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# Summer Course Syllabus

## July-August 2024

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### **Brief Action Planning (BAP)** **Core Competencies (Online) + Practicum (ZOOM)**

#### **Course Summary**

Brief Action Planning (BAP) is a pragmatic, evidence-informed, and versatile Motivational Interviewing-consistent tool designed to support patient self-management and facilitate health behavior change.

This course is designed as an introduction as well as a way for experienced healthcare professionals to further develop cutting edge techniques for lifestyle and behavioral change. The course includes both synchronous and asynchronous learning through online courses and faculty-led ZOOM teleconferences for discussion and small-group practice of skills.

**At the conclusion of this course, participants will be able to:**

- Describe and apply eight core competencies of BAP in clinical practice;
- Reach criterion levels of proficiency in BAP for certification; and
- Describe how BAP and MI can be used separately or together in “BAP-MI” for efficiency.

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#### **Directors & Faculty**

This course has been developed by four members of MINT (Motivational Interviewing Network of Trainers) and supported by 14 additional university medical center faculty.

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#### **14 Hours CE Credits**

MI Center for Change is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. MI Center for Change maintains responsibility for this program and its content. The self-directed online course, *BAP: Core Competencies*, has been approved for 8 hours of CE and the four live zoom practicums for six hours of CE. CE certificates from APA are accepted for CE by many other professional boards.

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#### **Registration & Details**

To register, find course details, and apply for group discounts, please visit:

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

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### Course Directors & Faculty

#### COURSE DIRECTOR:

**Steven Cole, MD, MA**

Stony Brook & Hofstra/Northwell SOM; BAP Professional Network & MINT

#### ASSOCIATE DIRECTORS:

**Hillary Bolter, LCSW, LCAS** • MI Center for Change & MINT

**Deirdra Frum-Vassallo, PsyD, ABPP** • BAP Professional Network & MINT

**Roy Stein, MD** • UNC School of Medicine & MINT

#### FACULTY:

**Benjamin Blatt, MD** • George Washington University School of Medicine

**William Carroll, MD** • UCLA School of Medicine

**Robert Cotes, MD** • Emory University School of Medicine

**Kathryn Hartlieb, PhD, RDN** • Parker University, Florida International University HWCUM, & MINT

**Yuri Jadotte, MD, PhD, MPH** • Stony Brook University School of Medicine

**Igor Koutsenok, MD** • UCSD School of Medicine & MINT

**Timothy R. Kreider, MD, PhD** • Zucker SOM at Hofstra/Northwell

**Heidi M. MacAlpine, OTD, MEd, OTR/L, CTP** • BAP Professional Network

**Christine Miles, LCSW** • MI Center for Change & MINT

**Cathy Nicastrì, MD** • Stony Brook University School of Medicine

**Justin Palanci, MD** • Emory University School of Medicine

**Camila Romero, MD** • UCSD. School of Medicine

**Deepa Sannidhi, MD** • UCSD School of Medicine & MINT

**Mariana Wingood, PT, DPT, PhD, MPH** • Wake Forest University School of Medicine

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### Summer Course At-a-Glance

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

### Quick Links

#### Online Course (CE)

<https://baprofessionalnetwork.org/online-courses/bap-core-competencies-ce/>

#### Summer Course Resources

[baprofessionalnetwork.org/resources/summer-course-resources](https://baprofessionalnetwork.org/resources/summer-course-resources)

# Brief Action Planning (BAP)

## Summer Course Syllabus

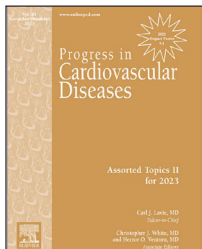
### Required Readings: BAP (Practicum Two)



Gutnick D, Reims K, Davis C, Gainforth H, Jay M, Cole S. *Brief Action Planning to facilitate behavior change and support for self-management.* JCOM 2014;1:17-29

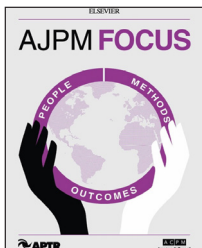
[VIEW PDF »](#)

### Required Readings: BAP, MI & BAP-MI (Session Four)



Cole S, Sannidhi D, Jadotte Y, Rozanski A: *Using Motivational Interviewing and Brief Action Planning for Adopting and Maintaining Positive Health Behaviors.* In Progress in Cardiovascular Diseases. Feb, 2023.

