

Mental Health BIRP Note Example

Fictional example for reference. This illustrates a progress-note narrative, not a complete clinical record.

Encounter detail	Example
Client	DEMO-01, adult
Date	October 8, 2026
Session	Individual, in person
Time	10:00-10:50, 50 minutes

B: Behavior / presentation

Client reports that she has not told her sister she attends therapy and worries about repeated check-ins. Rehearsing possible conversations has distracted her from evening tasks. She remains undecided about disclosure. The clinician observed clear speech, relevant responses and longer pauses when discussing the topic. When asked, the client denied thoughts of harming herself or others.

I: Intervention

To address worry and decision-making around personal boundaries, the clinician explored hoped-for and unwanted outcomes, helped the client identify what she would keep private, and rehearsed a possible opening sentence.

R: Response

The client identified one privacy boundary and said the exercise clarified what she would want to keep private. She remained unsure whether to tell her sister.

P: Plan

Client and clinician agreed that the client would make a private list of what she would and would not feel comfortable sharing. At the next appointment on October 15, 2026, revisit the decision and its effect on evening activities.

Reviewing the AI draft

In a BIRP note, Response records how the client responded to the intervention. The first AI-generated draft turned a rehearsal into an outcome. The clinician corrected it before saving.

AI draft said	What happened in session
Client responded well to the intervention and disclosed attending therapy to her sister.	Client rehearsed a possible opening sentence in session. She has not told her sister.
Client reported feeling relieved after the conversation.	Client said the exercise clarified one privacy boundary. She remained unsure whether to tell her sister.

Use the structure and level of detail as a reference. Write from the actual encounter and meet the documentation requirements that apply to your practice and payer.