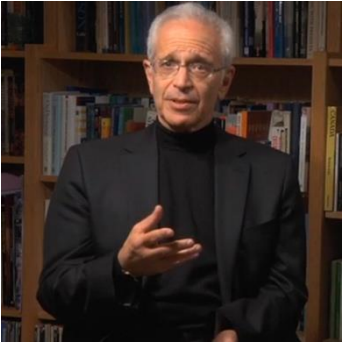


BAP Core Competencies

Practicum Four: Introduction to BAP-MI Motivational Interviewing for Efficiency in Healthcare



Practicum Facilitators



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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.

Acknowledgements

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- Joseph Weiner

Summer Course: BAP Core Competencies

Online Self-Directed Program + 4 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

1. You will feel enthusiastic about learning more about BAP-MI; and
2. Participate in the BAP-MI Course (advanced skills) online with practicums.

Agenda: Practicum Four

- | | |
|---|--------|
| 1. Introduction & Overview | 05 min |
| 2. Discussion: BAP-MI (Readings & Videos) | 10 min |
| 3. Introduction and Overview of BAP-MI | 30 min |
| 4. A “Taste” of BAP-MI: Exercise | 30 min |
| 5. Applications, Summary, Conclusion | 15 min |

Readings and Videos on BAP-MI



Comments? Questions?

**For Your Patients/Clients
with Persistent Unhealthy Behaviors**

Who are Not Ready for Change with BAP alone

Consider BAP-MI

**Let's Watch (or Review)
Two Short Videos:**

Pausing for Observations/Comments



Module 2:
Responding to Emotions
Mr. Vanguard

Watch For:

1. Reflections

A. Cognitive – clinician repeats back what a patient has said (or what the clinician thinks may be a deeper meaning)

B. Emotional - clinician repeats back what a patient has said they feel (or what the clinician thinks may be a deeper feeling....(*“expressing empathy”*)

Watch For:

