

BAP Core Competencies

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

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Disclosures

The BAP Professional Network (www.BAPPN.org) is a nonprofit organization, 501c(3), with a mission to advance the development, study, and dissemination of Brief Action Planning (BAP) and its pragmatic integration with Motivational Interviewing (BAP-MI) across healthcare education, practice, and research.

Acknowledgements

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Summer Course: BAP Core Competencies

Online Self-Directed Program + 4 Practicums

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

Objectives

After Practicum Four, you will be able to:

1. Describe how BAP-MI integrates evidence-based skills from BAP and MI that can be used separately or together to facilitate change for patients with ambivalence and persistent unhealthy behaviors;
and
2. Begin to use selected skills of BAP-MI in your own practice.

Our hopes

1. You will feel enthusiastic about learning more about BAP-MI; and
2. Enroll in the BAP-MI Course (advanced skills) online ...with Practicums.

Agenda: Practicum Four

1. Introduction & Overview 05 min
2. Discussion: BAP-MI (Readings & Videos) 05-10 min
3. Introduction and Overview of BAP-MI 20-30 min
4. A “Taste” of BAP-MI: Exercise 20-30 min
5. Applications, Summary, Conclusion 10-15 min

Readings and Videos on BAP-MI



Comments? Questions?

**For Your Patients/Clients
with Persistent Unhealthy Behaviors**

Who are Not Ready for Change with BAP alone

Consider BAP-MI

**Let's Watch (or Review)
Two Short Videos:**

Pausing for Observations/Comments



**Module 2:
Responding to Emotions
Mr. Vanguard**

Watch For:

1. Reflections

A. Cognitive – clinician repeats back what a patient has said
(or what may be deeper meaning)

B. Emotional - clinician repeats back what a patient has said
they feel (or what may be deeper feeling
("expressing empathy"))

Watch For:

2. Transition to BAP

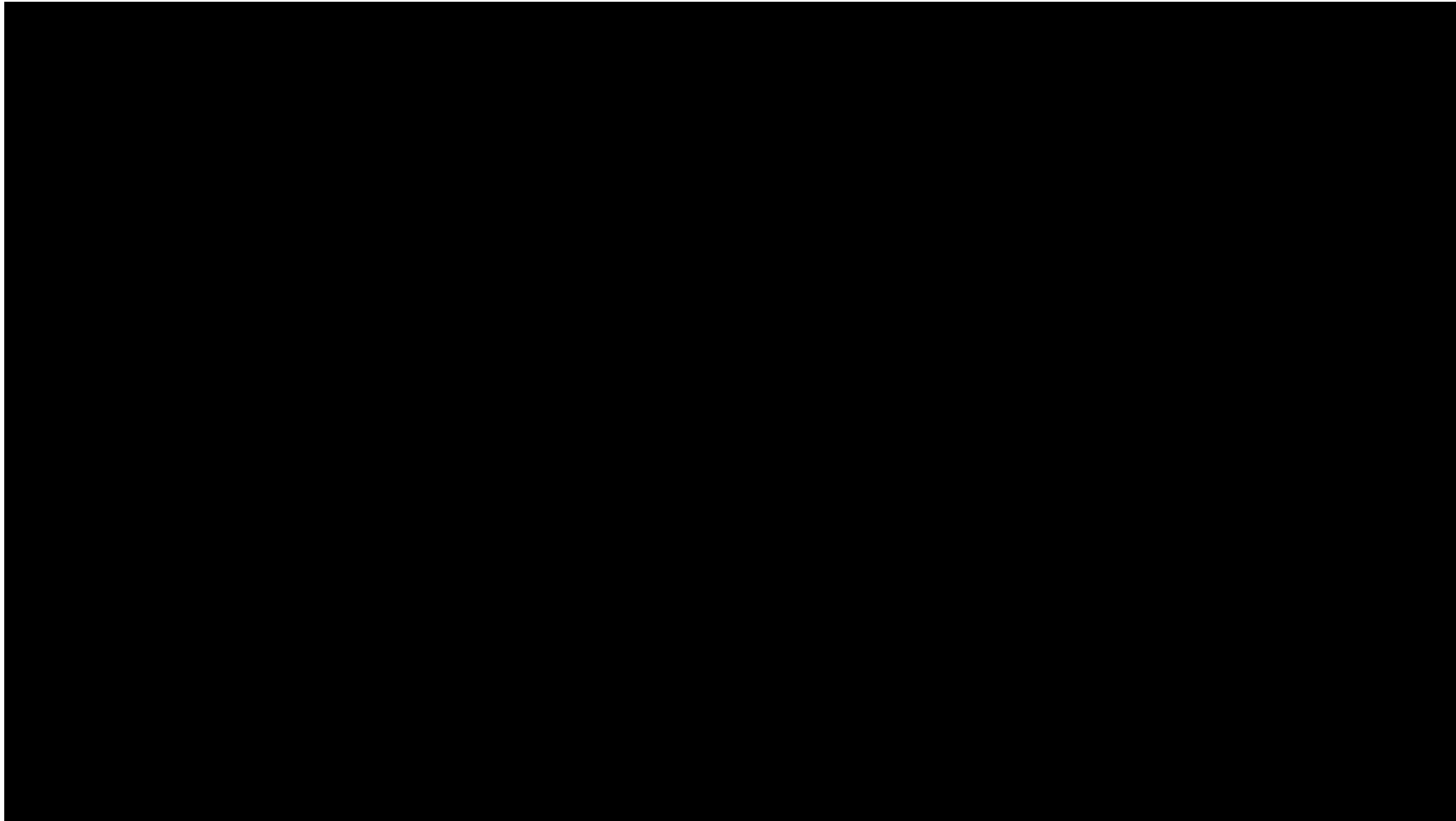
(Context-Specific Version of Question One)

