

**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

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

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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>*