

Clinical Case Supervision Worksheet

For Level 3 Mentors & Supervisors

Mentee Name: _____ Date: ____ Case Reference (Client Initials): _ Session #: _____

Section 1: Observe (The Facts)

Mentee presents the data without interpretation. Focus on the "what."

Primary Concerns & Symptoms: 1. _____ 2. _____ 3. _____

Current Protocol/Recommendations Provided by Mentee: - ☐ Nutrition: _____ - ☐

Lifestyle: _____ - ☐ Supplements/Testing: _____

Section 2: Reflect (Clinical Reasoning)

Mentor prompts the Mentee to explain the "why" behind their choices.

The "Why" Question	Mentee's Reasoning
Mechanism: What physiological system is driving the primary symptom?	
Prioritization: Why did you choose to start with this specific intervention?	
Obstacles: What is the client's biggest barrier to compliance?	

The "Aha" Moment (Reflective Pivot): *What did the mentee realize during this discussion? (e.g., "I realized the high-fiber diet was feeding the dysbiosis").*

Section 3: Direct (Clinical Scaffolding)

Mentor provides the missing pieces and redirects to the FM scope/logic.

Clinical Redirections (Check all that apply): - ☐ **Organize Phase:** Simplify. Focus on digestive hygiene or foundational habits first. - ☐ **Systems Check:** Consider HPA Axis, Sex Hormones, or Blood Sugar regulation. - ☐ **Scope Check:** Is this recommendation within the

coaching scope? - ☐ **Testing Check:** Is the \$500+ test necessary right now, or can we use "test-to-treat" logic?

Mentor's Strategic Guidance:

Section 4: Mentee Mindset & Confidence

Addressing the psychological needs of the practitioner (Imposter Syndrome check).

Mentee Confidence Score (1-10): Before Session: | **After Session:**

Strengths Noted (Mentor to Mentee): - ☐ Clinical Organization - ☐ Empathy/Holding Space - ☐ Recognizing Patterns

Next Steps for Mentee: 1. 2.

AccrediPro Standards Institute Certified Tool - Level 3 Supervision Protocol
