

# **BRIEF ACTION PLANNING (BAP):**

**A Highly Structured, Evidence-Informed Roadmap to Guide the Transition  
from Evocation into and through the Process of Planning**

**Steven Cole, Roy Stein, Terri Moyers (discussant)**

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# Disclosures

- **Steven Cole**

Dr. Cole developed an online course on Brief Action Planning (BAP) for which he receives a per participant (fee/royalty) payment

- **Terri Moyers**

Dr. Moyers has a financial interest in some Motivational Interviewing courses offered through Psychwire, which is a for-profit company.

- **Roy Stein - none**

# Acknowledgements\*

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Centre for Collaboration, Motivation, Innovation  
[www.CentreCMI.ca](http://www.CentreCMI.ca)

\*for contributions to development of BAP and for several slides in this presentation

# Agenda

1. Brief Facilitator Introductions (5)
2. BAP: Overview/Relevance for MI/Definition (5)
3. 3 Video Demonstrations (20)
2. Break-Outs: BAP Practice and Discussion (30)
3. Plenary Discussion (30)

*If you have questions or comments, at any time during workshop, please type them (with your name) into chat for review during plenary discussion*

# Brief Action Planning (BAP): Overview and Relevance for MI

- Origin (circa 2000) as a “Self-Management Support” tool and technique in the “Chronic Care Model” (IHI Health Disparities Collaboratives and recently “Patient Centered Medical Home”)

<http://www.ihi.org/resources/Pages/Tools/HealthDisparitiesCollaborativesTrainingManualforChronicConditions.aspx>

- Based on the principles/practice of Motivational Interviewing
- Widely used in many ways (“versatile”)
  - thousands of “hits” on google search
  - 16 peer reviewed publications
  - [www.BAPProfessionalNetwork.org](http://www.BAPProfessionalNetwork.org)
  - [www.CentreCMI.ca](http://www.CentreCMI.ca)
  - <https://psychwire.com/motivational-interviewing>

# What is Brief Action Planning (BAP)?

Brief Action Planning (BAP) is a highly structured, evidence-informed roadmap to guide the transition from evocation into and through the process of planning.

(note: requires engagement and Spirit of MI)

(note: clinician is permitted/encouraged to flexibly apply skills in the roadmap, as clinically indicated)

# BAP Video A

- Transition to Planning for MI Practitioners

Damara Gutnick, in Rollnick et al, MI in Healthcare, Psychwire

<https://www.dropbox.com/sh/j7a975nub9hwiep/AAB9ZeT0LtSxP-lCsUiZcZbSa?dl=0>.

(proprietary; link not for use without permission)