A. When?

B. How?

C. Why?

Mr. Vanguard



<https://www.youtube.com/watch?v=Oplrho53Ga4&t=10s>

BAP-MI



What?

Why?

When?

Comment in Chat Box

Ambivalence

Common and "Normal"
In Context of Persistent Unhealthy Behaviors



BAP-MI: Linguistic Dynamics of Ambivalence

Sustain Talk

Sustain talk is the person's arguments against change.



Change Talk

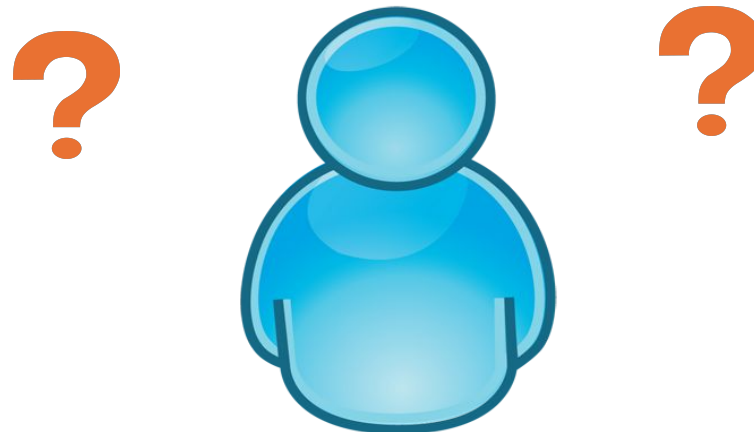
Change talk is the person's arguments for change

BAP-MI: Linguistic Dynamics of Ambivalence

Sustain Talk



Change Talk



BAP-MI: Linguistic Dynamics of Ambivalence

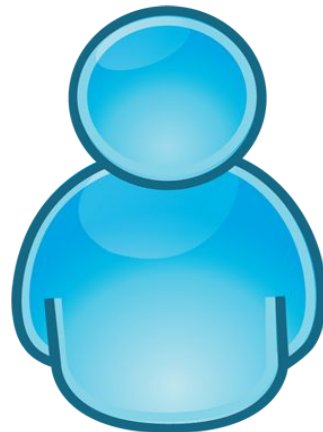


BAP-MI: Linguistic Dynamics of Ambivalence

Sustain Talk



Change Talk



BAP-MI: Linguistic Dynamics of Ambivalence



Empathic & Strategic Reflections
Strategic Affirmations
Strategic Autonomy Support



