

APSU Writing Center
BIRP Note-Taking Method

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.

BIRP Notes Session Summary

Client Name:	
Provider/Clinician's Name:	
Date of Service:	Duration:
BEHAVIOR	
INTERVENTION	
RESPONSE	
PLAN	
<input type="checkbox"/> Continue current plan	<input type="checkbox"/> Objective met
Revise plan:	
STUDENT CLINICAL SIGNATURE:	DATE:
CLINICAL SUPERVISOR SIGNATURE:	DATE:



APSU Writing Center 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-notes>