BAP Core Competencies

Practicum Two:

Eight Core Competencies of BAP









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Disclosures

The BAP Professional Network (www.BAPPN.org) is a nonprofit organization, 501c(3), with a mission to advance the development, study, and dissemination of Brief Action Planning (BAP) and its pragmatic integration with Motivational Interviewing (BAP-MI) across healthcare education, practice, and research.

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Acknowledgements

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- Connie Davis
- Damara Gutnick
- Kathy Reims
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  - *www.CentreCMI.ca*

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Summer Course: BAP Core Competencies

Online Self-Directed Program + 4 Zoom Practicums

Goals	Online Course	Practicum
5 Foundational Skills (with Spirit of MI)	Modules 1 & 2	One
3 Stepped-Care Skills	Module 3 & 4	Two
Reaching Competency (Using BAP Checklist & MITI Partnership Scale)	Module 5	Three
"A Taste of BAP-MI" (Advanced Skills)	Modules 6 & 7	Four

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Our Hopes

You complete Practicum Two with sufficient knowledge, skill, and enthusiasm for BAP to begin applying the 8 core competencies in clinical practice.

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Agenda: Zoom Practicum Two

1. Introduction & Overview 05 min
2. Field Exercise Two: Reflections & Discussion 05 min
3. BAP Stepped-Care Competencies 25 min
4. Small Group Practice 45 min
5. Discussion & Pre-Work for Practicum Three 10 min

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Field Exercise Two: Follow-Up



Reflections?

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BAP Flow Chart (2024-*R*)*

The Five Foundational Skills

Cole S, Jadotte Y, Frum-Vassallo D, Miles C, Cornell O

* Revised from Cole S, Gutnick D, Davis C, Reims K, BAP Flow Chart, 2016

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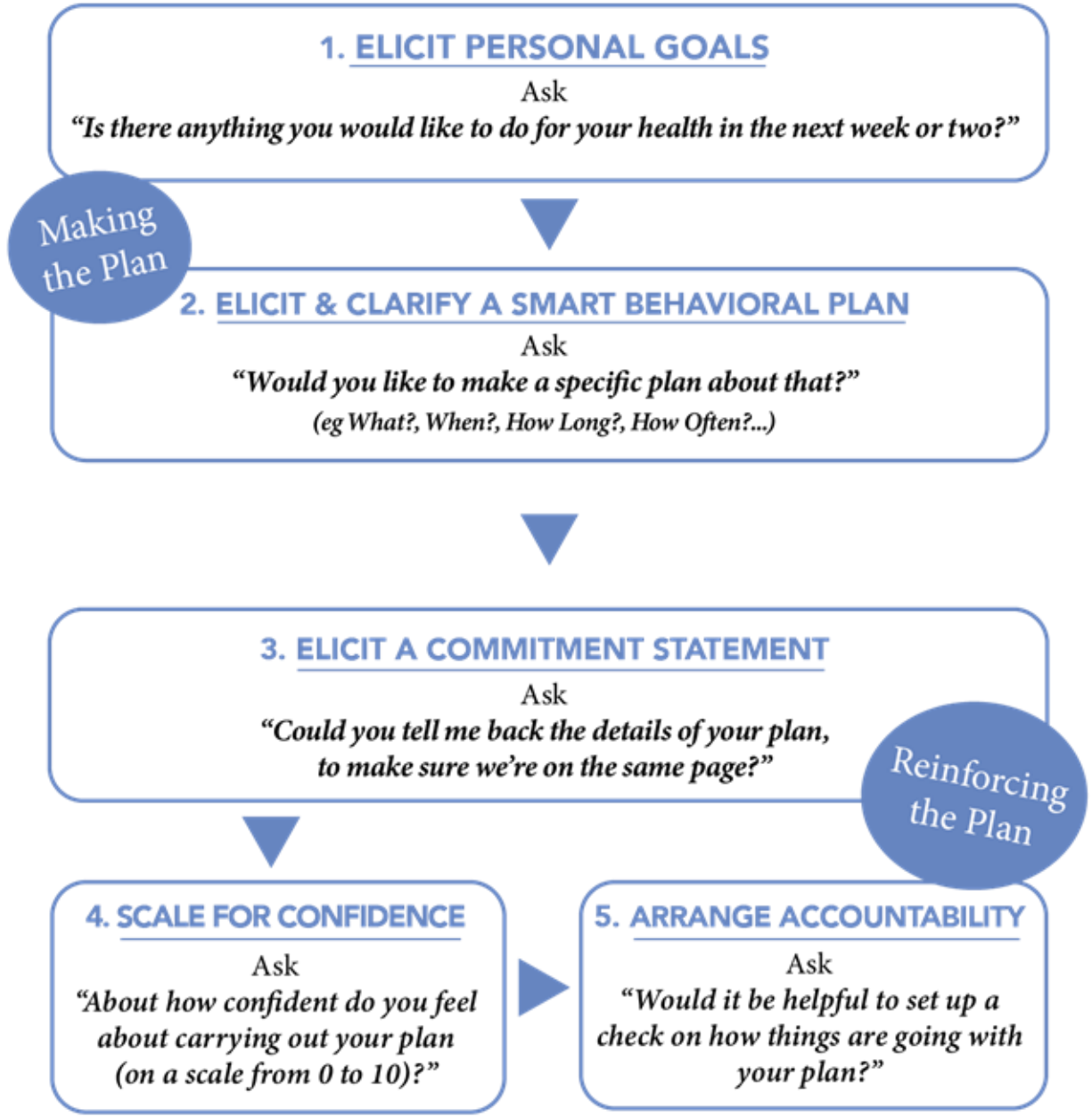

