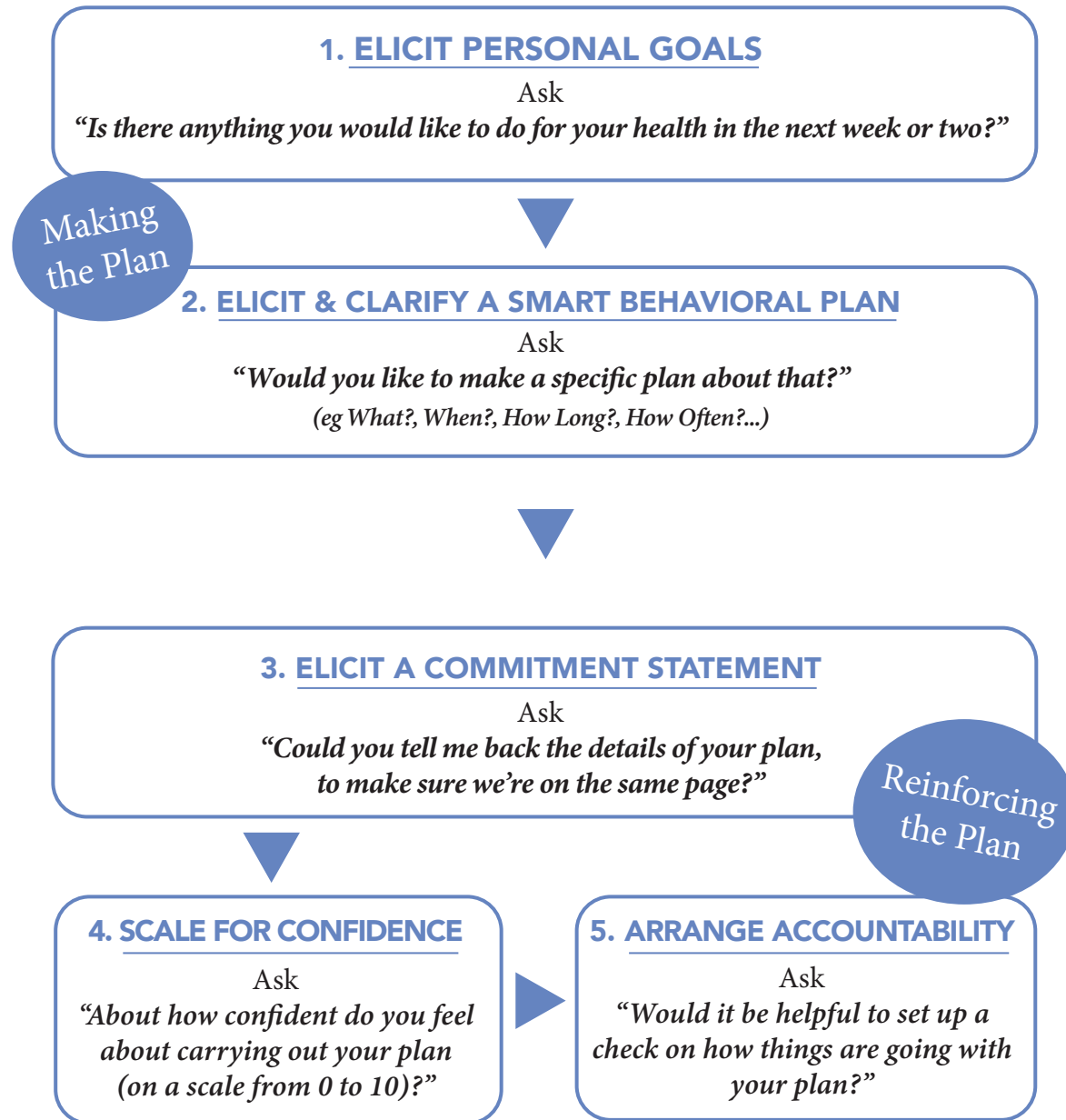


BAP Flow Chart (2024-R)*

The Five Foundational Skills

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



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

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BAP Flow Chart (2024-R)*

Stepped Care Skills

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

1. ELICIT PERSONAL GOALS
Ask
"Is there anything you would like to do for your health in the next week or two?"

NOT SURE?

2. ELICIT & CLARIFY A SMART BEHAVIORAL PLAN
Ask
"Would you like to make a specific plan about that?"
(eg What?, When?, How Long?, How Often?...)

3. ELICIT A COMMITMENT STATEMENT
Ask
"Could you tell me back the details of your plan, to make sure we're on the same page?"

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?"

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?"

4. SCALE FOR CONFIDENCE
Ask
"About how confident do you feel about carrying out your plan (on a scale from 0 to 10)?"

<7

5. ARRANGE ACCOUNTABILITY
Ask
"Would it be helpful to set up a check on how things are going with your plan?"

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

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Follow Up

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“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