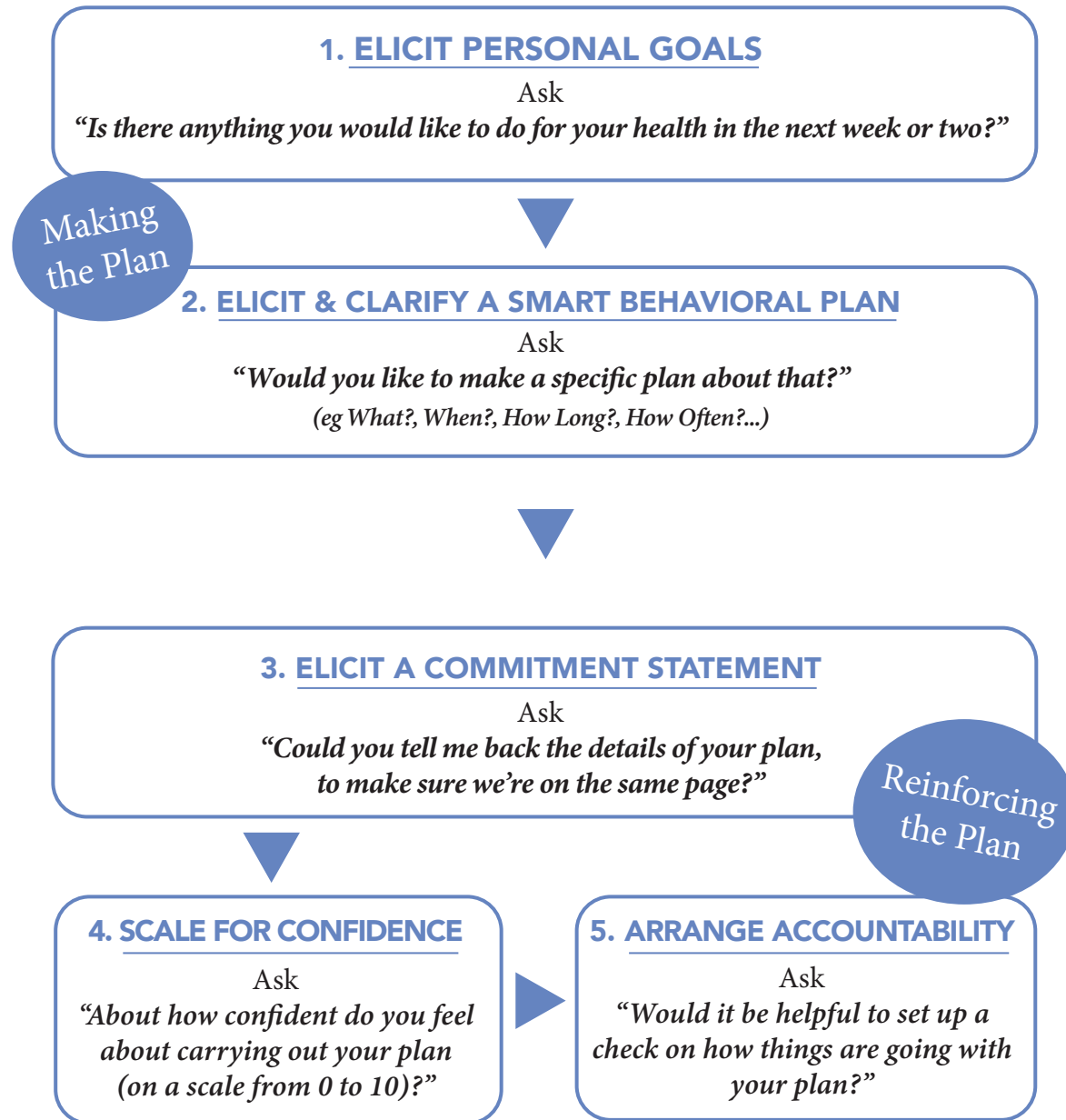


# BAP Flow Chart (2024)\*

## The Five Foundational Skills

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



# BAP Flow Chart (2024)\*

## 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, www.CentreCMI.ca

# BAP Flow Chart (2024)\*

## Follow Up

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*“How did it go with your plan?”*

Partial or Complete Success

Little or No Success

### Affirm Success

*“Good work. Your efforts show lots of initiative and strength.”*

### Normalize Outcome

*“This is common. Lots of people have trouble getting started.”*

### 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, [www.CentreCMI.ca](http://www.CentreCMI.ca)

\*\*Adapted from Miller W, Rollnick S: *Motivational Interviewing: Helping Patients Change and Grow, 4th Edition*, 2023