* Revised from Cole, Gutnick, Davis, & Reims: "Brief Action Planning Flow Chart," 2016

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BAP Stepped-Care Skills

- BAP with Behavioral Menu
- BAP with Problem-Solving for Low Confidence
- Follow-Up

All Evidence-Based and Associated with Improved Outcomes

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BAP Stepped-Care Skills

- BAP with Behavioral Menu
- BAP with Problem-Solving for Low Confidence
- Follow-Up

All Evidence-Based and Associated with Improved Outcomes

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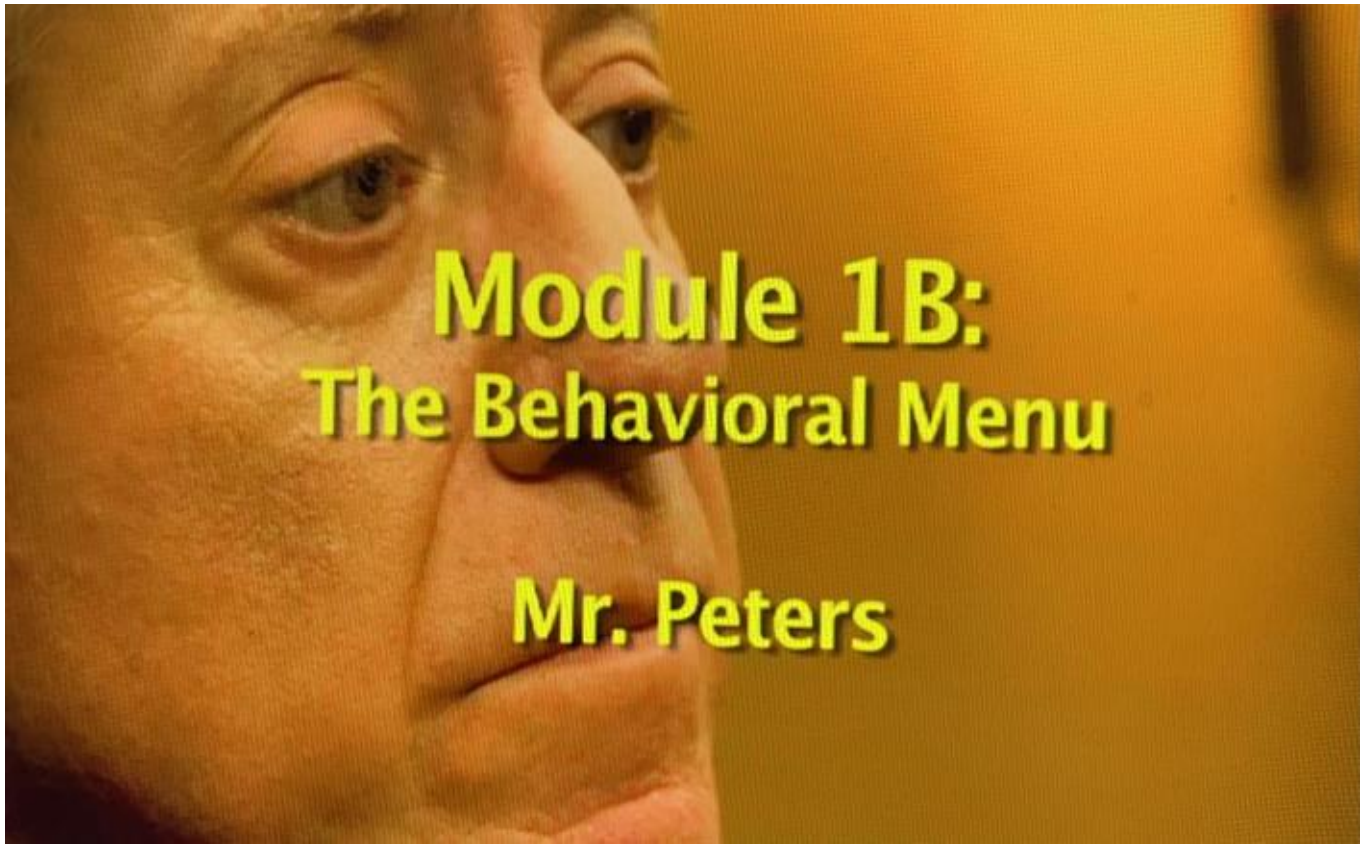
BAP with Behavioral Menu

