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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 use eight core competencies of BAP in clinical practice;
- Describe how BAP and MI can be used separately or together in “BAP-MI” for efficiency; and
- Qualify for “OSCE” (observed structured clinical evaluation) to achieve Certificate of Competency.

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### Directors & Faculty

This course has been developed by three members of MINT (Motivational Interviewing Network of Trainers) and co-facilitated with 15 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)

# Brief Action Planning (BAP)

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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

#### 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

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

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

# Brief Action Planning (BAP) Summer Course Syllabus

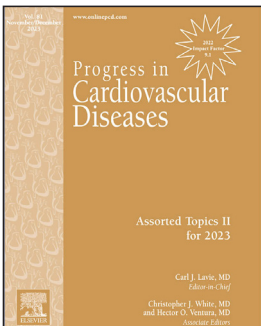
## Required Readings: BAP (Session Two)



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.

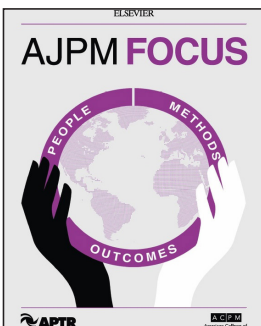
[VIEW PDF »](#)

## 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 »](#)

# Brief Action Planning (BAP)

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### Required BAP-MI Videos: Session Four



#### **Mr. Vanguard**

BAP & MI Relational Skills to Respond to Distress/Discord

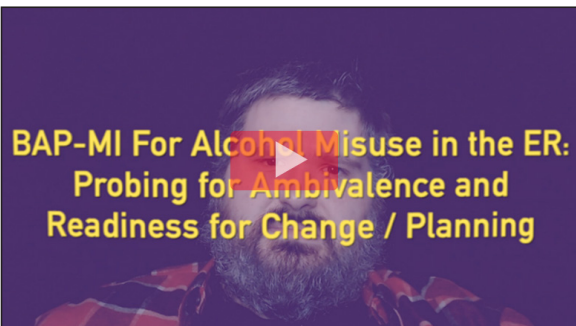
[VIEW VIDEO »](#)



#### **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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### Session 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 Zoom Practicum Session One

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

#### 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.

We will begin Session One with brief introductions and overview of the course and then invite open discussion of BAP, with particular attention to responses and questions about Modules 1 and 2, and the two parts of Field Exercise One. We will then present, demonstrate, and discuss the 5 foundational skills of BAP in plenary.

About half of Session One (as well as all subsequent zoom sessions) will be devoted to practice of skills in small group break-out, with coaching feedback. Small groups will be coordinated for level of healthcare as well as Motivational Interviewing experience. We will de-brief small group practice in plenary.

To provide transition, we will then explain pre-work for Zoom Session Two.

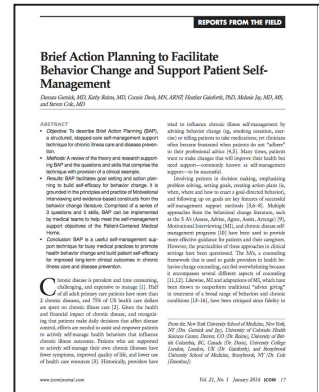
# Brief Action Planning (BAP) Summer Course Syllabus

## Session Two: Eight Core Competencies of BAP

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

### Required Pre-Work for Zoom Session 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



### Recommended Pre-Work for Zoom Session Two

- Complete Field Exercise 2 (Part A): Develop BAP with partner
    - Each partner helps the other make a BAP (real play suggested); and provides feedback/coaching on partner's BAP skills (record observations)
  - Complete Field Exercise 2 (Part B): Practice BAP Follow-Up with partner
    - Each partner practices BAP follow-up skills (real-play suggested) and provides feedback/coaching on partner's BAP follow-up skills (record results)
- Or
- Optional Alternatives for Field Exercise 2 (Part A and/or Part B)
    - Option One: Complete Field Exercise 2 (Part A) during Zoom Session 2 Break-Out and complete Field Exercise 2 (Part B) as additional pre-work for Zoom Session 3
    - Option Two: Complete Field Exercise 2 (Parts A and B) with friend/family member/colleague

### 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.

Zoom Session Two will include open discussion about BAP, questions about Modules 3 and 4, and experiences with Field Exercise 2. We will review all eight core competencies of BAP, emphasizing details of the Spirit of MI and the three stepped-care skills of BAP. About half of Zoom Session Two will be devoted to small group break-out practice of all eight core competencies of BAP, with peer coaching/feedback and re-practice. Some individuals/programs will elect to use these break-out sessions to complete Field Exercise 2 Part A as well as consider exchanging email or phones to arrange practice of BAP with partner as part of pre-work for Zoom Session Three. To provide transition, we will then explain pre-work for Zoom Session Three.

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### Session Three: Reaching Proficiency in BAP

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

#### Required Pre-Work for Zoom Session 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

#### Recommended Pre-Work for Zoom Session Three

- **Complete Exercise 2 (Part B – Practice BAP Follow-up), for those who completed Exercise 2 (Part A) during Zoom Session 2**

#### 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.

We will begin Zoom Session Three by inviting open discussion about BAP, with particular attention to participants’ responses and questions about the two parts of Field Exercise 3. We will introduce participants to the “BAP Checklist” (a useful tool to evaluate one’s use of BAP as well as the foundation for certification of competencies). In plenary BAP role-play or video, we will demonstrate how to use the BAP Checklist for coaching feedback and re-practice. About half of Zoom Session Three will be devoted to small break-out group practice of BAP, using the BAP Checklist for assessment of skills, coaching and re-practice of all 8 core competencies. We will de-brief small group practice in plenary.

To provide transition, we will then explain pre-work for Zoom Session Four.

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### Session 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 Zoom Session 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://baprofessionalnetwork.org/resources/bap-mi/videos/>)
- **Complete Online Course**
  - Module 6: Evaluations
    - Ultimate Question
    - Specific Course Evaluation Questions
  - Final Exam

#### 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.

We will begin Zoom Session 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 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 Zoom Session 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.