

Client Name:	
Date:	
Problem:	
Intervention:	
Response:	
Plan:	

PIRP Notes Template Outline:

Problem (P):

Definition: Identifies the specific issues or challenges focused on in the session.

Content: Presenting symptoms, problematic behaviors, distressing emotions, situational difficulties.

Purpose: Provides context for the interventions and a basis for measuring progress.

Examples: Acute problems like a recent traumatic event, or chronic issues like ongoing anxiety.

Intervention (I):

Definition: Similar to GIRP, it documents the therapeutic techniques and strategies used.

Content: Types of therapy applied, specific discussions, exercises, and assigned homework.

Purpose: To address the identified problems and facilitate the client's progress.

Examples: Behavioral modification strategies, trauma-focused therapy, supportive counseling.

Response (R):

Definition: Details the client's reaction to the interventions.

Content: Client's immediate and longer-term responses, including behavioral and emotional changes.

Purpose: To evaluate the impact of the interventions on the client's problems.

Examples: Changes in symptom severity, emotional breakthroughs, or challenges in implementing strategies.

Plan (P):

Definition: Outlines the next steps and future direction of therapy.

Content: Future therapy objectives, adjustments to the treatment approach, tasks for the client.

Purpose: To maintain momentum and focus in therapy, adapting as needed based on the client's response.

Examples: Introducing new therapeutic techniques, planning for a follow-up on specific issues, giving homework to practice skills learned.