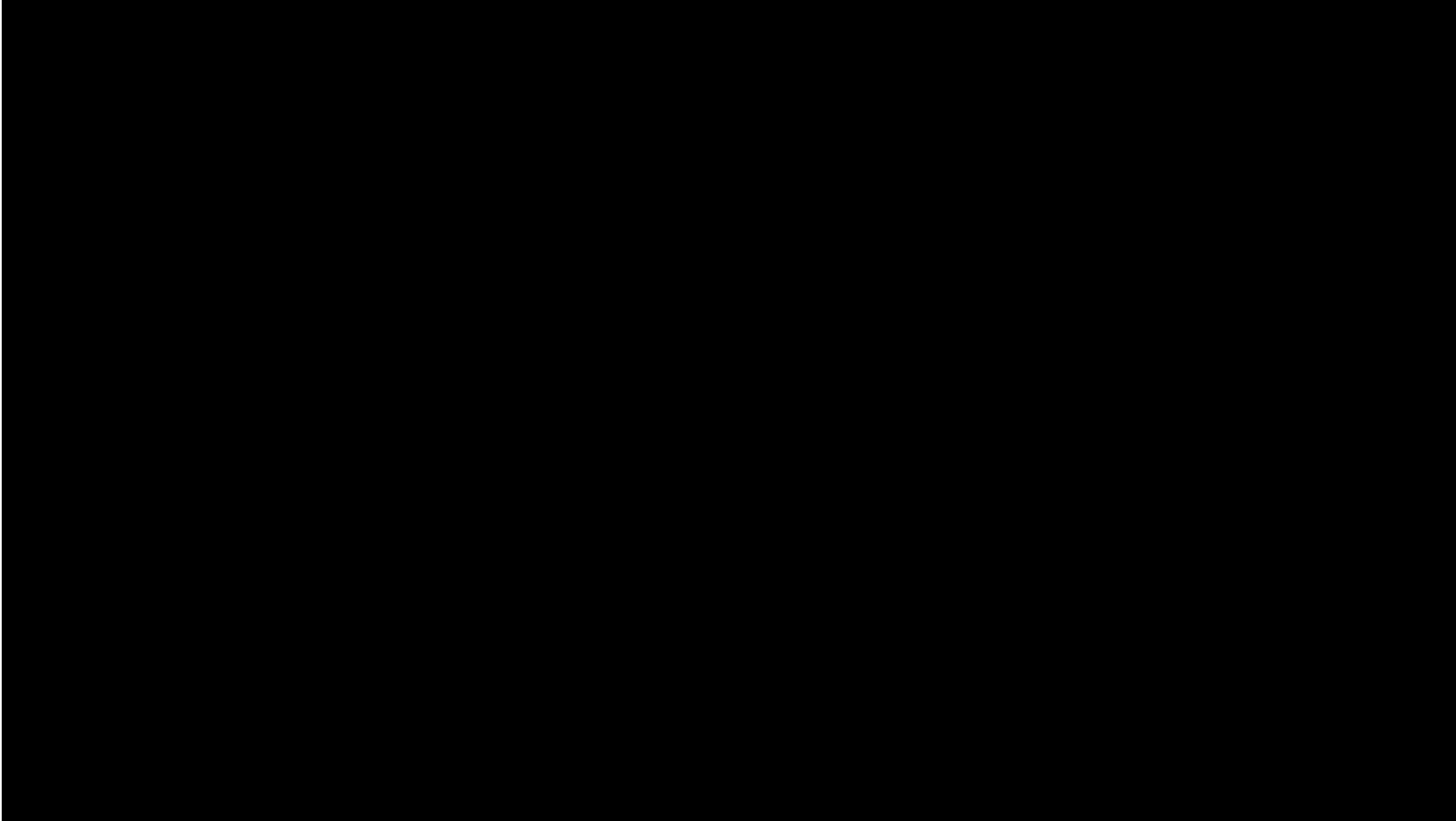
2. Transition to BAP

(Context-Specific Version of Question One)

A. When?

B. How?

Mr. Vanguard



<https://www.youtube.com/watch?v=Oplrhu53Ga4&t=10s>

BAP-MI



What? When? Why?

Ambivalence

**Common and "Normal"
In Context of Persistent Unhealthy Behaviors**



BAP-MI: Linguistic Dynamics of Ambivalence

Sustain Talk

Sustain talk is the person's arguments against change.



Change Talk

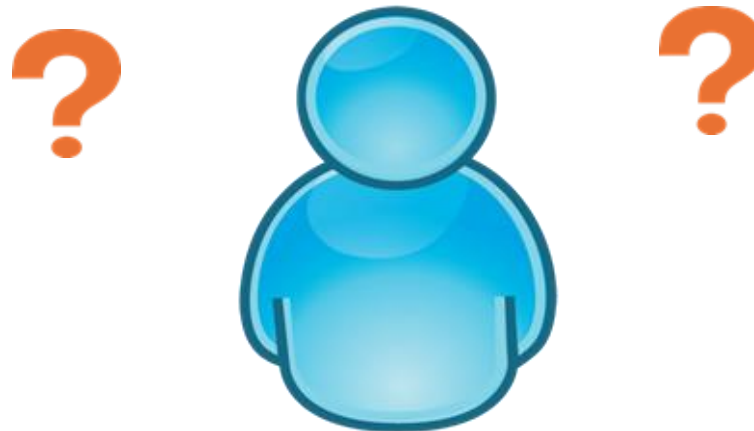
Change talk is the person's arguments for change

BAP-MI: Linguistic Dynamics of Ambivalence

Sustain Talk



Change Talk



BAP-MI: Linguistic Dynamics of Ambivalence



BAP-MI: Linguistic Dynamics of Ambivalence

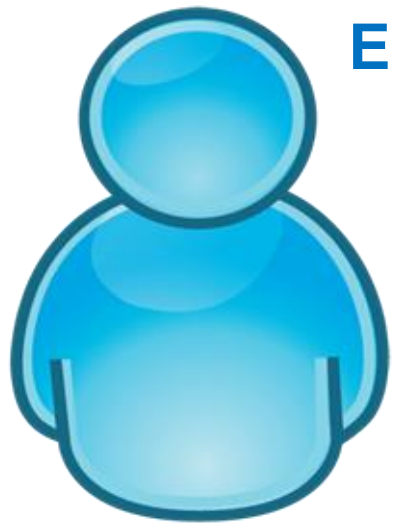
Sustain Talk



Change Talk



BAP-MI: Linguistic Dynamics of Ambivalence



Empathic & Strategic Reflections
Strategic Affirmations
Strategic Autonomy Support



Change Talk



Probe: BAP Q1

BAP



Change



BAP-MI



What?