What Skills? How Were They Used? Spirit of MI?



https://www.youtube.com/watch?v=hJnpC9tB30Q

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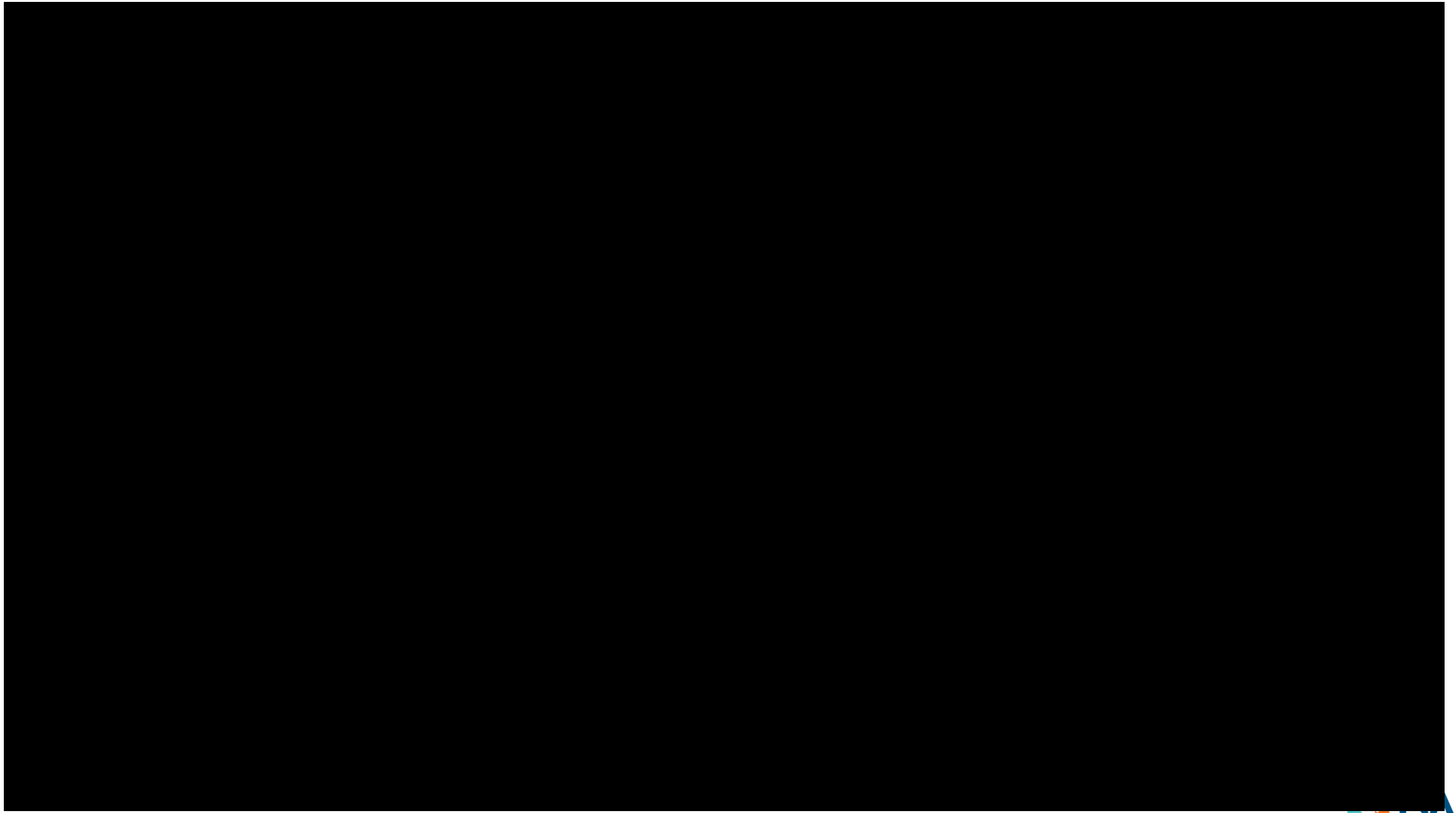

