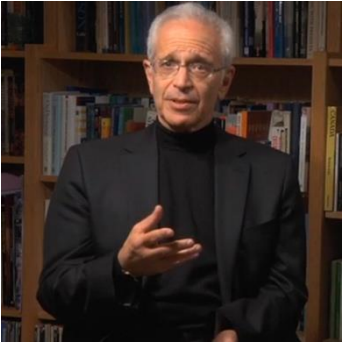


BAP Core Competencies

Practicum Three: Reaching Proficiency in BAP



Practicum Facilitators



Steven Cole, MD, MA

Professor of Psychiatry, Emeritus, Stony Brook SOM and
Clinical Professor of Scientific Education and Psychiatry at Zucker SOM at Hofstra/Northwell

Founder and Director, BAP Professional Network
Member of MINT (Motivational Interviewing Network of Trainers)



Michael Puthoff, PT, PhD

Professor, St. Ambrose University Department of Physical Therapy

Certified in BAP
Co-Chair, Committee on Rehabilitation Services (BAPPN)

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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 - www.CentreCMI.ca

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

T.B. Moyers¹, J.K. Manuel², & D. Ernst³

University of New Mexico

¹Center on Alcoholism, Substance Abuse, and Addictions (CASAA)

²Department of Veterans Affairs

³Denise 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

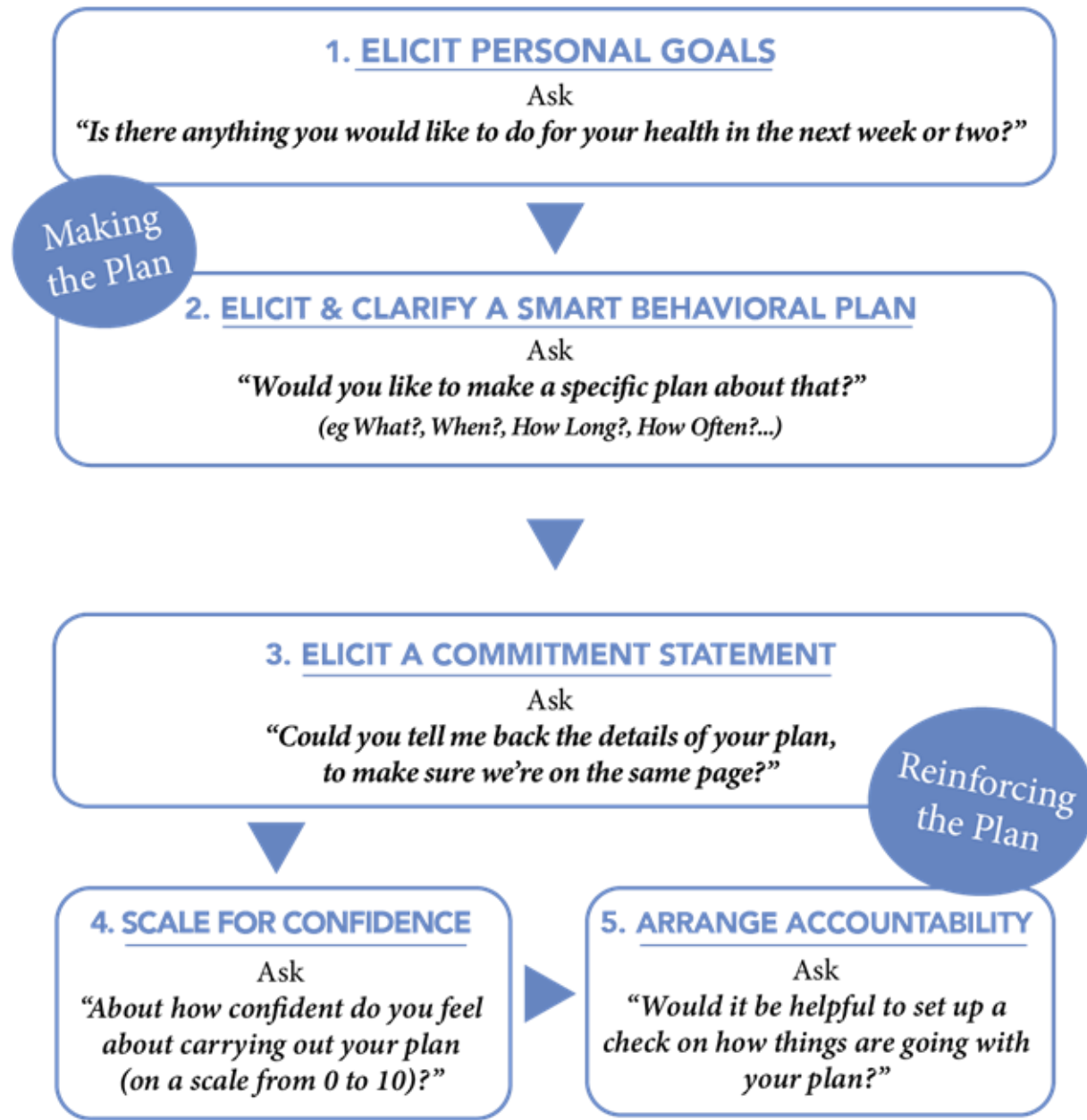
BAP Checklist (6-23-24)

