
Summer Course Syllabus

July-August 2024

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.

Course Objectives (summarized)

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

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

Directors & Faculty

This course has been developed and is guided by three members of MINT (Motivational Interviewing Network of Trainers) along with faculty affiliated with more than 10 university medical centers.

14 Hours CME or CE Credits

Accredited for CME by the [Office of Continuing Medical Education, Stony Brook](#) & for CE by [MI Center for Change](#) (an American Psychological Association approved sponsor)

Registration & Details

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

www.BAPProfessionalNetwork.org/Summer

Brief Action Planning (BAP)

Summer Course Syllabus

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 HWCOCOM, & 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)

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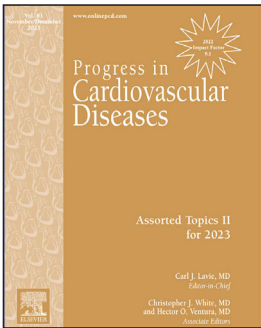
Required Readings: BAP (Session Two)



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.

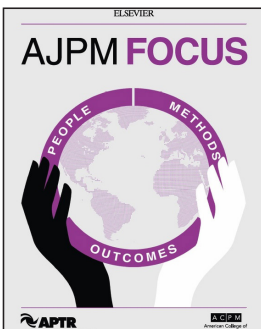
[VIEW PDF »](#)

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 »](#)

Find these and other Summer Course resources by visiting:

www.BAPProfessionalNetwork.org/Summer

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

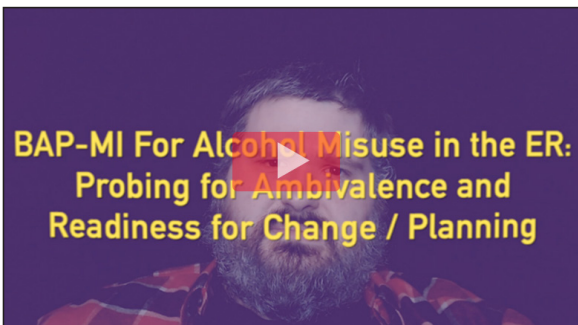
[VIEW VIDEO »](#)



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 »](#)

Find these and other Summer Course resources by visiting:
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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. Understand and use in clinical practice, with the Spirit of Motivational Interviewing, the two foundational BAP skills to elicit goals and make SMART action plans; and
2. Understand and use, with the Spirit of Motivational Interviewing, the three foundational BAP skills to reinforce action plans.

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.

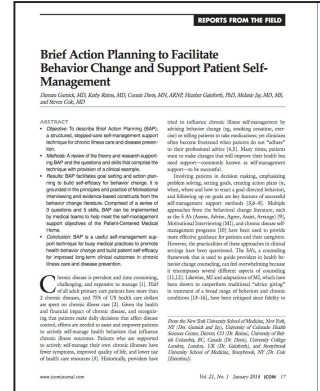
Brief Action Planning (BAP) Summer Course Syllabus

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)
 - Optional Alternatives for Field Exercise 2 (Part A and/or Part B)
 - 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
 - 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. Understand and use in clinical practice, with the Spirit of Motivational Interviewing, the three stepped-care skills of BAP: the behavioral menu, problem-solving for low confidence, and follow-up; and
2. Understand and use GCGs (grammatically closed, generative) questions throughout BAP, as clinically appropriate, with the Spirit of Motivational Interviewing.

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. Understand and use the BAP Checklist to assess criterion-level performance of all eight BAP Core Competencies, consistent with the Spirit of Motivational Interviewing; and
2. Qualify for Certification of Competency Examination in 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 how BAP-MI encourages use of context-specific versions of BAP Question One to probe for readiness to transition from Evocation to Planning; and
2. Discuss how BAP-MI may increase accessibility and efficiency for use of MI in healthcare settings.

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 debrief 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.