- *Empathic reflections*
- *Affirmation*
- *Autonomy Support*
- *BAP*

Why?

- *Emotional Distress*
- *Discord*

When? (was BAP introduced)

- When "sufficient" change talk emerged

Let's Watch Another Short Video:

Pausing for Observations/Comments

Mr. Stabler



Watch For:

1. Reflections

A. Cognitive – clinician repeats back what a patient has said (or what the clinician thinks may be a deeper meaning)

B. Emotional - clinician repeats back what a patient has said they feel (or what the clinician thinks may be a deeper feeling(*"expressing empathy"*)

Watch For:

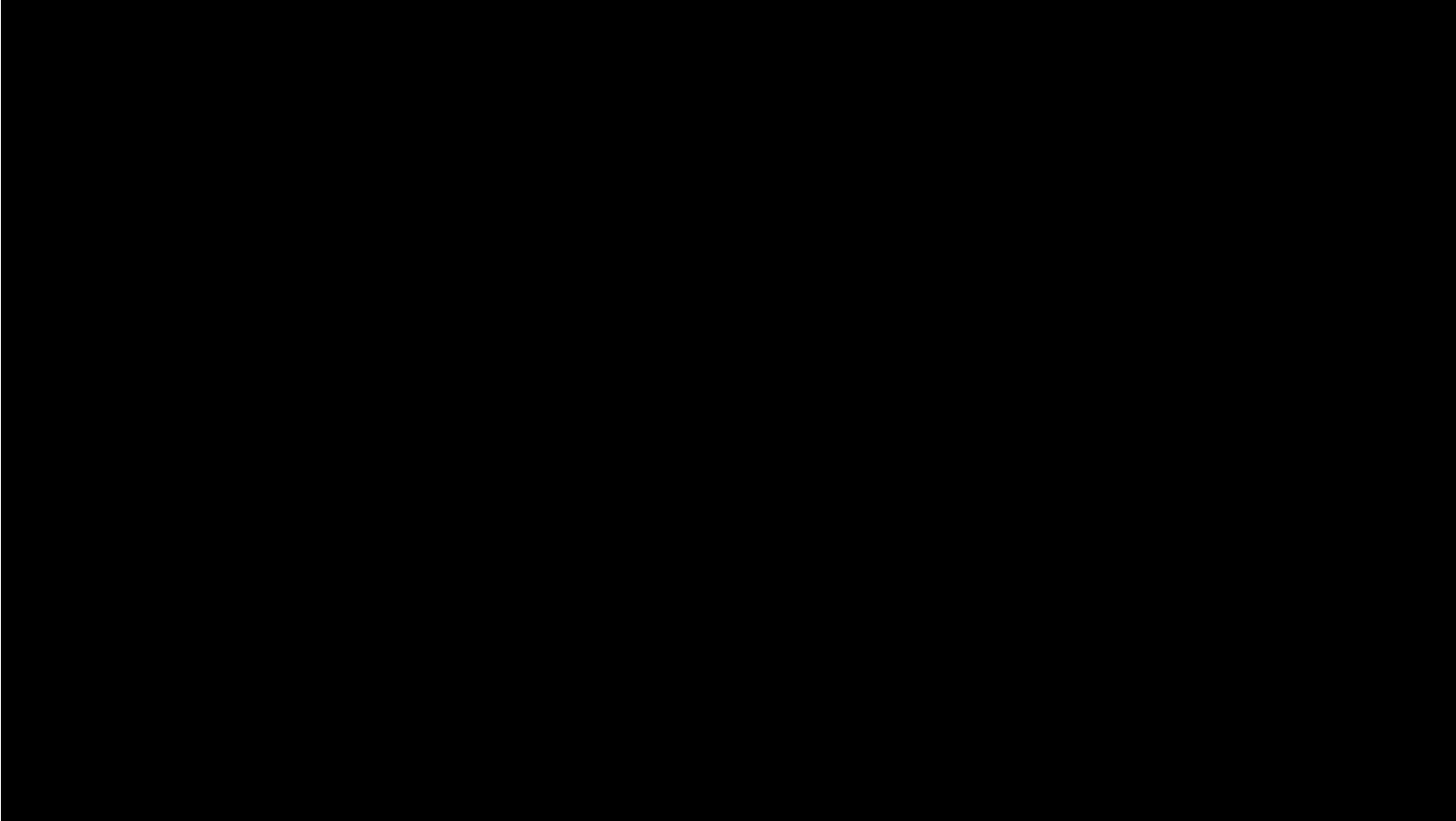
2. Transition to BAP

(Context-Specific Version of Question One)

