

BIRP Note

Client's Name: [Insert Name]

Date of Session: [Insert Date]

Session Number: [Insert Session Number]

Duration of Session: [Duration]

Therapist Name: [Insert Therapist's Name]

Location: [Insert Location of Session]

Behavior

Observations: [Describe the client's behaviors, verbal and nonverbal cues observed during the session]

Subjective Statements: [Note any significant statements the client made that reflect their thoughts or feelings]

Mood and Affect: [Describe the client's mood and affect, e.g., anxious, depressed, agitated]

Intervention

Techniques Used: [Detail the therapeutic techniques and interventions used during the session, e.g., CBT, mindfulness, motivational interviewing]

Therapist's Actions: [Describe the specific actions taken by the therapist, e.g., reflective listening, providing feedback]

Educational Information: [Note any educational material or resources provided to the client]

Response

Client's Reaction: [Describe the client's reactions to the interventions, both verbal and nonverbal]

Progress Indicators: [Assess any signs of progress or lack thereof in the client's condition]

Challenges: [Identify any challenges or resistance faced during the session]

Plan

Next Steps: [Outline the planned next steps, including any homework for the client or topics for future sessions]

Goals: [List short-term and long-term goals for the client's therapy]

Follow-Up: [Include details of the next appointment or any follow-up required]

Therapist's Signature: [Signature]

Date: [Insert Date]