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Reflections: What & How?

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Behavioral Menu



Behavioral Menu



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BAP with Behavioral Menu

A. REQUEST PERMISSION TO SHARE IDEAS

Ask

"Would it be okay for me to share some ideas that might be helpful?"



B. SHARE IDEAS & ASK

Provide 2-3 Ideas and Evoke Personal Choice, ask:

"I wonder if you'd like to make a plan around one of these ideas, or perhaps there's something else you'd like to work on?"

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Visual Aids Often Helpful



BAP Stepped-Care Skills

- BAP with Behavioral Menu
- BAP with Problem-Solving for Low Confidence
- Follow-Up

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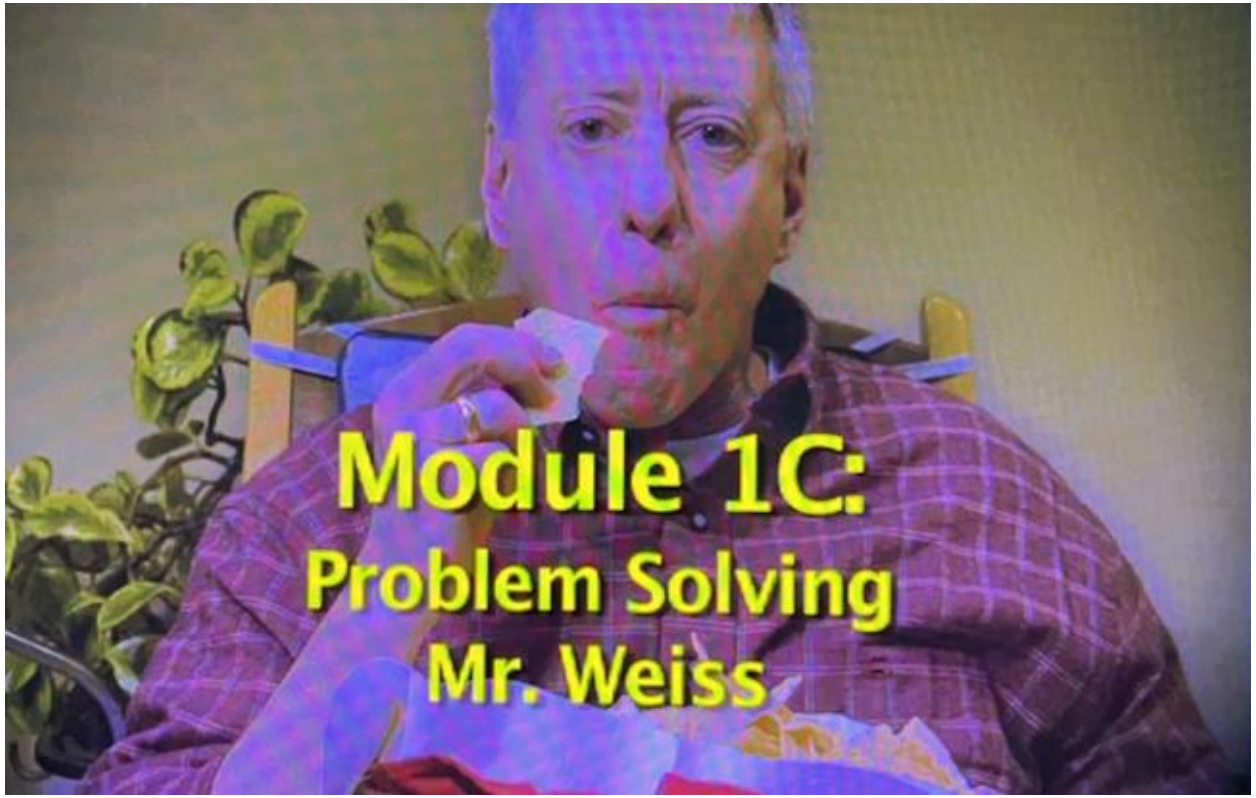
BAP with Problem-Solving