A. When?

B. How?

Mr. Stabler



<https://www.youtube.com/watch?v=an08oPVGcUw>

BAP-MI



What?

Why?

When?

BAP-MI: Linguistic Dynamics of Ambivalence



Strategic Empathic Reflections

Strategic Affirmations

Strategic Autonomy Support

Strategic Cultivating Change Talk



Change Talk



Probe: BAP Q1



BAP



Change

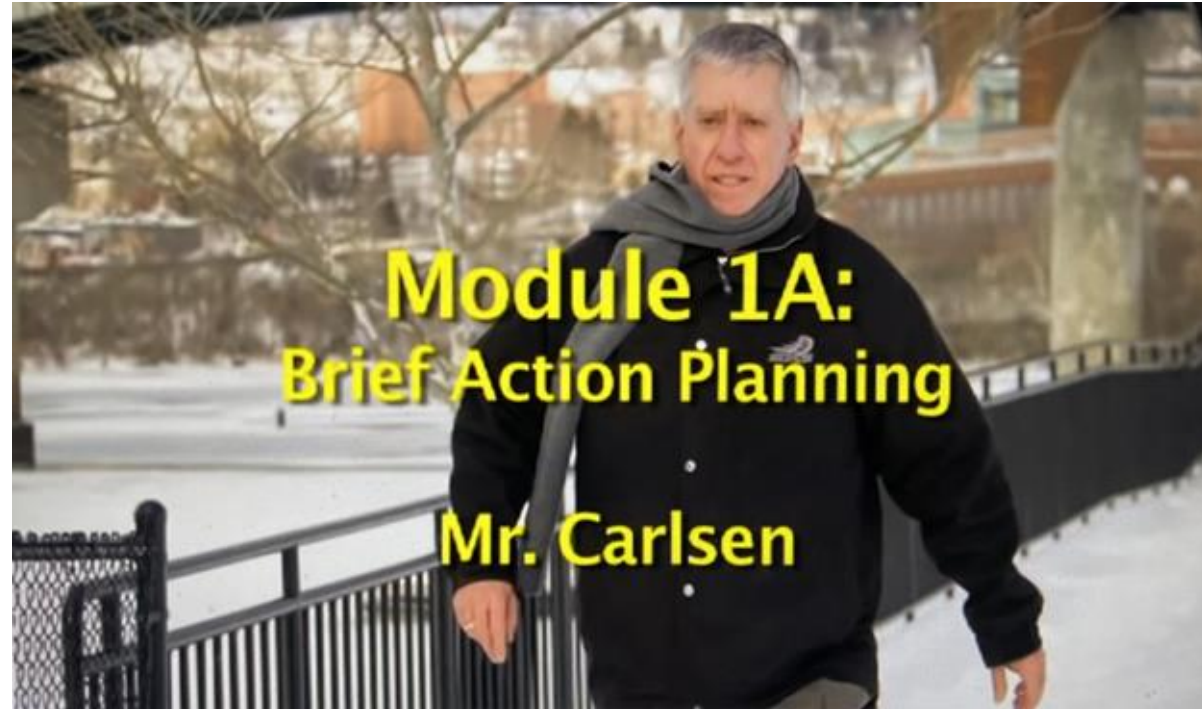
What is the relationship of BAP to MI?