Change Talk

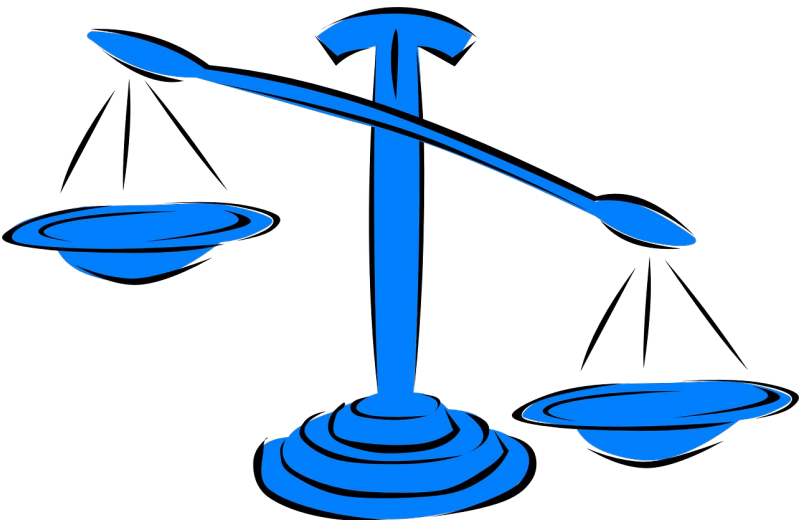


Probe: BAP Q1

BAP



Change



BAP-MI



What?

- *Empathic reflections*
- *Affirmation*
- *Autonomy Support*
- *BAP*

Why?