What Skills? How Were They Used? Spirit of MI?



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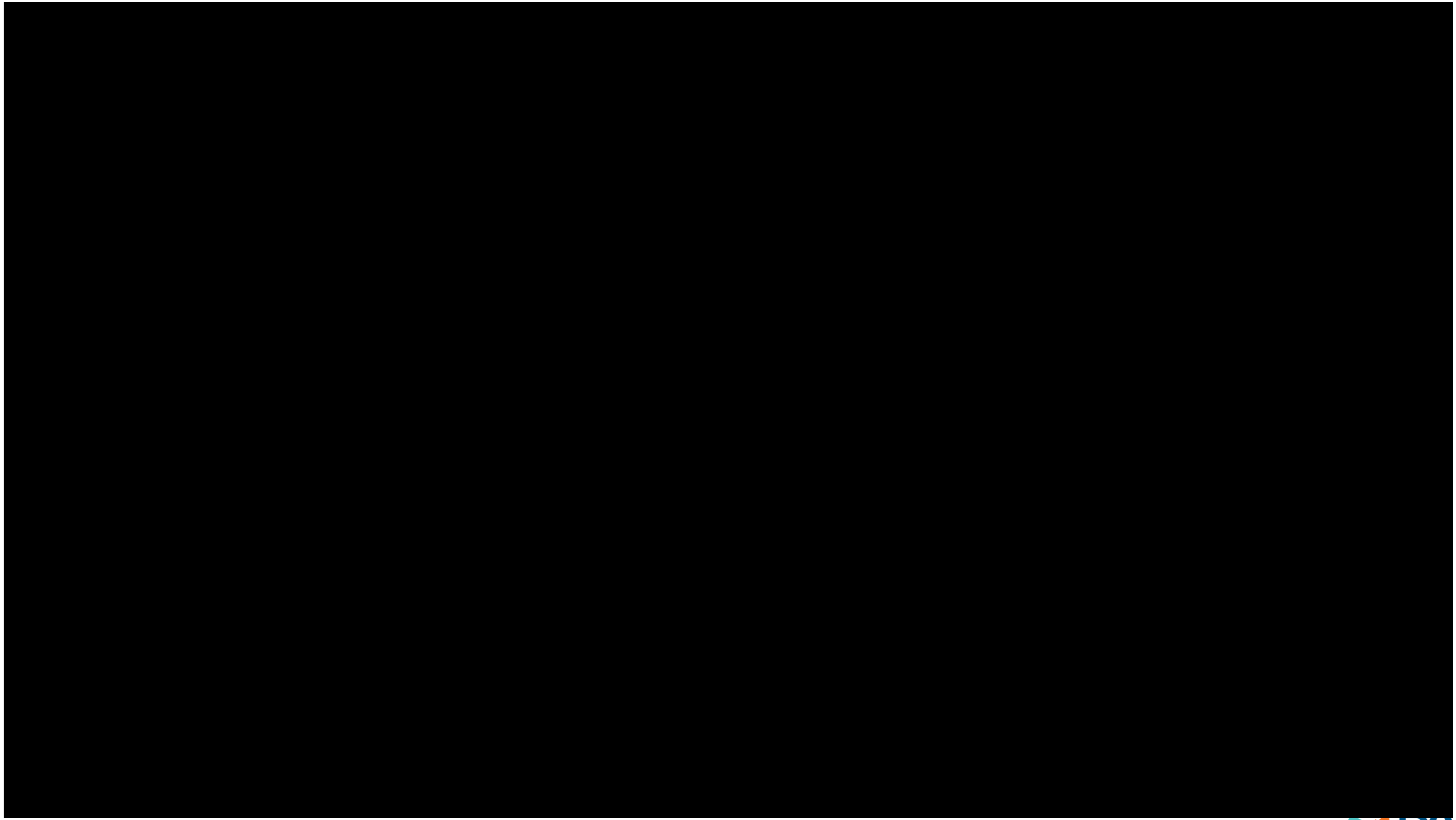

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Reflections: What & How?

