

BIRP Notes Cheat Sheet

B

BEHAVIOR

- Record subjective observations:** These include things the clients report feeling. Sometimes it's useful to include direct quotes here.
- Record objective observations:** Describe specific behaviors and observable symptoms exhibited by the client during the session.
- Avoid interpretations:** Don't add interpretations to your observations. Use clinical language and avoid judgmental tones.
- Be descriptive:** Use clear and concise language to depict the client's behaviors accurately.

I

INTERVENTION

- Therapeutic strategies:** Document the interventions or techniques you implemented during the session.
- Include client participation:** Highlight the client's involvement in the intervention process.
- Avoid generalizations:** Be specific about the interventions used and their intended outcomes.
- Use action-oriented language in your descriptions:** BIRP note examples include 'encouraged', 'reinforced', 'recommended', 'taught', 'demonstrated', 'modeled', 'supported', or 'bolstered'.

R

RESPONSE

- Client feedback:** Record the client's reactions, responses or changes observed after the interventions.
- Include client's perspective:** Incorporate the client's own insights and perceptions whenever possible. How does the client feel about the interventions used?
- Track progress:** Note any improvements, setbacks or changes in the client's condition.

P

PLAN

- Future recommendations:** Outline the proposed plan for future sessions or interventions.
- Include collaborative decisions:** Document any decisions made collaboratively with the client.
- Referrals or additional resources:** Mention any referrals to other healthcare professionals or recommendations for further support.