Consider Two Metaphors/Symbols:

BAP $\approx$ Bookends

MI $\approx$ Books

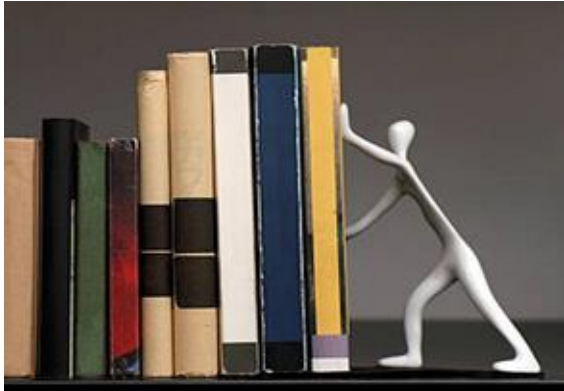
BAP as a Roadmap into and through Planning



BAP as a Roadmap into and through Planning



BAP as a Roadmap into and through Planning



BAP-MI: Summary

3 Ways that BAP “Bookends” Behavior Change Conversations....+/- MI

For patients
ready or “nearly
ready” for action
planning...

BAP is often sufficient.



Ambivalence I
For patients with
emotional
distress ...

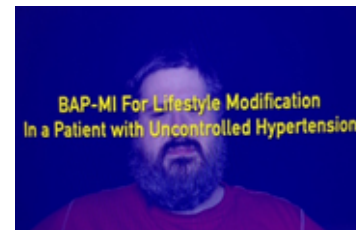
Question 1 of BAP (“A”) may uncover a need for empathy (“relational” skills) which may themselves generate sufficient “change talk” to return to BAP (“Z”).



Ambivalence I & II
For patients with
distress &
ambivalence i...

Clinicians begin with MI, using relational & technical skills (CCT, SST); then use BAP as a roadmap into and through Planning.

