BIRP note template

Free template from soapnotes.xyz. Fill it in by hand or type over it.

BIRP NOTE

Client

Date and time

Session type and length

Clinician

B: BEHAVIOR

What the client reported and what you observed:

Mood, affect, presentation:

Behaviour relevant to the treatment goals:

I: INTERVENTION

What you did in the session (techniques used, skills taught, topics covered):

Which treatment goal it supports:

R: RESPONSE

How the client responded:

What changed during the session:

Between-session actions agreed:

P: PLAN

Next session:

Changes to the treatment plan:

Referrals or follow-up:

Signature and credentials:

Educational template, not medical or legal advice. Follow your employer and regulator rules.