Skill	Example	Y	N	Comments
5 Foundational Skills: Making the Plan & Reinforcing the Plan				
Question 1 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>			
Question 2 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>			
Question 3 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>			
Question 4 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>			
Question 5 Arrange Accountability (Ask)	<i>Would it be helpful to set up a check on how things are going with your plan?</i>			
3 Stepped-Care Skills				
Behavioral Menu				
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.			
Problem-Solve for Confidence <7				
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>			
With revised plan, re-check confidence	<i>What would you say now about your level of confidence?</i>			
Follow-Up				
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>			
MI Spirit (for BAP)	MITI Partnership Scale (1-5)			

Download

BAP Flow Chart (2024-R)

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

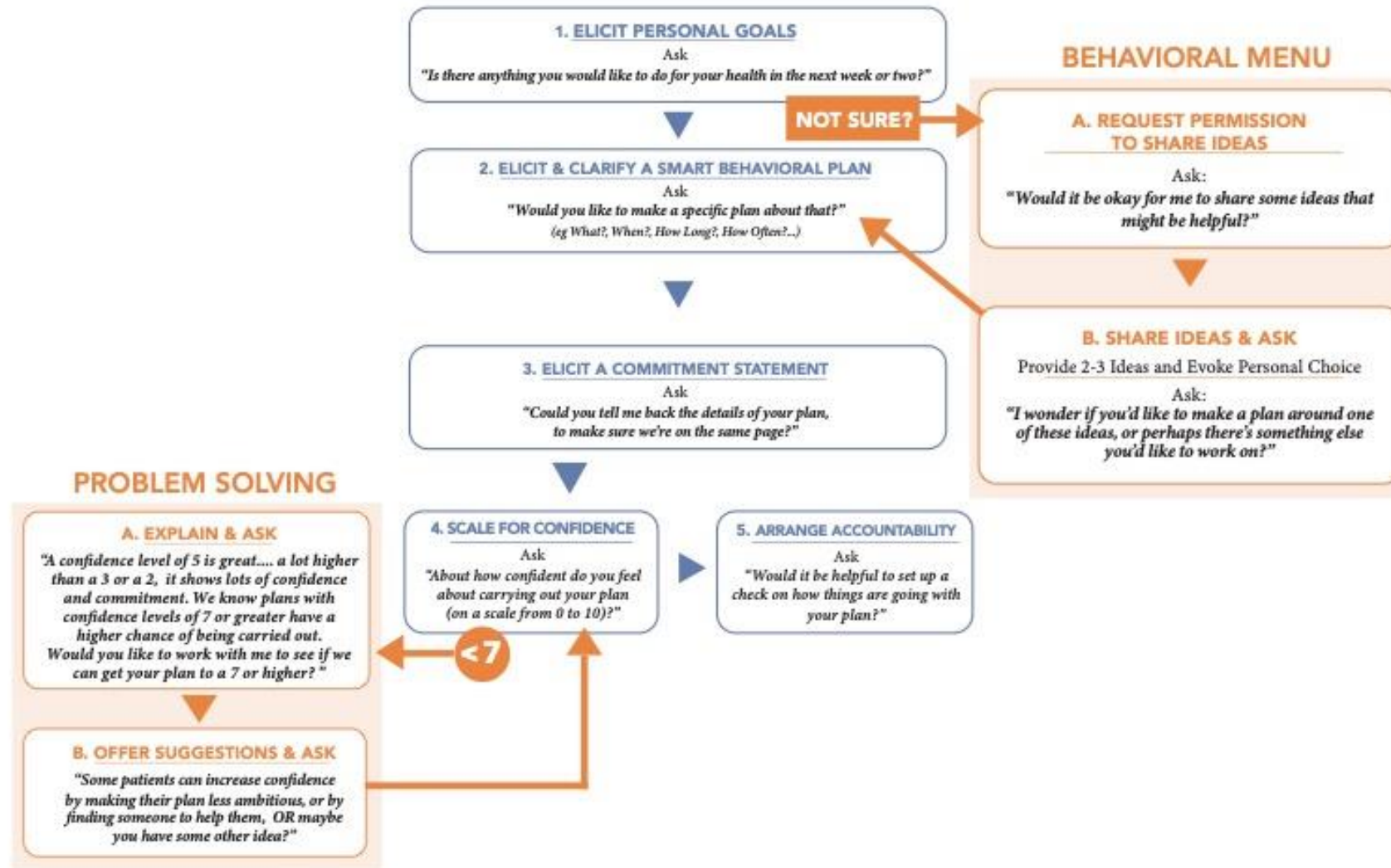


* Revised from Cole, Gutnick, Davis, & Reims: “Brief Action Planning Flow Chart,” 2016

