

Clinical Case Supervision & Mentoring Worksheet

Mentee Name: _____ Date: _ Case ID/Client Initials: ____ Session #: ____

Section 1: Case Snapshot (Mentee Input)

To be completed by the mentee prior to the supervision session.

Current Primary Concern: _____ Current Protocol (Brief): - Diet: _____ -
Movement/Lifestyle: _____ - Supplements: _____

Client Response (Last 30 Days): - ☐ Improving - ☐ Stalled - ☐ Regressing (New symptoms: _____)

Section 2: The Socratic Lens (Clinical Reasoning)

Mentor: Use these prompts to guide the mentee's critical thinking.

1. The Stress Bucket (Defense/Repair): "Looking at the Functional Matrix, how do you think the client's physiology perceives the current combination of diet, fasting, and exercise?"

2. Hormonal Logic: "What happens to T4 to T3 conversion or insulin sensitivity when the body is in a significant caloric deficit or high-intensity stress state?"

3. Prioritization: "If we have to reduce 'pill fatigue' or digestive load, which 2 supplements are non-negotiable for this root cause?"

Section 3: Clinical Blind Spot Checklist

Mentor & Mentee review together to identify "Level 1" common errors.

Potential Blind Spot	Observed?	Notes
Over-Supplementing: (>5-7 pills daily)	<input type="checkbox"/>	
HPA Axis Neglect: (Ignoring "wired but tired")	<input type="checkbox"/>	
Protocol Rigidity: (Ignoring bio-individual cues)	<input type="checkbox"/>	
Under-Fueling: (Protein/Caloric deficit for age/sex)	<input type="checkbox"/>	

Potential Blind Spot	Observed?	Notes
Overtraining: (HIIT/Cardio vs. Recovery)	[]	

Section 4: Feedback & Pivot Plan

The "Sandwich" Reflection: 1. Strength (What is working): _____ 2. The Pivot (The clinical shift needed): _____ 3. Empowerment (The mentee's next step): _____

Revised Action Items for Client: 1. _____ 2. _____

Supervision Reflection

Mentee Confidence Level (1-10): _ Key Clinical Takeaway from this Case:

Next Supervision Date: _____

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