

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	[] Opt [] Needs Work	
Stress/Cortisol Load	[] Opt [] Needs Work	
Digestion/Absorption	[] Opt [] Needs Work	
Hydration/Elimination	[] Opt [] Needs Work	
Movement/Rest	[] Opt [] 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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