

## BIRP/SOAP Note Practice #2

### BIRP Note

**Behavior:** At the beginning of the session the client presented as guarded and diffident. The client appeared nervous but remained with eye-contact and facing the counselor the entire session. The client seemed to be engaged in the topic conversation: social anxiety for presentations. The client stated feeling high levels of anxiety when doing oral presentations. Upon further inquiry, the client stated “I’m up there sweating and I get very embarrassed.” The client seemed to be open to continuing the discussion of her issues revolving around her presentations. The client mentions that her anxiety tends to build up when she gets closer to her presentation dates. The client stated “It usually starts a day or two earlier.” The client also mentioned being anxious about her grade suffering as a result of the presentation. The client often presented with open body posture throughout the session and seemed willing to listen to the feedback of the practitioner.

**Intervention:** The practitioner's understanding of the problem was that the client would get high levels of anxiety as it came closer to her presentation date. The practitioner asked the client if she would be willing to go through the process of giving a presentation. The client and practitioner went through a timeline of a normal presentation day for her and clearly discussed her feelings within that process. The client feels that her anxiety levels decrease after her presentation has ended.

**Response:** The client seemed open to the conversation and disclosed information as it relates to her social anxiety. The client clearly detailed her experiences with doing oral presentations in class. The client presented with good, open body language and engaged more throughout the session.

**Plan:** The next session is scheduled for Thursday, March 10th, at 1:00pm. The client and practitioner will continue to process and discuss her social anxiety.

### SOAP Note

**Subjective data:** At the start of the session, the client communicated her feelings about her high levels of anxiety when it came to oral presentations in the classroom. The client mentions that her anxiety gets really bad a day or two before her presentation. The client stated that her symptoms of “sweating” result in her feeling “very embarrassed.” The client mentions that she is concerned about getting grades back because she believes her performance will negatively impact it.

**Objective data:** The client presented as guarded and answered in brief, short answers. Throughout the session, the client appeared more engaged when the practitioner asked more

personal questions. The client kept constant eye contact, used hand gestures, and had one foot in the chair and the other on the floor. Client's mood remained the same throughout the entire session.

**Assessment:** Client discussed the feelings leading up to her presentations. The client disclosed that the social anxiety first occurred after giving a bad presentation due to not feeling well. The client was open to discussing the symptoms of her anxiety and identified what may be her triggers.

**Plan:** The next session is scheduled for Thursday, March 10th, at 1:00pm. The client and practitioner will continue to process and discuss her social anxiety.

Reflection: To be honest, I really struggle with writing both the BIRP and SOAP notes. Figuring out where to put the information in the SOAP note is difficult for me and as for the BIRP note, you really have to figure out the details of the sessions and I feel like I miss a lot of them.