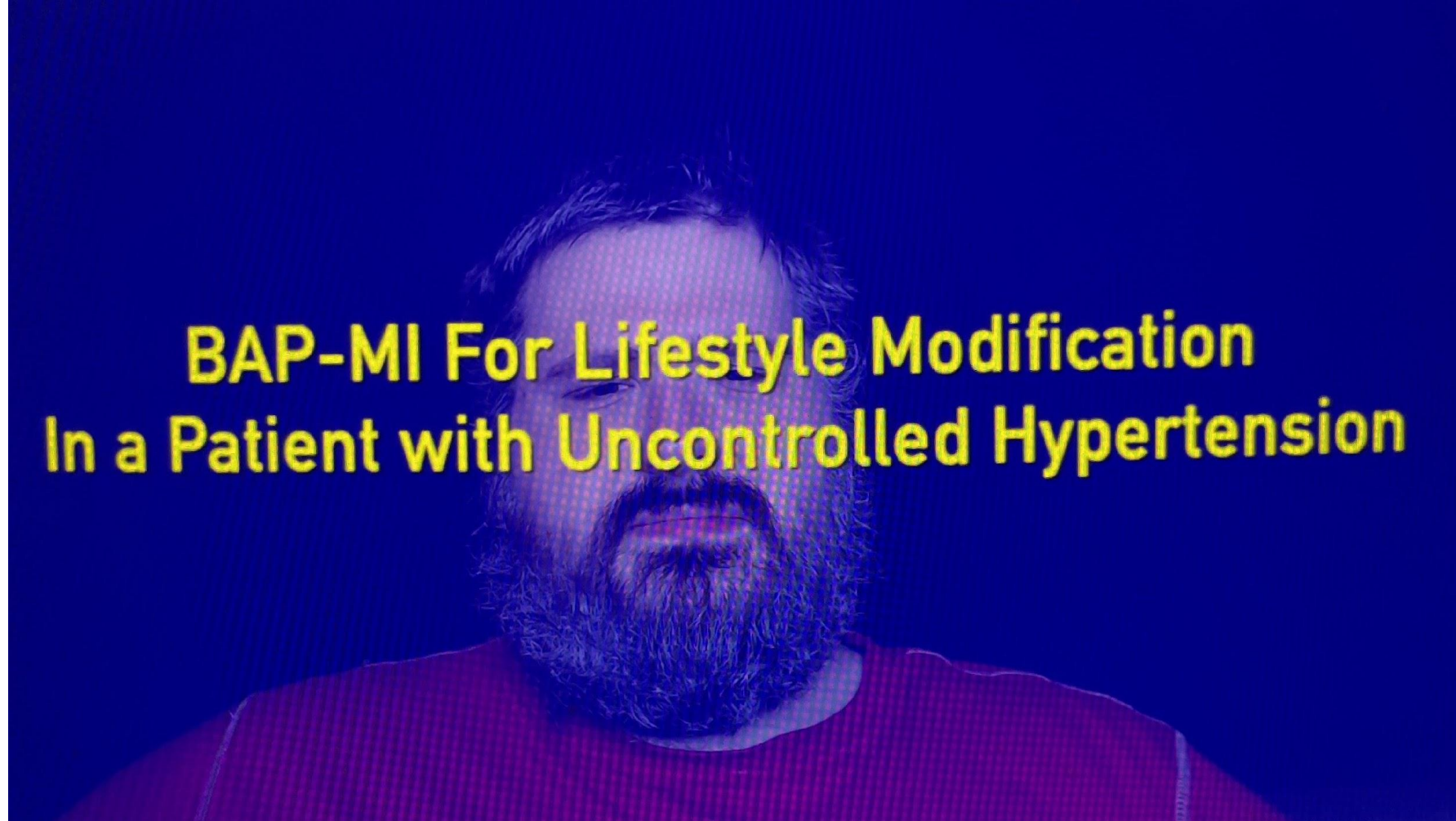
- *Emotional Distress*
- *Discord*

When? (was BAP introduced)

- When "sufficient" change talk emerged

**Let's Watch Another Short Video:
Pausing for Observations/Comments**

Mr. Stabler



**BAP-MI For Lifestyle Modification
In a Patient with Uncontrolled Hypertension**

Watch For:

1. Reflections