[VIEW PDF »](#)



Cole S, Jadotte Y: *BAP-MI: A Novel, Stepped-Care Integration of Brief Action Planning (BAP) and Motivational Interviewing (MI) to Optimize Outcomes.* In AJPM Focus. Nov, 2023

[VIEW PDF »](#)

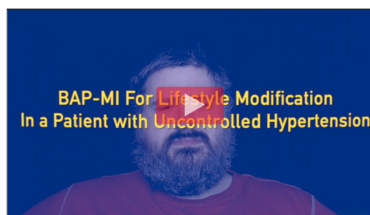
### Required BAP-MI Videos: Session Four



**Mr. Vanguard**

BAP & MI Relational Skills  
to Respond to Distress/Discord

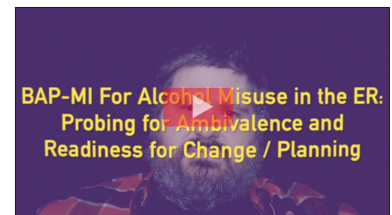
[VIEW VIDEO »](#)



**Mr. Stabler**

BAP-MI for Lifestyle Modification  
in a Patient with Uncontrolled Hypertension

[VIEW VIDEO »](#)



**Mr. Dowd**

BAP-MI for Alcohol Misuse:  
Probing for Ambivalence & Readiness  
for Change/Planning

[VIEW VIDEO »](#)

# Brief Action Planning (BAP)

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### Practicum One: Five Foundational Skills of BAP

Thursday July 11, 10:30AM- 12:00PM EST; or Friday July 12 4:00-5:30PM EST

#### Pre-Work for Practicum One

- **Complete Module One and Module Two**
  - Course Introduction, Overview and Five Foundational Skills
  - Quiz 1: Five Foundation Skills
  - Field Exercise One, Part A: Create your own BAP (“Real Play”)
  - Field Exercise One, Part B: Follow-Up your own BAP

#### Objectives:

After Practicum One, participants will be able to:

1. Describe the five foundational skills of Brief Action Planning (BAP); and
2. Apply the five foundational skills of BAP in clinical practice.

We will begin Session One with brief introductions and an overview of the objectives and our hopes for the course. After inviting open reflections on Modules One and Two of the online course and the two parts of Field Exercise One, we will demonstrate and discuss the Five Foundational Skills of BAP.

After a reflective exercise to deepen understanding of the Spirit of Motivational Interviewing (MI) and its relevance to the practice of BAP, participants will have the opportunity, in small group break-outs with peer-to-peer feedback, to practice the Five Foundational Skills in “real play.”

Pre-work for Practicum Two will be explained.

# Brief Action Planning (BAP)

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### Practicum Two: Eight Core Competencies of BAP

Thursday July 25, 10:30AM- 12:00PM EST; or Friday July 26 4:00-5:30PM EST

#### Pre-Work for Practicum Two

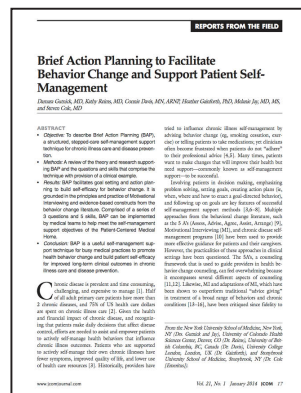
- Read Gutnick et al ([View PDF »](#))
- Complete Module 3
  - Spirit of MI
  - Quiz 2: Spirit of MI
- Complete Module 4
  - Behavioral Menu
  - Problem-Solving
  - Follow-up
  - Quiz 3: The 8 Skills of BAP
- Schedule 30-minute ZOOM meeting to practice and experience “Follow-Up” with your partners from Zoom Practicum One.

