



BIRP Note Template

18 May 2023 / Violeta MacKenna

Complete

Score	0%	Flagged items	0	Actions	0
Session Date					18.05.2023
Therapist/Counselor Name					Violeta MacKenna
Patient Name					Sherrie Quijada

Behavior

Describe the observable behaviors displayed by the patient during the session.

During the session, the client appeared visibly tense, frequently fidgeting, and displaying signs of discomfort. She described feeling overwhelmed by work-related responsibilities, noting that he has been having trouble sleeping and maintaining focus. The client acknowledged avoiding certain social situations due to fear of judgment and criticism.

The client reported experiencing symptoms of anxiety, including persistent worry, restlessness, difficulty concentrating, and physical sensations such as a racing heartbeat and shortness of breath. She stated that the anxiety has been impacting her daily life and causing distress.

Interventions

Outline the interventions or techniques used by the therapist during the session.

- Engaged in active listening and provided a supportive and empathetic environment.
 - Provided psychoeducation to help the client understand the nature of anxiety and its impact on thoughts, emotions, and physical sensations.
 - Utilized deep breathing exercises and relaxation techniques to assist the client in managing acute anxiety symptoms during the session.
 - Introduced cognitive-behavioral techniques to help the client identify and challenge negative thoughts contributing to anxiety.
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Response

Describe in detail the patient's response to the interventions and their overall engagement in the session.

The client expressed relief in sharing her concerns and felt validated by the therapist's understanding. She reported a sense of empowerment in learning about anxiety and recognizing its impact on her daily functioning. The client demonstrated an openness to practicing deep breathing exercises and agreed to try implementing cognitive-behavioral strategies between sessions.

Plan

Highlight the plan for future sessions or recommended actions to be taken.

- Weekly sessions: Schedule regular therapy sessions with the client to continue exploring the underlying causes of anxiety, developing coping skills, and monitoring progress.
 - Relaxation techniques: Encourage the client to engage in daily relaxation exercises, such as deep breathing, progressive muscle relaxation, or guided imagery, to manage anxiety symptoms.
 - Cognitive restructuring: Collaboratively work on identifying and challenging negative thought patterns related to anxiety. Assign thought records for the client to document anxious thoughts and reframe them using evidence-based techniques.
 - Sleep hygiene: Discuss the importance of establishing a consistent sleep routine, maintaining a
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relaxing sleep environment, and implementing relaxation techniques before bedtime.
- Referral: Explore the possibility of referring the client to a psychiatrist for a comprehensive evaluation of her symptoms and potential consideration of medication, if deemed necessary.

Will there be a next session?

Yes

Please specify the date.

25.05.2023

Sign-Off

Name and Signature of Therapist/Counselor

Violeta MacKenna

Violeta MacKenna
18.05.2023 11:02 PST