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Problem Solving

"About how confident do you feel about carrying out your plan (on a scale from 0 to 10)?"

Five



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Problem Solving

A confidence level of 5 is great.... a lot higher than a 3 or a 2, it shows lots of confidence and commitment. We know plans with confidence levels of 7 or greater have a higher chance of being carried out. Would you like to work with me to see if we can get your plan to a 7 or higher?



Sure

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Problem Solving

Some patients can increase confidence by making their plan less ambitious, or by finding someone to help them, OR maybe you have some other idea?



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BAP with Problem-Solving

A. EXPLAIN & ASK

"A confidence level of 5 is great.... a lot higher than a 3 or a 2, it shows lots of confidence and commitment. We know plans with confidence levels of 7 or greater have a higher chance of being carried out. Would you like to work with me to see if we can get your plan to a 7 or higher?"



B. OFFER SUGGESTIONS & ASK

"Some patients can increase confidence by making their plan less ambitious, or by finding someone to help them, OR maybe you have some other idea?"

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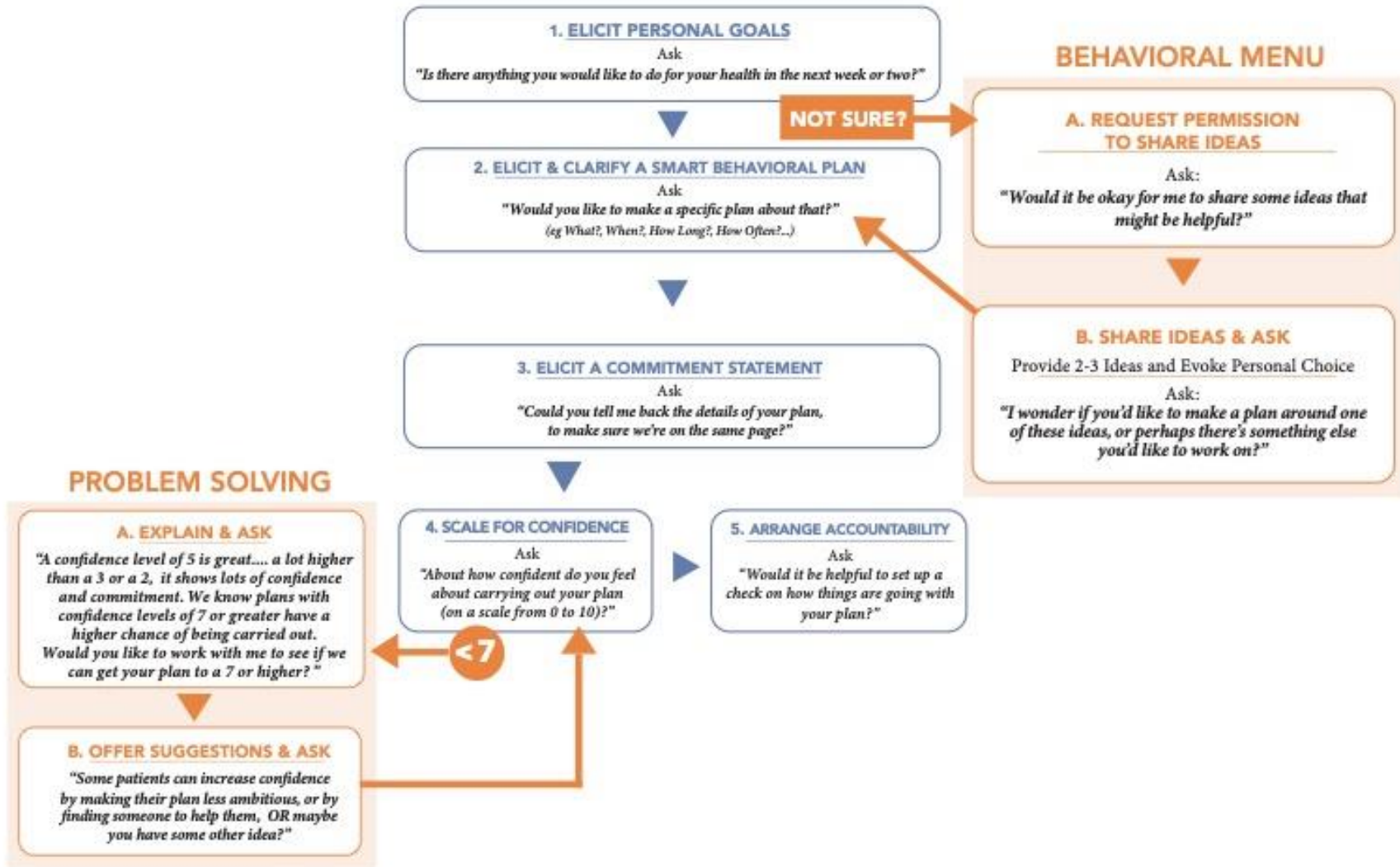
BAP Flow Chart (2024-*R*)*

