

# CLINICAL SUPERVISION CASE REVIEW

## WORKSHEET

Mentee Name: \_\_ Date: \_\_

Case Reference (ID): \_\_ Session #: \_\_

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### Section 1: Mentee Case Presentation (The 80%)

*To be completed by the mentee prior to or during the first 10 minutes of the session. Focus on the "Clinical Reasoning" rather than just the symptoms.*

**Current Protocol Summary:**

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**The Primary Roadblock:** *What is the "stuck" point? (e.g., weight plateau, fatigue, non-compliance)*

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**Mentee's Current Instinct (Check one):** - [ ] **Fear-Based:** "I need to add more supplements/tests to find the answer." - [ ] **Mastery-Based:** "I need to identify the physiological stressor blocking progress."

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### Section 2: Socratic Inquiry & Clinical Logic

*Mentor: Use these prompts to guide the mentee toward the solution without giving the answer.*

Socratic Prompt	Mentee Response/Discovery
<b>The Stressor:</b> "What lifestyle or life-stage factor (e.g., perimenopause) might be signaling 'danger' to the nervous system?"	
<b>The Protocol:</b> "How might the current restrictions (e.g., fasting, keto) be impacting the client's cortisol or thyroid?"	
<b>The Labs:</b> "If we look past the 'normal' range, what is the trend telling us about the client's resilience?"	

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## Section 3: The Feedback "Sandwich"

Mentor: Use this space to structure your constructive feedback.

1. Validation (The Strength): What is the mentee doing well?

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1. The Pivot (The Correction): Correct the clinical logic (e.g., fuel restriction vs. metabolic demand).

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1. Empowerment (The Action): What is the one specific change the mentee will suggest to the client?

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## Section 4: Supervision & Scope Safety

- [ ] **Scope Check:** Is this case within the mentee's legal/professional scope? (If no, discuss referral).
  - [ ] **Supplement Review:** Are we over-supplementing? (Goal: Minimum Effective Dose).
  - [ ] **Practitioner Wellness:** Is the mentee experiencing Imposter Syndrome or burnout?
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## Section 5: Reflection & Next Steps

Mentee's Key Takeaway:

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Mentor's Observation of Growth:

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Next Supervision Date: \_\_\_\_\_

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AccrediPro Standards Institute Certified Tool Level 3: Master Clinical Supervision

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