Psychwire



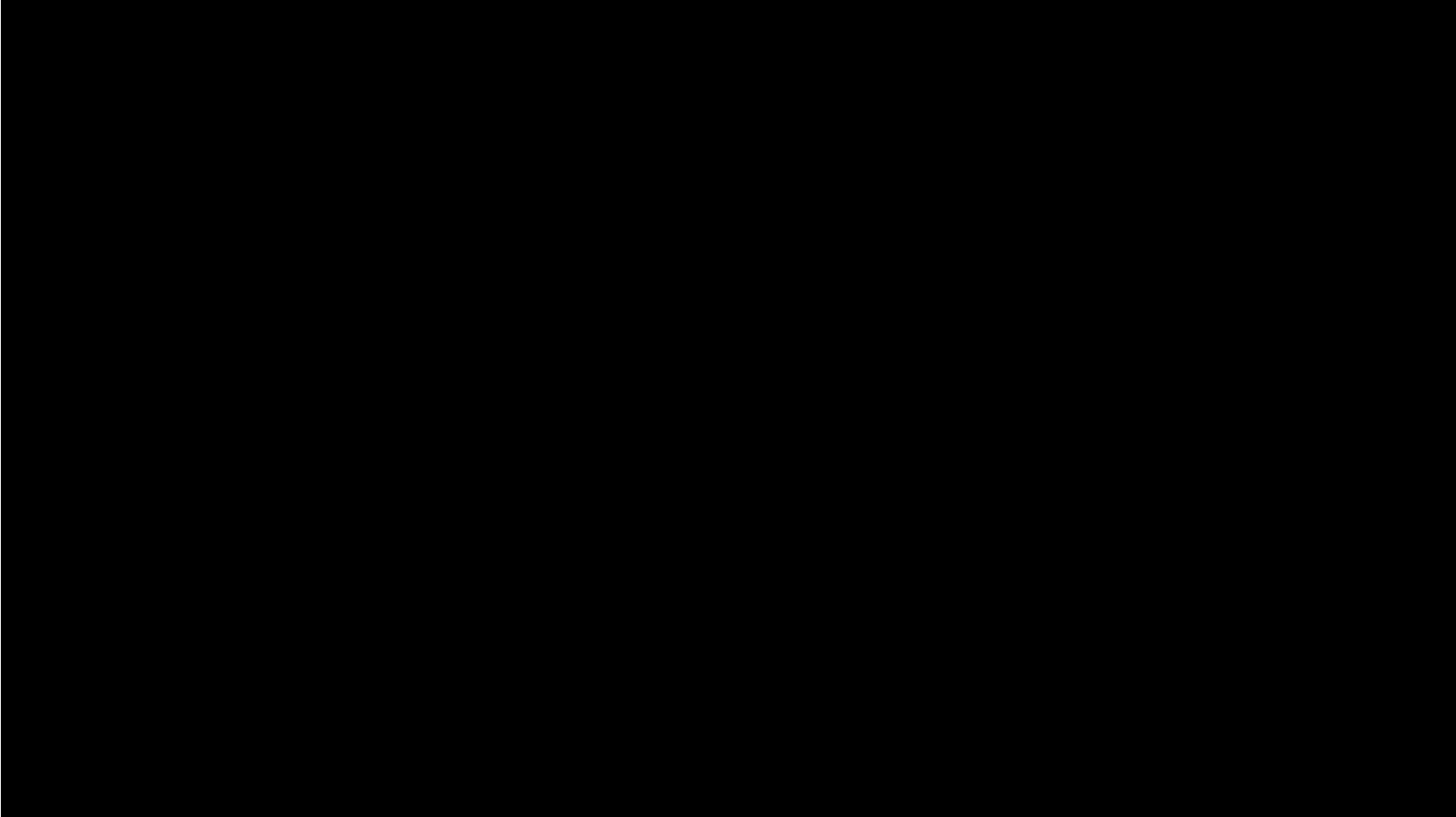


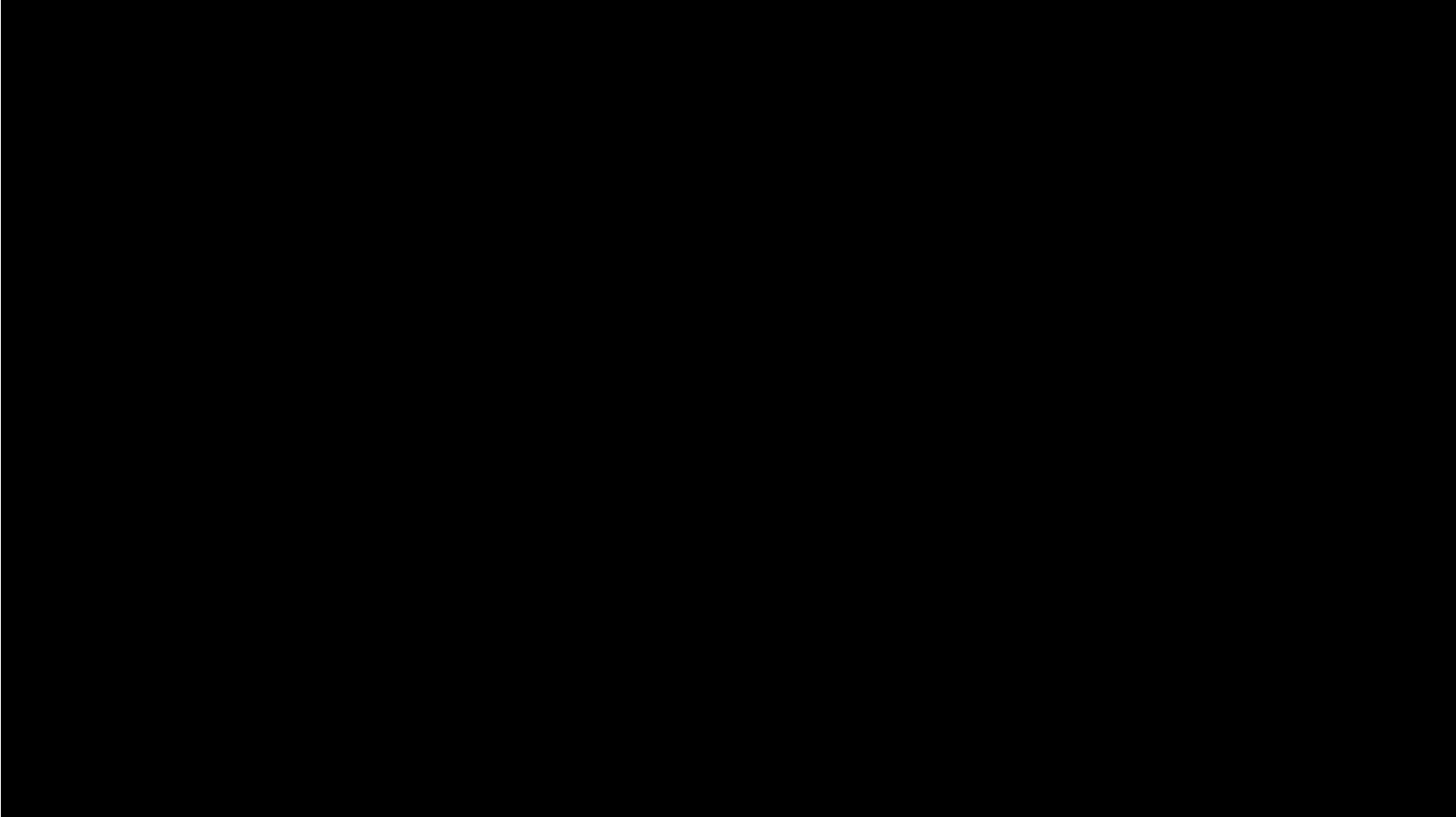
# Broader Definition of BAP

*BAP is a highly structured and pragmatic, versatile Motivational Interviewing consistent tool designed to help patients change and to support self-management for health and well-being.*

# Other BAP Videos

- Two videos demonstrating broader use of BAP  
(not limited to focused transition into and through  
the process of Planning)
- Core Skills  
<https://www.youtube.com/watch?v=w0n-f6qyG54>
- Advanced Skills  
<https://www.youtube.com/watch?v=262CjvURVn0>





# Break-Outs (30 minutes)

- Groups of 3
- Practice BAP (with feedback and re-practice)
  - Suggest Real-Play
- Discuss
  - Consider Uses/Definitions of BAP
- Share in plenary (choose recorder for group)

“Is there anything you would like to do for your health in the next week or two?”

Have an idea?

Not sure?  
Behavioral Menu

Not at this time

Permission to check next time

SMART Behavioral Plan

Specific  
Measurable  
Achievable  
Relevant  
Timely

Elicit a Commitment Statement

1) Ask permission to share ideas.  
2) Share 2-3 ideas.  
3) Ask if any of these ideas or something else might work.

“How confident (on a scale from 0 to 10) do you feel about carrying out your plan?”

Confidence  $\geq 7$

Confidence  $< 7$ ,  
Problem Solving

“Would you like to set a specific time to check back in with me so we can review how things have been going with the plan?”

Follow-up

# Plenary Discussion (30 minutes)