clinicframe

GIRP Note Template

clinicframe.com/note-templates/girp-note-template

CLIENT	DATE OF VISIT	VISIT TYPE

DURATION	CLINICIAN

G · GOAL

The treatment plan goal this visit worked on, in the plan's own words.

I · INTERVENTION

What you did in the visit: modality, technique, and the material you used.

R · RESPONSE

How the client responded in the visit and to homework, with what you observed.

P · PLAN

Homework, focus of the next visit, frequency, and any referral or change.

clinicframe

GIRP Note Example: Panic Symptoms

FICTIONAL EXAMPLE. NOT A REAL PATIENT. FOR ILLUSTRATION ONLY.

CLIENT	DATE OF VISIT
J. Patel (fictional), 29	11/20/2026
VISIT TYPE	DURATION
Individual, telehealth	53 minutes
CLINICIAN	
Ruth Adler, LPC	

G · GOAL

Goal 1 of the treatment plan: reduce panic attacks from four a week to one or fewer, and ride the subway to work three days a week by January 31, 2027.

I · INTERVENTION

Reviewed the panic log from last week. Taught interoceptive exposure: 30 seconds of fast breathing, then rating fear from 0 to 10. Built an exposure ladder for the subway with five steps.

R · RESPONSE

Client logged two panic attacks this week, down from four. Rated fear 7 of 10 at the start of the breathing exercise and 4 of 10 by the third round. Said, "It feels less like I'm dying when I know it's coming." Engaged and asked to repeat the exercise.

P · PLAN

Practice the breathing exposure once a day and log fear ratings. Try step 1 of the ladder, one subway stop with a friend. Next visit in one week, same time.