

BIRP Note Template

Patient Information

Jesse Whitman
First Name Last Name
14/05/1990
Date of Birth

20/11/2022
Date

Behaviour

Jesse presented a tense posture and stance, with fidgeting hands and a shaking leg. When asked, Jesse explained "it's getting quite difficult for me to turn my brain off." Jesse responded to all questions with short statements, and did not care to elaborate. He elaborates that he feels more aggravated than usual, which could be due to fatigue. Jesse explained that he had been feeling "extremely tired the past week", with minimal sleep. He states that he has around 4 hours of sleep per night, and struggles to stay asleep if woken up.

Intervention

Jesse presents mild symptoms of anxiety, with fatigue and irritability. As a result, the patient was given some cognitive restricting methods to increase his mental wellbeing and how he perceives events and situations. Through talking therapy, Jesse was supported to identify his negative thinking patterns, and to know when to recognize his anxiety. Medication was discussed, however, because of recent development, I am hesitant at this stage to prescribe anxiety medication. Medication to aid in sleep was discussed and Jesse is encouraged to schedule an appointment with the GP to explore this option further.

Response

Jesse agreed with the medication plan, and also agreed to meet with the GP. As a result, I have referred Jesse to his GP to discuss options. Jesse also responded well to cognitive thinking exercises, and demonstrates good progress for one session of practice.

Plan

Jesse will see me in two weeks on September 15th. His goals are to improve cognitive thinking patterns when it comes to anxious thoughts, and to assess medication outcomes when it comes to increasing his hours of sleep.


Signature

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Michael D. Reiter



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A Therapist's Guide to Writing in Psychotherapy Michael D. Reiter, 2023-06-29 This guide practically aids mental health professionals in understanding and improving their therapeutic and academic writing demonstrating how the written word is an invaluable tool to document assess and promote change with those in and outside the therapy room Exploring the various ways writing occurs in psychotherapy professions Michael D Reiter comprehensively covers the range of the written word from progress notes and assessment documentation to journaling and therapeutic letters as well as contacting larger systems such as report writing and grant applications Chapters are formatted to include the purpose and function of a particular type of writing before providing multiple examples so therapists can apply this in their own practice This book aims to help all therapists regardless of academic training or therapeutic modality to incorporate these ideas into their work This book is designed for mental health professionals in a variety of settings including counselors therapists social workers family therapists and clinical psychologists This book is useful for graduate students as well as those already in practice

Clinical Documentation with Children and Adolescents Amy Marschall, 2023-08-29 This book addresses the unique challenges therapists face when documenting their clinical work with children providing insight into what ethical appropriate and culturally competent practice looks like Clinical documentation is vital for ethical and legal practice and good documentation helps clinicians leave room for client centered and age appropriate interventions such as play therapy Beginning with an overview of the important considerations unique to providers working with children Amy Marschall offers guidance on all aspects of clinical documentation such as intakes treatment plans mental status examinations progress notes safety plans and more Each chapter includes specific examples of clinical situations with guidance on how to document these situations effectively With chapters on client confidentiality and telehealth as well as special attention being paid to cultural awareness including race ethnicity gender sexual orientation and socioeconomic status this book includes blank templates of treatment plans progress notes and risk assessments for therapists to use in their practice This book is essential for any mental health professional who works with children in both individual and family work including psychologists licensed clinical social workers licensed professional counselors mental health counselors marriage and family therapists play therapists school counselors and therapist interns

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Table of Contents Sample Birp Progress Note

1. Understanding the eBook Sample Birp Progress Note
 - The Rise of Digital Reading Sample Birp Progress Note
 - Advantages of eBooks Over Traditional Books
2. Identifying Sample Birp Progress Note
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Sample Birp Progress Note
 - User-Friendly Interface
4. Exploring eBook Recommendations from Sample Birp Progress Note
 - Personalized Recommendations
 - Sample Birp Progress Note User Reviews and Ratings
 - Sample Birp Progress Note and Bestseller Lists
5. Accessing Sample Birp Progress Note Free and Paid eBooks
 - Sample Birp Progress Note Public Domain eBooks
 - Sample Birp Progress Note eBook Subscription Services

- Sample Birp Progress Note Budget-Friendly Options
- 6. Navigating Sample Birp Progress Note eBook Formats
 - ePub, PDF, MOBI, and More
 - Sample Birp Progress Note Compatibility with Devices
 - Sample Birp Progress Note Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Sample Birp Progress Note
 - Highlighting and Note-Taking Sample Birp Progress Note
 - Interactive Elements Sample Birp Progress Note
- 8. Staying Engaged with Sample Birp Progress Note
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Sample Birp Progress Note
- 9. Balancing eBooks and Physical Books Sample Birp Progress Note
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Sample Birp Progress Note
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Sample Birp Progress Note
 - Setting Reading Goals Sample Birp Progress Note
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Sample Birp Progress Note
 - Fact-Checking eBook Content of Sample Birp Progress Note
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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