#### Objectives:

After Practicum Two, participants will be able to:

1. Describe the three stepped-care skills of BAP; and
2. Apply the three stepped-care skills of BAP in clinical practice.

Practicum Two will include reflections on Modules Three and Four, and experiences with Field Exercise Two. We will demonstrate and discuss the three stepped-care skills of BAP, with the Spirit of MI. Participants will practice the three stepped-care skills of BAP in small group breakouts with peer-to-peer feedback. We will explain pre-work for Practicum Three.



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### Practicum Three: Reaching Proficiency in BAP

Thursday August 8, 10:30AM-12:00PM EST; or Friday August 9, 4:00-5:30PM EST

#### Pre-Work for Practicum Three

- **Complete Module 5**
  - Exercise 3 (Part A): “Professional Practice” - Practice BAP with a patient/client
    - Or with friend/colleague/relative if patient/client not available or appropriate
    - Record observations
  - Exercise 3 (Part B): “Follow Up” of BAP and record results

#### Objectives:

After Practicum Three, participants will be able to:

1. Describe how to use the BAP Checklist to assess criterion-level proficiency of BAP; and
2. Apply the BAP Checklist to assess criterion-level proficiency of BAP

We will begin Practicum Three with reflections on the two parts of Field Exercise Three. We will introduce, demonstrate, and practice use of the “Partnership Scale” of the MITI (Motivational Interviewing Treatment Integrity) as a measure of “MI Spirit” for BAP. We will then explain and demonstrate how to use the “BAP Checklist” to evaluate criterion-level proficiency.

Participants will practice rating themselves and others with the BAP Checklist to fine tune their BAP core competencies. At the conclusion of this session, we expect learners to reach criterion levels of proficiency in BAP for certification (optional).

We will then explain pre-work for Practicum Four.

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

Thursday August 22, 10:30AM-12:00PM EST; or Friday August 23, 4:00-5:30PM EST

#### Pre-Work for Practicum Four

- **Read two peer-reviewed publications**
  - Cole et al: Using Motivational Interviewing and Brief Action Planning for Adopting and Maintaining Positive Health Behaviors. In Progress in Cardiovascular Diseases. Feb, 2023.
  - Cole et al: A Novel, Stepped-Care Integration of Brief Action Planning (BAP) and Motivational Interviewing (MI) to Optimize Outcomes. In AJPM Focus. Nov, 2023.
- **Watch three short BAP-MI videos (also on YouTube) and take notes for discussion**
  - [Mr. Vanguard](#) • [Mr. Stabler](#) • [Mr. Dowd](#)  
(<https://bapprofessionalnetwork.org/resources/bap-mi/videos/>)
- **Complete Online Course**
  - Module 6: Evaluations
    - Ultimate Question
    - Specific Course Evaluation Questions
  - Final Exam

#### Objectives:

After Practicum Four, participants will be able to:

1. Describe how “BAP-MI” integrates evidence-based skills from BAP and MI either separately or together for patients with ambivalence about changing persistent unhealthy behaviors; and
2. Begin to apply selective skills of BAP-MI in clinical practice.

We will begin Practicum Four by inviting open discussion about BAP, with particular attention to participants’ responses and questions related to the papers and videos on BAP-MI. In plenary, we will present an overview of BAP-MI, a stepped-care advanced skills approach designed for efficiency in healthcare and useful for patients with ambivalence about persistent unhealthy behaviors. About half of Zoom Session Four will be devoted to small break out group practice of “A Taste of BAP-MI.” We will de-brief small group practice in plenary.

In the concluding part of Practicum Four, we will discuss opportunities for interested participants to consolidate and certify their BAP skills, learn more about BAP-MI, and provide feedback about their experiences in this course.