A. Cognitive – clinician repeats back what a patient has said
(or what may be deeper meaning)

B. Emotional - clinician repeats back what a patient has said
they feel (or what may be deeper feeling
“expressing empathy”)

Watch For:

2. Transition to BAP

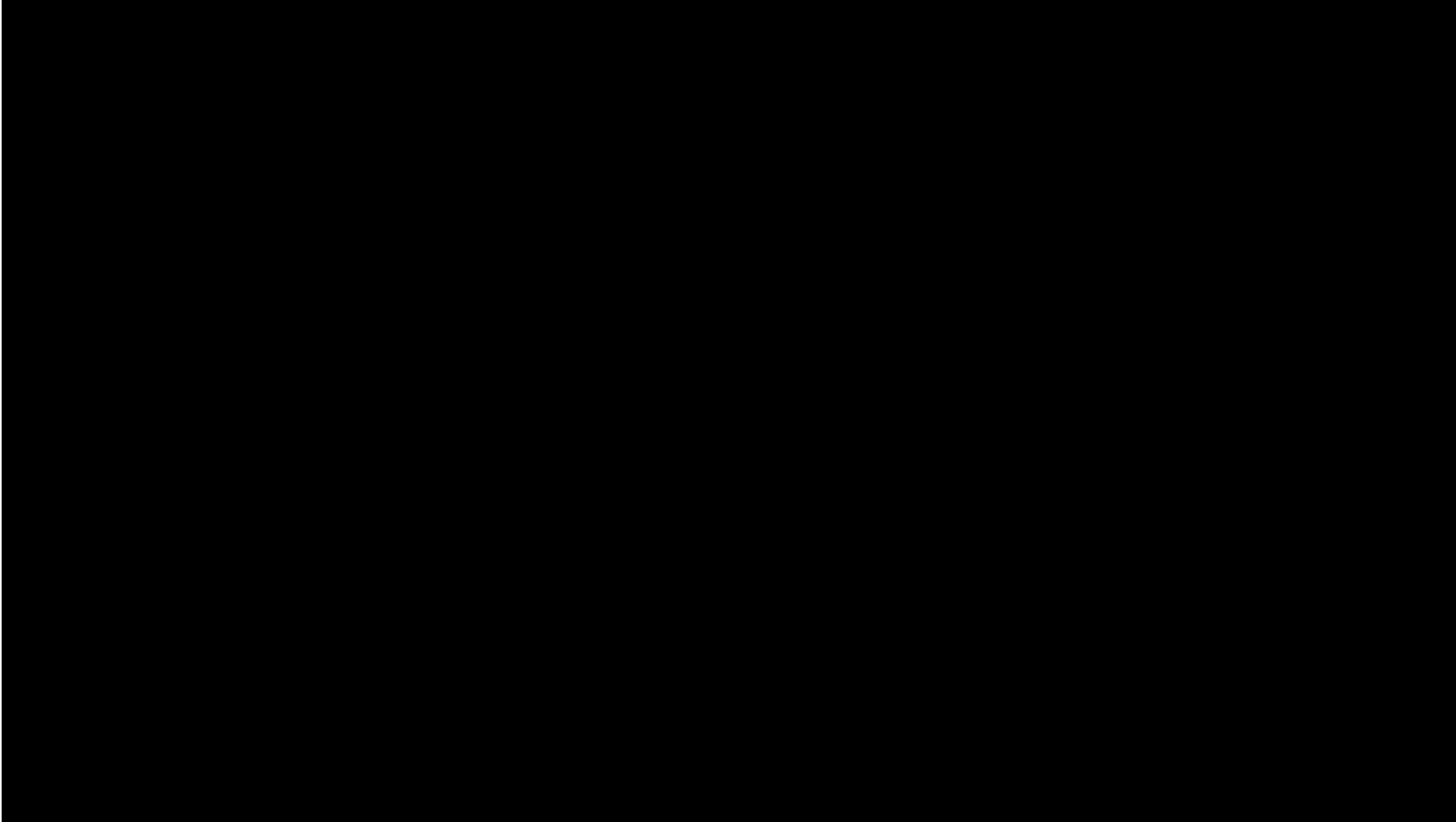
(Context-Specific Version of Question One)