Stepped Care Skills

Cole S, Jadotte Y, Frum-Vassallo D, Miles C, Cornell O



* Revised from Cole S, Gutnick D, Davis C, and Reims K: "Brief Action Planning Flow Chart," 2016

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BAP Stepped-Care Skills

- BAP with Behavioral Menu
- BAP with Problem-Solving for Low Confidence
- Follow-Up

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Follow Up

How did it go with your plan?



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Follow Up

Ask

"How did it go with your plan?"

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Follow Up

Ask

"How did it go with your plan?"

Little or No Success

Normalize/Affirm Outcome

"Lots of people have trouble in the beginning. Your interest in planning shows energy for change."

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Follow Up

Ask

"How did it go with your plan?"

Partial or Complete Success

Affirm Success

"Good work. Your efforts show initiative and strength."

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Follow Up

Ask

"How did it go with your plan?"

Little or No Success

Normalize/Affirm Outcome

"Lots of people have trouble in the beginning. Your interest in planning shows energy for change."

Partial or Complete Success

Affirm Success

"Good work. Your efforts show initiative and strength."

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What would you like to do next?
Follow Up
Explore Preferences
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EXPLORE PATIENT PREFERENCES

Ask

"What would you like to do next?"

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BAP Flow Chart (2024-*R*)*

Follow Up

Cole S, Jadotte Y, Fruro-Vassallo D, Miles C, Cornell D

"How did it go with your plan?"

Little or No Success

Normalize/Affirm Outcome

"Lots of people have trouble in the beginning. Your interest in planning shows energy for change."

Partial or Complete Success

Affirm Success

"Good work. Your efforts show initiative and strength."

Explore Patient Preferences

Ask

"What would you like to do next?"

Principles of Motivational Interviewing (MI)
Ground the BAP Skill Set

Connection/Engagement

- **Precedes Question One**

Spirit of MI (Values/Mindset)

- **Consistently Demonstrated**
  Compassion. Autonomy Support
  Partnership. Empowerment

* Revised from Cole S, Gutnick D, Davis C, and Reims K: "Brief Action Planning Flow Chart," 2016
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Break-Out Groups of 3: Practice Skills

- **Brief introductions**
- **Choose "Roles:" (Clinician, Patient/Client, Observers)**
  - Choose stepped-care skills you would like to practice
  - (or) Repeat Mr. Peters/Mr. Weiss/Real-Play/Role-Play
  - Clinician follows BAP Flow Chart
  - Observer, or anyone "freezes" discussion for coaching/feedback
  - Switch roles after 15 minutes: If possible - everyone has turn in each role

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Coaching Feedback: Suggestions

1. *What was done well ?*

   (be specific, “clinician” starts, then others)

2. *What might be improved?*

   (be specific, “clinician” starts, then others)

3. **Re-practice the same sequence with suggestions**

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Download BAP Flow Chart (2024-R)

3 Pages

https://bapprofessionalnetwork.org/wp-content/uploads/BAP-Flowchart_2024R.pdf

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Break-Out
(45 minutes)

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Return to Full Workshop

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Reflections: Break-Out Groups

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Pre-Work for Practicum Three

Complete Module 5, Unit 3 & Unit 4

- Field Exercise 3: Professional Practice
  - BAP with patient/client/family/friend
  - Follow-Up

- Download BAP Checklist for Practicum Three

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Summary and Conclusion

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Email Us

questions/comments/feedback

SCole@bapprofessionalnetwork.org