

# Summer Course Objectives

## Online Self-Directed Course (8 CME Credits)

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After completing the online self-directed course, participants will be able to:

- define Brief Action Planning (BAP);
- name the 8 core competencies of BAP;
- describe the four elements of the Spirit of MI and explain their importance for BAP;
- describe each of the 5 elements of SMART planning;
- explain when and how clinicians should add a Behavioral Menu to BAP;
- discuss when and how clinicians should add Problem-Solving to BAP;
- describe the three important elements in BAP follow-up; and
- apply BAP in clinical practice.

# Summer Course Objectives

## ZOOM Practicum Objectives (6 CME Credits)

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### Practicum Session One: Five Foundational Skills of BAP

#### Objectives:

After Zoom Practicum Session 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.

### Practicum Session Two: Eight Core Competencies of BAP

#### Objectives:

After Zoom Practicum Session 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 Session Three: Reaching Proficiency in BAP

#### Objectives:

After Zoom Practicum Session 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 colleagues' criterion-level proficiency of BAP.

### Practicum Session Four: Introduction to BAP-MI

#### Objectives:

After Zoom Practicum Session Four, participants will be able to:

1. Describe BAP-MI's use of a grammatically-closed generative (GCG) question as the MI "pivotal" question to transition from Evoking to Planning; and
2. Apply a GCG question in clinical practice to transition from Evoking to Planning.