



ReasonNotes

FREE CLINICAL RESOURCE

BIRP Note Template

Behavior, Intervention, Response, Plan — a ready-to-use template for behavioral health.

Free to use and share in your practice.

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Client: [Client Name]

Date: [Session Date] Session #: [Number]

Duration: [Minutes]

BEHAVIOR

Appearance: [Physical presentation, grooming, dress]

Mood/Affect: [Observed emotional state]

Behavior: [Observable actions, mannerisms, engagement level]

Speech: [Rate, volume, coherence]

Cognitive: [Thought process, concentration, memory]

INTERVENTION

Therapeutic Approach: [CBT, DBT, psychodynamic, etc.]

Techniques Used: [Specific interventions employed]

Topics Addressed: [Main themes or issues discussed]

Skills Taught: [Coping strategies, techniques introduced]

Homework Assigned: [Between-session tasks]

RESPONSE

Engagement: [Level of participation and cooperation]

Understanding: [Comprehension of concepts discussed]

Emotional Response: [Reactions to interventions]

Progress: [Movement toward treatment goals]

Insights: [Client realizations or breakthroughs]

PLAN

Next Session: [Date and focus for next meeting]

Treatment Goals: [Ongoing objectives]

Homework: [Specific between-session assignments]

Referrals: [Other services or providers needed]

Frequency: [Session schedule going forward]