BAP Flow Chart (2024-R)*

Stepped Care Skills

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

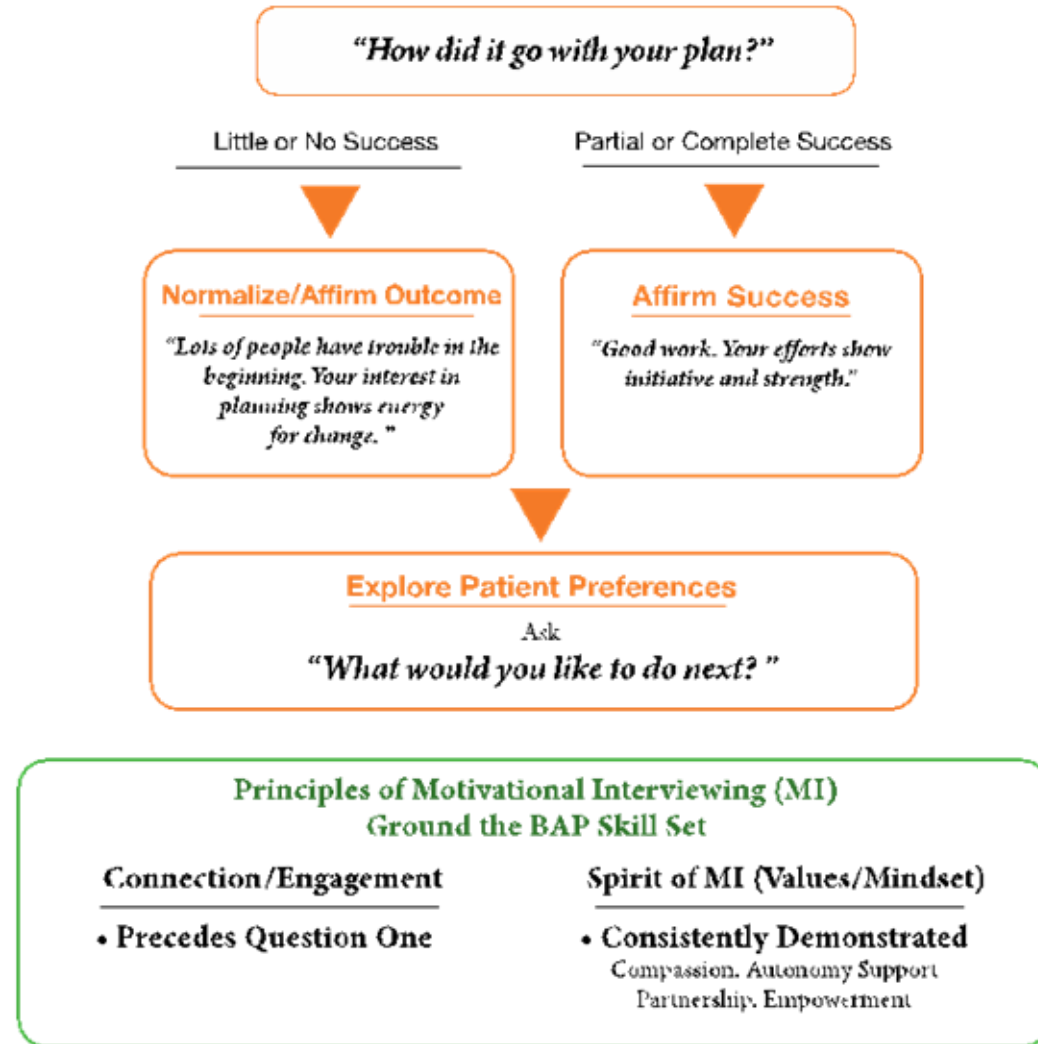


* Revised from Cole S, Gutnick D, Davis C, and Reims K: "Brief Action Planning Flow Chart," 2016
www.BAPProfessionalNetwork.org

BAP Flow Chart (2024-R)*

Follow Up

Cole S, Indarto N, Burns-Vassallo D, Miles C, Connell G



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

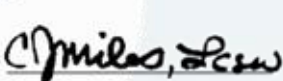
has demonstrated the ability to use

Brief Action Planning (BAP)

w/ Spirit of Motivational Interviewing

Partnership • Autonomy Support • Evocation

Date



EvaluatorEvaluatorEvaluator

Steven A. Cole, MDDeirdra Frum-Vassallo, PsyDChris Miles, LCSW

BAP PROFESSIONAL NETWORK
WWW.BAP-PROFESSIONALNETWORK.ORG

Pre-Work for Practicum Four

Readings

Videos

Download Worksheet for “A Taste of BAP-MI”

Summary and Conclusion

Email Us

questions/comments/feedback

SCole@bapprofessionalnetwork.org
PuthoffMichaelL@sau.edu