A. When?

B. How?

C. Why?

Mr. Stabler



<https://www.youtube.com/watch?v=an08oPVGcUw>

BAP-MI



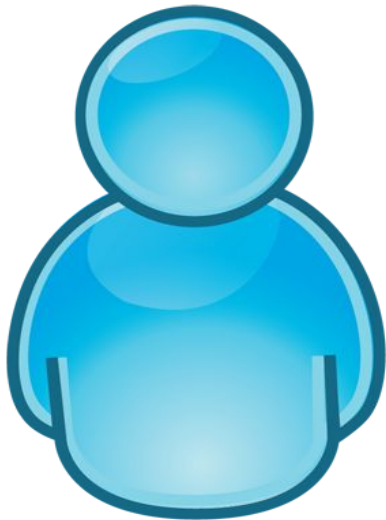
Comment in Chat Box

What?

Why?

When?

BAP-MI: Linguistic Dynamics of Ambivalence



Strategic Empathic Reflections

Strategic Affirmations

Strategic Autonomy Support

Strategic Cultivating Change Talk



Change Talk



Probe: BAP Q1



BAP



Change



What is the relationship of BAP to MI?

Consider Two Metaphors/Symbols:

BAP \approx **Bookends**

MI \approx **Books**

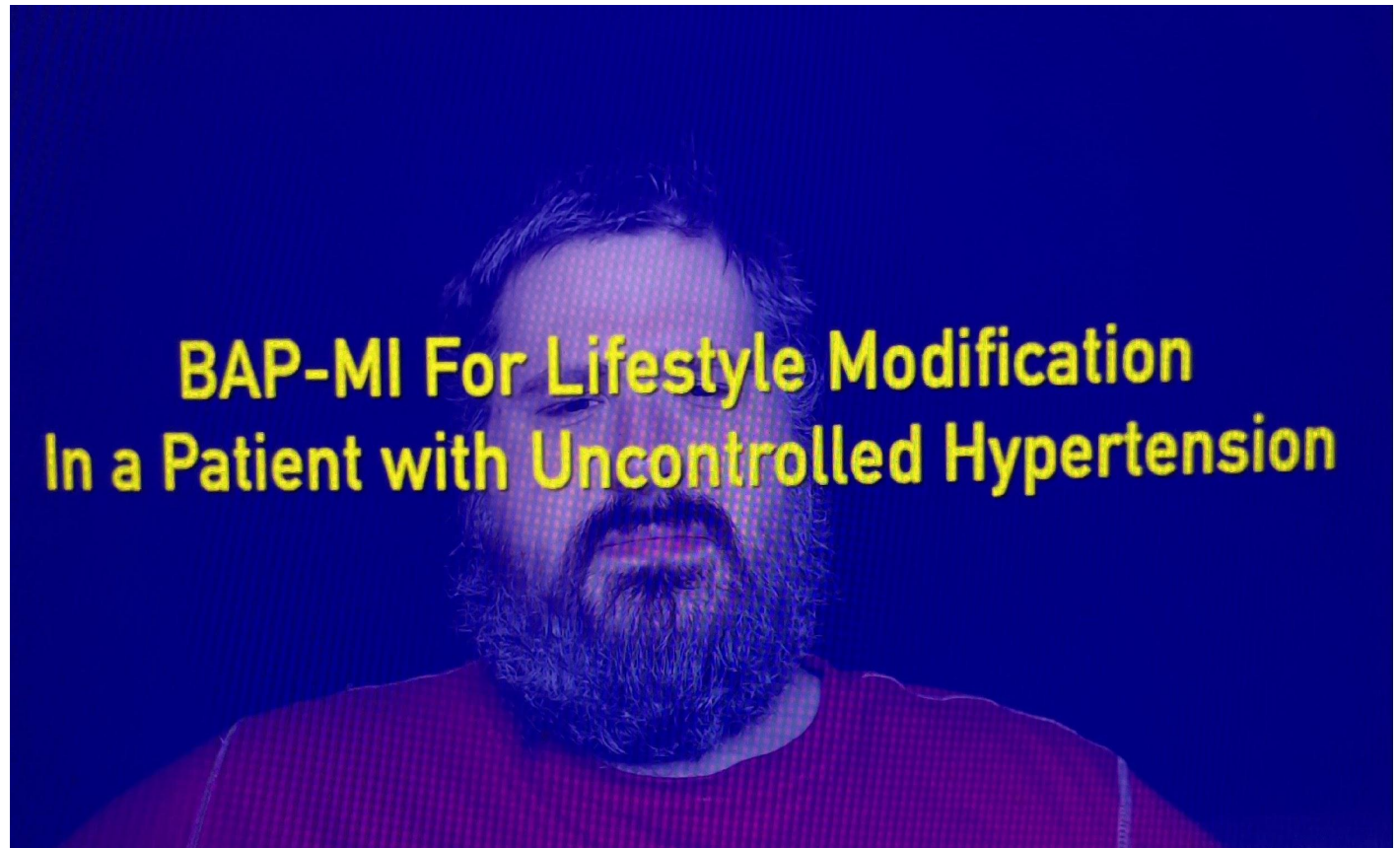
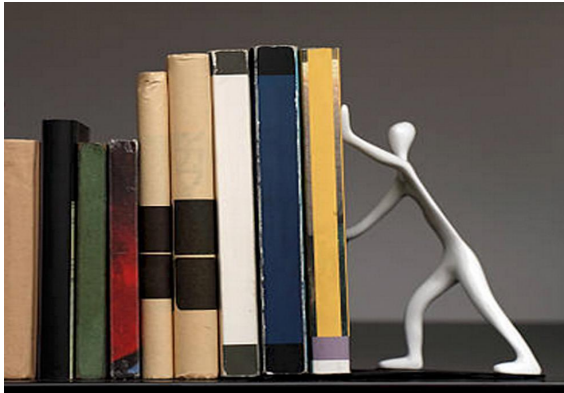
BAP as a Roadmap into and through Planning



BAP as a Roadmap into and through Planning



BAP as a Roadmap into and through Planning

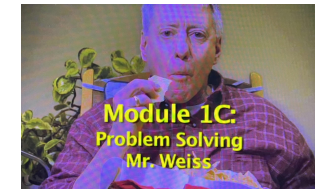
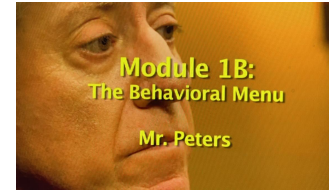
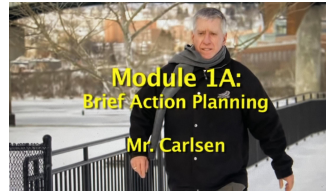


BAP-MI: Summary

3 Ways that BAP “Bookends” Behavior Change Conversations....+/- MI

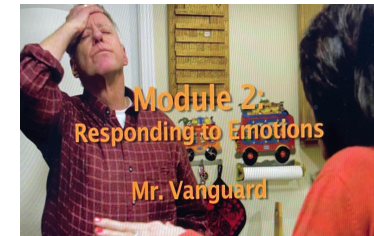
For patients ready or “nearly ready” for action planning...

