

Example of BIRP Format Progress Note

Progress Note Example

Procedure Code/ Name: 442 Psychotherapy 45 min

Date of Service: 2/1/17 Location: Office

Face-to-face time: 45 min Total time: 55 min

This service was provided in English

Mental health objective #	Objective #3 from the Client Plan
Behavior/Purpose Or Problem	Client presents today for individual therapy. Clt continues to have sleep problems and negative thoughts due to depression. Clt reports sleeping about 3-4 hours per night since our last session. Today client appears tired, flat affect, and depressed mood.
Intervention	Practiced CB relaxation techniques with client – visualized tranquil places that are relaxing to client. Practiced breathing techniques. Replaced negative thought of “I am constantly screwing things up and making mistakes” to “I sometimes make mistakes but it is not all the time and I often do things right”.
Response	Clt was able to identify negative thoughts and replace with alternative thoughts. Clt had some anxiety but was eventually able to relax and practice breathing techniques and visualization.
Plan	During the next week client will practice new skills before bed and keep track of hours slept per night.

This note was electronically signed by:

Barney Rubble, ASW

On 02/08/17, 11:16 am