

BIRP Notes

APSU Writing Center Handout

BIRP (Behavior/Intervention/Response/Plan) Notes

BIRP notes are utilized by mental health professionals to document the therapist-client relationship and the client's responses during therapy sessions.

Behavior (B)

This section captures the client's behavior during the session and any reported experiences outside of therapy. It combines subjective observations with objective data and should include:

- Emotional state and Appearance
- Feelings about therapy
- Client's report of their symptoms
- Client homework from the previous session

Example: Client struggles to focus in class for more than 10 minutes, often looking around.

Intervention (I)

This section details the actions taken by the clinician in response to the client's behaviors. It should outline:

- Specific tasks you give the client
- Coping skills
- Any interventions you provide

Example: Provided strategies to manage distractions, such as breaking tasks into smaller steps and using a visual timer.

Response (R)

This section documents the client's response to the interventions implemented. Key points to cover include:

- How a client used or didn't use a particular intervention
- Barriers to implementing interventions
- Helpful skills
- Unhelpful skills

Example: By week's end, focus increased to 15 minutes per session. The teacher noted fewer disruptions and better engagement.

Common Intervention Words: assisted, reinforced, developed, identified, clarified, etc.

Plan (P)

This section outlines the future treatment plan and next steps. It should include:

- The date and time of the next session
- Client homework assigned
- Any outside referrals
- The focus of the next session

Example: Monitor behavior and academic performance closely to adjust interventions as needed.

References

Miklasova, A. (2024, September 25). *How to Write BIRP Notes*. Upheal.

<https://www.upheal.io/documentation/birp-note-example>

Moore, M. (2024). *How to Write BIRP Notes*. Mentalyc. <https://www.mentalyc.com/blog/birp->

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