BAP is often sufficient.



Ambivalence I
For patients with emotional distress ...

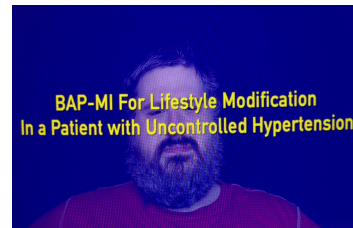
Question 1 of BAP (“A”) may uncover a need for empathy (“relational” skills) which may generate sufficient “change talk” to return to BAP (“Z”).



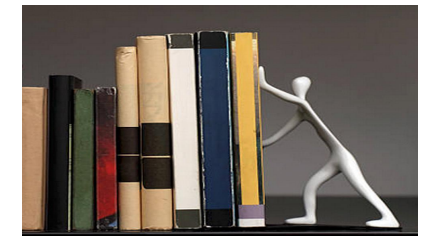
Ambivalence I & II
For patients with distress & ambivalence...

Clinicians begin with MI using both relational & technical skills (CCT, SST) to generate sufficient change talk for BAP (bookend).

Mr. Stabler



Mr. Dowd

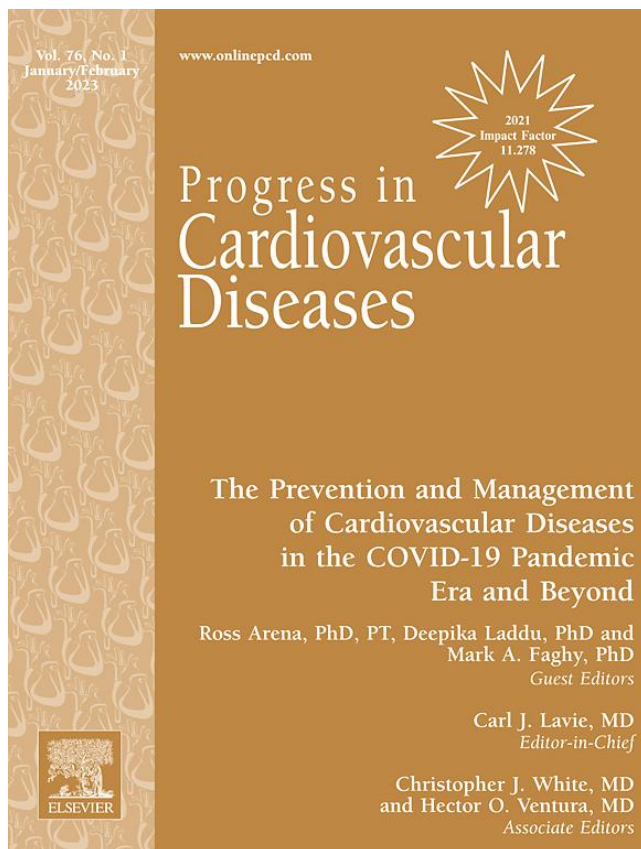


II. What is BAP-MI?

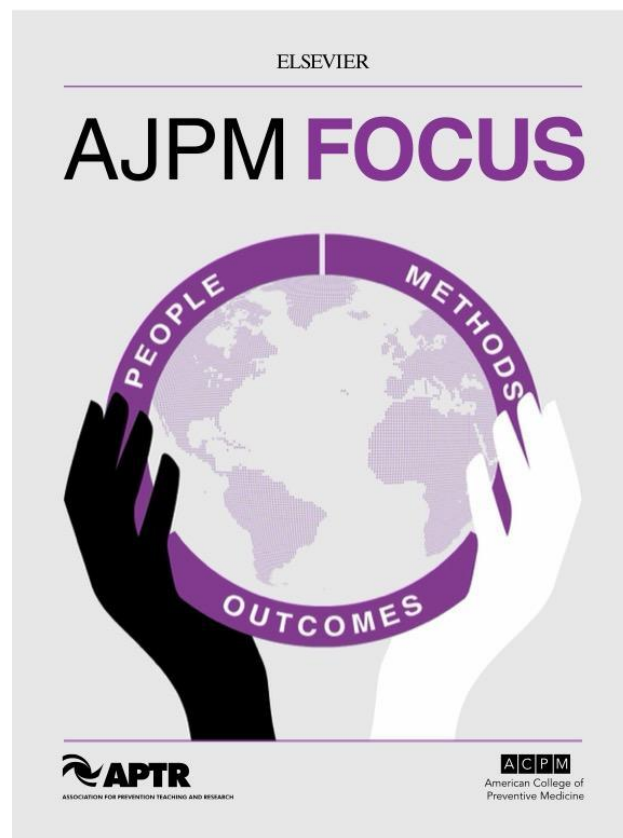
BAP-MI is a stepped-care integration of evidence-informed skills from Brief Action Planning (BAP) and Motivational Interviewing (MI) to support patient self-management and facilitate health behavior change.

BAP-MI is particularly relevant for patients who do not make action plans with BAP alone, who typically have persistent unhealthy behaviors and ambivalence about change.

In the practice of BAP-MI (and/or MI), the 8 core competencies of BAP function as an evidence-based roadmap into and through Planning.



Using motivational interviewing and brief action planning for adopting and maintaining positive health behaviors, March-April 2023.



BAP- MI: A Novel Stepped-Care Integration of Brief Action Planning and Motivational Interviewing to Optimize Outcomes, September 2023

“BAP and MI are two evidence-based approaches which can be used separately or together to support patient self-management and health behavior change.”



Download Handout: A “Taste” of BAP-MI

A “Taste” of BAP-MI

6/30/24

A “Taste” of BAP-MI

- Write short statement of something that is important to you, that you are considering changing (but which you have not already started)
 - Lifestyle
 - Interpersonal
 - Personal (e.g. well-being)
- This will be the content for real-play exercise

1

