

# BAP Core Competencies

## Practicum Three: Reaching Proficiency in BAP

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# Disclosures

The BAP Professional Network ([www.BAPPN.org](http://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.



# Acknowledgements

**For contributions to the development of BAP:**

- Connie Davis
- Damara Gutnick
- Kathy Reims
- Centre for Collaboration, Motivation, & Innovation
  - [www.CentreCMI.ca](http://www.CentreCMI.ca)

# Acknowledgements

## For contributions to the development of BAP-MI:

- Taranjeet Ahuja
- Denise Ernst
- Richard Frankel
- Deirdra Frum-Vassallo
- Damara Gutnick
- Ali Hall
- Katherine Hartlieb
- Yuri Jadotte
- Igor Koutsenok
- Camila Romero
- Deepa Sannidhi
- Kelley Skeff
- Roy Stein
- Joseph Weiner

# 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
<b>Reaching Competency</b> (Using BAP Checklist & MITI Partnership Scale)	<b>Module 5</b>	<b>Three</b>
“A Taste of BAP-MI” (Advanced Skills)	Modules 6 & 7	Four

# Our Hopes

During Practicum Three, you will:

1. Reach competence and personal comfort using the BAP Checklist & the MITI Partnership Scale; and
2. You will reach criterion-level proficiency in BAP.

# Agenda: Zoom Practicum Three

1. Introduction & Overview 05 min
2. Field Exercise Three: Reflections & Discussion 05-10 min
3. MITI Partnership Scale (BAP “Spirit of MI”) & Exercise 10 min
4. Using the BAP Checklist w/MITI Partnership Scale 5-10 min
5. Small Group Practice: Reaching Proficiency 30-45 min
6. Discussion & Pre-Work for Practicum Four 5-10 min

# Field Exercise Three: BAP with Patient/Family/Friend?



**Reflections?**



# Partnership Scale: BAP “Spirit of MI”

## Motivational Interviewing Treatment Integrity Coding Manual 4.2.1

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<sup>3</sup>Denise Ernst Training & Consultation

Revised June 2015

<https://casaa.unm.edu/codinginst.html>



# MITI Global Partnership Scale

Measures the extent to which the clinician conveys an understanding that expertise and wisdom about change reside mostly within the client.

MI Spirit (for BAP):

- Partnership, Autonomy Support, Empowerment

# Partnership

Low

High

1

2

3

4

5

Clinician actively assumes the expert role for the majority of the interaction with the client. Collaboration or partnership is absent.

Clinician superficially responds to opportunities to collaborate.

Clinician incorporates client's contributions but does so in a lukewarm or erratic fashion.

Clinician fosters collaboration and power sharing so that client's contributions impact the session in ways that they otherwise would not.

Clinician actively fosters and encourages power sharing in the interaction in such a way that client's contributions substantially influence the nature of the session.

# Exercise:

- **Download the MITI Partnership Scale**

<https://baprofessionalnetwork.org/wp-content/uploads/Partnership-Scale.pdf>

- **Rate Partnership (1-5) on this video**

Consider these questions:

- *Why did I choose that score?*
- *What could the interviewer have done differently to warrant a higher score?*



<https://youtu.be/80XyNE89eCs?si=Dzm-PaCMm53E-7A1&t=58>

Produced by University of Florida Department of Psychiatry.  
Funded by Flight Attendant Medical Research Institute Grant #63504 (Co-PIs: Gold & Merlo).



# Partnership: 1-5?



## Reflections

**Download**

**BAP Checklist**

[https://baprofessionalnetwork.org/wp-content/uploads/BAP-Checklist\\_06-23-24.pdf](https://baprofessionalnetwork.org/wp-content/uploads/BAP-Checklist_06-23-24.pdf)



