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CLINICAL EVALUATIONS FOR SHORT-TERM DISABILITY (STD) & FMLA

Clinical evaluations for Short-Term Disability (STD) and Family and Medical Leave Act (FMLA) provide professional mental health documentation to support a temporary leave from work when psychological symptoms are impacting daily functioning and work capacity.

These evaluations are structured, time-limited clinical assessments—not therapy—designed to carefully assess mental health symptoms, functional impact, and work demands, and to complete required documentation when clinically appropriate.

This service exists for moments when pushing through is no longer sustainable and rest becomes a clinical necessity—not a failure.

Kimberly (Reese) Watson, MSW, LCSW

As a Licensed Clinical Social Worker, I bring 17 years of experience supporting individuals navigating trauma, burnout, nervous system overwhelm, and the effects of high-demand systems on mental health.

I am especially attuned to how Black women and other historically marginalized professionals are often conditioned to endure at the expense of their bodies—and how that endurance can delay access to rest, care, and protection.



My approach is:

- Trauma-informed
- Culturally responsive
- Grounded in clinical integrity and ethical clarity

I take lived experience seriously while maintaining the professional boundaries required for this work to be done responsibly, accurately, and without harm.

HOW IT WORKS & WHAT TO EXPECT

The evaluation process may include:

- A comprehensive clinical interview focused on symptoms, history, and current functioning
- Review of relevant records when applicable
- Assessment of how mental health symptoms impact specific work demands
- Clinical judgment aligned with employer or insurer criteria
- Completion of required documentation within ethical scope

These evaluations are time-limited and focused specifically on work functioning, not ongoing treatment.

HOW THIS CAN HELP

A clinical evaluation can help:

- Name and clarify what is happening beneath burnout or overwhelm
- Translate lived experience into clinically sound documentation
- Support informed decision-making about rest, leave, and recovery
- Provide a clear clinical framework for a temporary pause from work

While approval is never guaranteed, this process offers clarity, structure, and professional assessment during a critical moment.



For details about fees, timelines, scheduling, and the evaluation process