

BIRP Notes Template for Substance Abuse - BirpNotes.com

Date: [Date of session]

Client: [Client name]

Session: [Session number]

B - Behavior:

- **Presenting concerns:** Briefly describe the client's current substance use patterns, including type of substance, frequency, duration, and route of administration.
- **Emotional state:** Describe the client's mood, affect, and any relevant emotional cues observed during the session.
- **Thoughts and attitudes:** Summarize the client's thoughts and attitudes regarding their substance use, including motivations, justifications, and desires for change.
- **Behaviors of concern:** Describe any concerning behaviors related to substance use, such as withdrawal symptoms, cravings, or risky situations encountered.
- **Progress towards goals:** Note any progress made towards previously established goals related to reducing or stopping substance use.

I - Intervention:

- **Therapeutic approach:** Briefly describe the specific therapeutic approach used during the session, such as motivational interviewing, cognitive-behavioral therapy, or relapse prevention strategies.
- **Skills development:** Outline any skills taught or practiced during the session to help the client manage their substance use, such as coping mechanisms, refusal skills, or communication techniques.
- **Psychoeducation:** Describe any psychoeducational information provided to the client about substance use, its effects, and available treatment options.
- **Collaboration:** Mention any collaboration efforts with other professionals involved in the client's care, such as doctors or case managers.

R - Response:

- **Client engagement:** Describe the client's level of engagement in the session, including their willingness to participate, openness to feedback, and overall motivation for change.

- **Emotional response:** Summarize the client's emotional response to the interventions used, including any expressed feelings or resistance encountered.
- **Insights gained:** Note any insights or realizations the client gained about their substance use patterns or triggers during the session.
- **Commitment to change:** Describe the client's level of commitment to reducing or stopping their substance use based on their verbal and nonverbal cues.

P - Plan:

- **Goals:** Outline specific, measurable, achievable, relevant, and time-bound (SMART) goals for the next session related to reducing or stopping substance use.
- **Interventions:** Briefly describe the interventions planned for the next session to support the client in achieving their goals.
- **Homework:** Assign specific tasks or activities for the client to complete outside of the session to further their progress towards their goals.
- **Follow-up:** Indicate any planned follow-up appointments or contacts with the client or other professionals involved in their care.

Additional Notes:

- Include any additional relevant information not captured in the BIRP format, such as safety concerns, medication changes, or significant life events.
- Maintain a professional and objective tone throughout the notes.
- Use clear and concise language, avoiding jargon or technical terms.

Counselor's Signature: _____

Date: _____