# BAP Checklist (6-23-24)

Skill	Example	Y	N	Comments
<b>5 Foundational Skills: Making the Plan &amp; Reinforcing the Plan</b>				
<b>Question 1</b> Elicit Personal Goals (Ask)	<i>Is there anything you'd like to do for your health, well-being, (or...) in the next week or two?</i>			
<b>Question 2</b> Elicit and Clarify SMART Plan (Ask)	<i>Would you like to make a specific plan about that? (eg what/when?, how long? how often?...)</i>			
<b>Question 3</b> Elicit a Commitment Statement (Ask)	<i>Could you tell me back the details of the plan to make sure we're on the same page?</i>			
<b>Question 4</b> Scale for Confidence (Ask)	<i>About how confident do you feel about carrying out your plan....on a 0 to 10 scale, where 0 means you are sure you won't be able to do it and 10 means you are quite sure you can complete this plan?</i>			
<b>Question 5</b> Arrange Accountability (Ask)	<i>Would it be helpful to set up a check on how things are going with your plan?</i>			
<b>3 Stepped-Care Skills</b>				
<b>Behavioral Menu</b>				
Ask permission	<i>Would it be OK for me to share some ideas that might be helpful?</i>			
Provide 2-3 ideas and evoke personal choice (Ask)	<i>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?</i>			
	If "yes," continue with Question 2 above.			
<b>Problem-Solve for Confidence &lt;7</b>				
Explain and ask	<i>A confidence level of 5 is great... a lot higher than 3 or 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?</i>			
If "yes," offer suggestions and ask	<i>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?</i>			
W/revised plan, re-check confidence	<i>What would you say now about your level of confidence?</i>			
<b>Follow-Up</b>				
Ask	<i>How did it go with your plan?</i>			
Little/no success (Normalize and affirm)	<i>Lots of people have trouble in the beginning. Your interest in planning shows energy for change.</i>			
Partial/complete success (Affirm)	<i>Good work. Your efforts show initiative and strength.</i>			
Explore preferences (ask)	<i>What would you like to do next?</i>			
<b>MI Spirit (for BAP)</b>	MITI Partnership Scale (1-5)			



# Download

## BAP Flow Chart (2024-R)

[https://baprofessionalnetwork.org/wp-content/uploads/BAP-Flowchart\\_2024R.pdf](https://baprofessionalnetwork.org/wp-content/uploads/BAP-Flowchart_2024R.pdf)