Mr. Stabler



Mr. Dowd

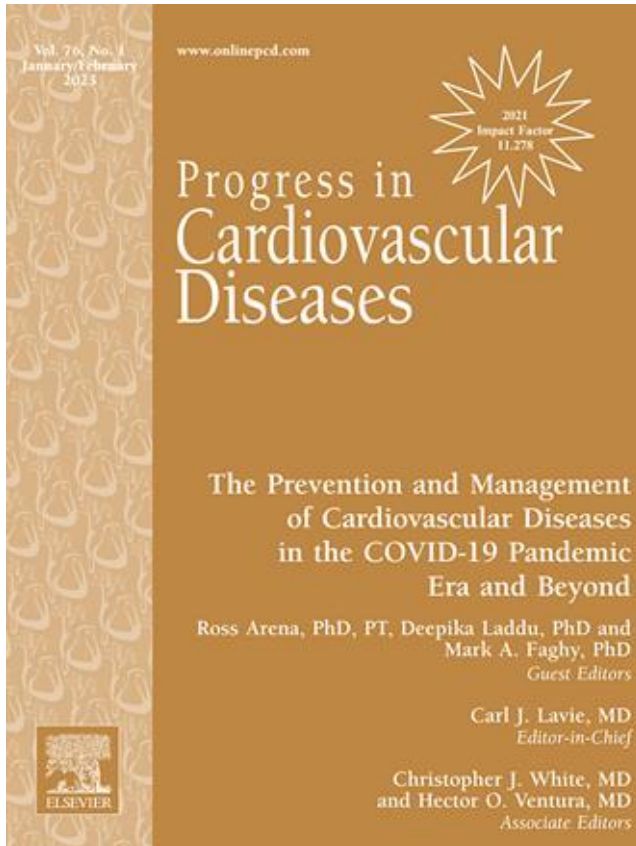


II. What is BAP-MI?

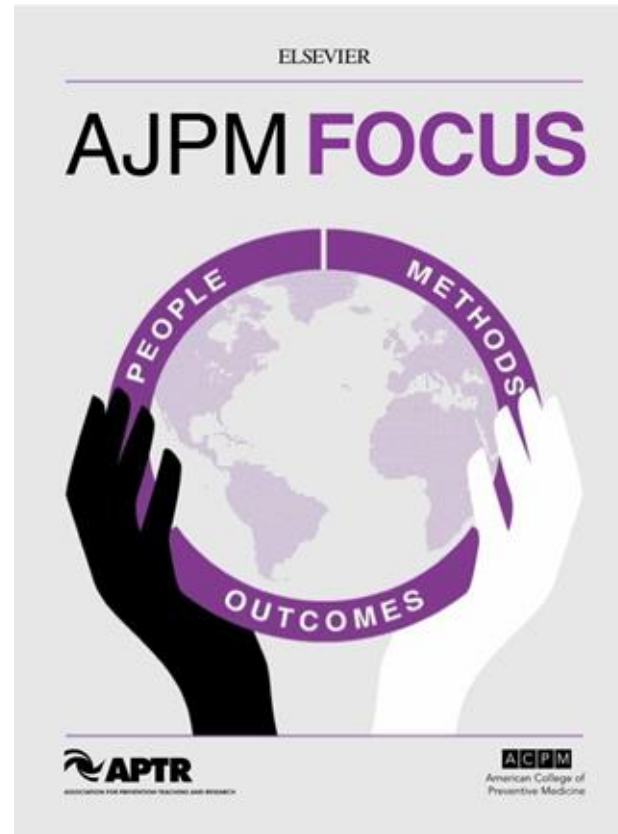
BAP-MI is a stepped-care integration of evidence-informed skills from Brief Action Planning (BAP) and Motivational Interviewing (MI) to support patient self-management and facilitate health behavior change.

BAP-MI is particularly relevant for patients who do not make action plans with BAP alone, who typically have persistent unhealthy behaviors and ambivalence about change.

In the practice of BAP-MI (and/or MI), the 8 core competencies of BAP function as an evidence-based roadmap into and through Planning.



Using motivational interviewing and brief action planning for adopting and maintaining positive health behaviors, March-April 2023.



BAP- MI: A Novel Stepped-Care Integration of Brief Action Planning and Motivational Interviewing to Optimize Outcomes, September 2023

“BAP and MI are two evidence-based approaches which can be used separately or together to support patient self-management and health behavior change.”

Download Handout:
A “Taste” of BAP-MI

A “Taste” of BAP-MI

6/30/24

A “Taste” of BAP-MI

- Write short statement of something that is important to you, that you are considering changing (but which you have not already started)
 - Lifestyle
 - Interpersonal
 - Personal (e.g., well-being)
- This will be the content for real-play exercise

1

Is there some change in your life that you've been thinking about, that is important to you, but you have not (yet) begun making that change?

Use 1-2 reflection(s) to clarify meaning or feelings

2

Why is this change important to you?

Use 1-2 reflections to clarify meaning/feelings

How will your life be better if you make this change?

Use 1-2 reflections to clarify meaning/feelings

How might you go about it, in order to succeed?

Use 1-2 reflections to clarify meaning/feelings

3

Would you like to go ahead and make a plan ... ?



4

A “Taste” of BAP-MI

- Write short statement of something that is important to you, that you are considering changing (but which you have not already started)
 - Lifestyle
 - Interpersonal
 - Personal (e.g. well-being)
- This will be the content for real-play exercise (something you can share in break-out)

“TASTE OF BAP-MI”

(Break-Out Groups of 2 or Program-Specific Grouping)

- Brief introductions
- Real-Play (“clinician,” “patient/client”)
 - Clinician asks 4 questions, followed with 1-2 reflection (s) (“attentive listening”)
 - Then, probe readiness with Question One of BAP (context-specific) & continue with BAP if appropriate
 - De-brief
 - Switch roles as time allows and/or work collaboratively in one exercise

1. Is there some change in your life that you've been thinking about, that is important to you, that you'd like to do, but you haven't begun making that change?

Use 1-2 reflection(s) to clarify meaning or feelings

2. Why is this change important to you?

Use 1-2 reflections to clarify meaning/feelings

3. How will your life be better if you make this change?

Use 1-2 reflections to clarify meaning/feelings

4. How might you go about it, in order to succeed?

Use 1-2 reflections to clarify meaning/feelings

Would you like to go ahead and make a plan about?



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

Break-Out (20 minutes)

Return to Full Workshop



Observations? Questions?

Learning BAP-MI: Advanced Skills



Self-Directed Online 8 hours \$200
(enduring)

w/Zoom Practicums 6 hours \$100

Jan/Feb 2027



In process



FOR CE Certificate for Attendance at all 4 Practicums

Use this Link

<https://www.micenterforchange.com/Brief-Action-Planning-6-hrs-certificate>

Summary and Conclusion

Email Us

questions/comments/feedback

SCole@bapprofessionalnetwork.org
PuthoffMichaelL@sau.edu

Thank you!