a clinician page you keep — when to use it, how to introduce it, and when to put it down.

[Free for all subscribers.](#)

IMPLEMENTATION NOTES

Do Part 1 together in session. Send Part 2 home.

If every statement is identity-based, that's not a worksheet problem — that's the treatment plan. Revisit at 30 and 60 days. The reframes should get more believable. That shift is the data.



[DOWNLOAD THE
WORKSHEET](#)

SEPTEMBER MISSION UPDATES

- AI in Clinical Practice (9/1, 9/15)
- New Clinician Survival Series (9/7, 9/21) — Now Biweekly
- Monthly Content Drop (9/15)
- Interactive boards retired — underused; tell me if you relied on one
- National Recovery Month — all September
- Speaking: ICB Fall Conference (10/21, Springfield) — "The Judgment You Can't Outsource." More next month.

Underrated Tactic: Sort the shame before you build the network

Recovery Month hands you a lot of material about support systems. Most of it assumes the client can accept support. A client who believes they are the problem — not that they have one — has usually concluded they don't deserve help. So they don't call. They decline the thing you spent a session building. Order matters. Sort the guilt from the shame first. Guilt can hold a support network. Shame can't.

PAIRS PERFECTLY WITH THIS MONTH'S QUICK
WIN: GUILT AND SHAME IN RECOVERY