

GIRP Notes

APSU Writing Center Handout

GIRP (Goals/Intervention/Response/Plan) Notes

GIRP notes help mental health professionals track client progress by setting clear therapy goals and focusing on achieving them. In each session, GIRP notes begin with a statement of the client's goals, followed by relevant interventions, responses, and future.

Goals (G)

This section identifies the client's goals for therapy and clarifies why they are in therapy, including:

Reasons for seeking therapy

Topics they want to address

The need for therapeutic support

Objectives for the session (short-term and long-term goals)

Example: The client wants to improve their ability to focus on academic writing by developing strategies to manage anxiety and reduce distractions.

Intervention (I)

This section details the clinician's actions in response to the client's goals and behaviors. Include:

- Therapeutic interventions provided
- How the therapist helped the client work towards achieving their goal

Example: Introduced a structured writing schedule, discussed techniques for managing time and setting goals, and practiced mindfulness exercises to reduce anxiety around writing tasks.

Response (R)

This section documents the client's reaction to the interventions. Consider noting:

- How the client is responding to therapy
- Client's progress toward achieving their goals
- Their attitudes about therapy

Example: The client responded positively to the structured writing schedule, noting that breaking down tasks helped them feel less overwhelmed. They practiced mindfulness exercises but found it challenging to focus initially.

Plan (P)

This section outlines the next steps for treatment, including:

- Referrals to other medical providers
- Topics of future sessions
- The date and time of the next session
- Any homework the therapist assigns to the client

Example: Assign daily mindfulness practice and recommend breaking writing tasks into smaller goals.

References

Grill, B. (2024, September 25). *How to Write GIRP Notes*. Upheal.

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

McGrath, E. (2024, October 6). *GIRP Notes: A Comprehensive Guide*. Quenza.

<https://quenza.com/blog/girp-notes/#ftoc-heading-5>

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

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