

CLINICAL SUPERVISION & CASE REVIEW WORKSHEET

Mentee Name: __ Date: __

Client Case ID: __ Session #: __

Section 1: Mentee Self-Reflection (The Emotional Baseline)

To be completed by the mentee before the supervision session.

1. **Current Confidence Level (1-10):** _
 2. **Primary "Rescue Energy" Check:** Are you feeling a frantic need to "fix" the client immediately?
 3. ☐ Yes - ☐ No
 4. **The "Stuck" Point:** In one sentence, what is the biggest hurdle preventing progress?
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Section 2: The Foundational Audit (The "STAIR" Framework)

Supervisor: Use this section to audit whether the mentee is skipping foundations in favor of "shiny" protocols.

| Foundational Pillar | Status (Optimized/Needs Work) | Mentee's Current Intervention |
|------------------------|--|-------------------------------|
| Sleep/Circadian Rhythm | <input type="checkbox"/> Opt <input type="checkbox"/> Needs Work | |
| Stress/Cortisol Load | <input type="checkbox"/> Opt <input type="checkbox"/> Needs Work | |
| Digestion/Absorption | <input type="checkbox"/> Opt <input type="checkbox"/> Needs Work | |
| Hydration/Elimination | <input type="checkbox"/> Opt <input type="checkbox"/> Needs Work | |
| Movement/Rest | <input type="checkbox"/> Opt <input type="checkbox"/> Needs Work | |

Section 3: Socratic Clinical Reasoning

Supervisor: Use these "Anchor Questions" to guide the mentee toward root-cause solutions.

- **The Physiology Question:** "If the client is only sleeping 5 hours, how does that biochemically negate the keto diet/supplements you've prescribed?" *Mentee Response:*

- **The Supplement Audit:** You have recommended _____ supplements. Which **three** are essential for *foundational* support right now?
- ____ 2. ____ 3. ____
- **The "More Testing" Trap:** If we run an advanced hormone panel today, will the results change our immediate focus on sleep and stress?
- ☐ Yes (Why?: ____) - ☐ No

Section 4: Hierarchy of Care & Action Plan

Define the priority shift from Reactive (fixing symptoms) to Proactive (building health).

Priority 1 (Safety & Foundations): _____ **Priority 2 (Organ/System Support):** _____
Priority 3 (Targeted Therapeutic): _____

Supervisor Feedback & Reflection

Clinical Reasoning Gap Identified: - ☐ Jumping to advanced testing too soon - ☐ Over-supplementing (Supplement-slinging) - ☐ Ignoring the Functional Medicine Matrix - ☐ Practitioner "Rescue Energy" / Imposter Syndrome

Supervisor's Observations:

Next Supervision Date: _____

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