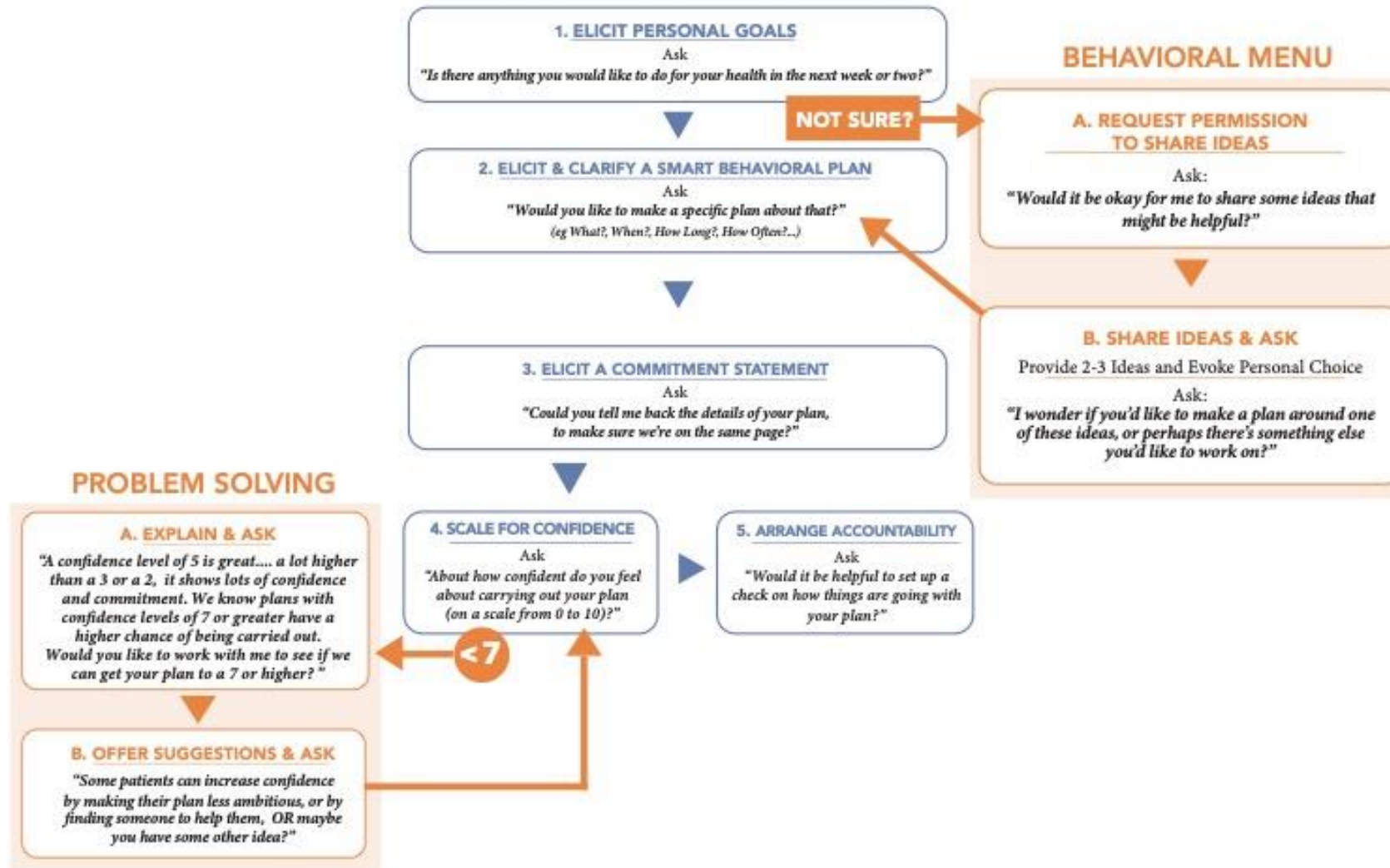


\* Revised from Cole, Gutnick, Davis, & Reims: “Brief Action Planning Flow Chart,” 2016

# 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  
[www.BAPProfessionalNetwork.org](http://www.BAPProfessionalNetwork.org)

# BAP Flow Chart (2024-R)\*

## Follow Up

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

*“How did it go with your plan?”*

Little or No Success

Partial or Complete Success

### Normalize/Affirm Outcome

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

### 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  
[www.BAPProfessionalNetwork.org](http://www.BAPProfessionalNetwork.org)

# Break-Out Groups of 3 or Program-Specific Grouping: Suggestions

- Brief introductions
- Choose “Roles:” (Clinician, Patient/Client, Observers)
  - Real-Play encouraged
  - Clinician follows BAP Checklist/Flow Chart
  - All complete BAP Checklist (including Partnership Scale)/Provide Feedback
  - Re-practice targeted skills as needed aiming towards “proficiency”
  - Switch roles after 15 minutes: Everyone has turn in each role

# Break-Out (30-45 minutes)

# Return to Full Workshop



# Reflections: Break-Out Groups



*Upon completion of this course, you will be eligible for certification of competency.*



BRIEF ACTION PLANNING

CERTIFICATE OF COMPETENCY

Be it known that

\_\_\_\_\_ has demonstrated the ability to use

**Brief Action Planning (BAP)**

w/ Spirit of Motivational Interviewing

Partnership • Autonomy Support • Evocation

\_\_\_\_\_ Date

Evaluator

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Evaluator

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BAP PROFESSIONAL NETWORK  
WWW.BAP-PROFESSIONALNETWORK.ORG



# Certification in BAP Core Competencies

- A. Submit Video/Audio (Zoom or other recording) - 15 minutes  
demonstrating all eight core competencies

We will provide checklist evaluation with commentary:

- “ready” for certification evaluation
  - “not ready” - we will suggest specific practice/coaching
- Cost = \$100

- B. Certification Evaluation - 30 minutes Cost = \$100  
OSCE = observed structured clinical evaluation

To arrange certification: “Contact US”

<https://baprofessionalnetwork.org/contact/>

[www.BAPPN.org](http://www.BAPPN.org)

FOR CE

We Will Provide Form at End of Practicum 4

FOR CME  
Fill Out Brief Evaluation Form for 1.5 Hours

EVALUATION PRACTICUM THREE

# Pre-Work for Practicum Four

*Readings*

*Videos*

*Download Worksheet for “A Taste of BAP-MI”*

# Summary and Conclusion