FREE TEMPLATE

BIRP Progress Note

CLINICAL DOCUMENTATION

TherapyStack

Clinician	Client Name & DOB	Date of Session

Behavior

What you observed — client presentation, mood, affect, statements, and notable behaviors during the session.

Intervention

What you did — therapeutic approach and modality, specific techniques used, topics covered, and skills taught.

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Response

How the client responded — engagement, insight, emotional or cognitive shifts, and skills demonstrated in session.

Plan

Next steps before the next session — homework, treatment-plan adjustments, referrals, and date of next session.

CLINICIAN SIGNATURE & CREDENTIALS

DATE SIGNED

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