Is there some change in your life that you've been thinking about, that is important to you, but you have not (yet) begun making that change?

Use 1-2 reflection(s) to clarify meaning or feelings

2

Why is this change important to you?
Use 1-2 reflections to clarify meaning/feelings

How will your life be better if you make this change?
Use 1-2 reflections to clarify meaning/feelings

How might you go about it, in order to succeed?
Use 1-2 reflections to clarify meaning/feelings

3

Would you like to go ahead and make a plan... .. ?

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graph TD; S1[1. ELICIT PERSONAL GOALS  
"What activities or situations are most important to you?"] --> S2[2. ELICIT & CLARIFY A TARGET BEHAVIORAL PLAN  
"What actions or behaviors are you considering?"]; S2 --> S3[3. ELICIT A COMMITMENT STATEMENT  
"What are you committing to?"]; S3 --> S4[4. SCALE FOR CONFIDENCE  
"How confident are you that you can do this?"]; S4 --> S5[5. ARRANGE A COACHING RELATIONSHIP  
"Who can help you?"];
```

4

A “Taste” of BAP-MI

- Write short statement of something that is important to you, that you are considering changing (but which you have not already started)
 - Lifestyle
 - Interpersonal
 - Personal (e.g. well-being)
- This will be the content for real-play exercise (something you can share in break-out)

“TASTE OF BAP-MI”

(Break-Out Groups of 2 or Program-Specific Grouping)

- Brief introductions
- Real-Play (“clinician,” “patient/client”)
 - Clinician asks **4 questions**, followed with **1-2 reflection** (s) (“attentive listening”)
 - Then, probe readiness with **Question One of BAP (context-specific)** & continue with BAP if appropriate
 - De-brief
 - Switch roles as time allows and/or work collaboratively in one exercise

1. Is there some change in your life that you've been thinking about, that is important to you, that you'd like to do, but you haven't begun making that change?

Use 1-2 reflection(s) to clarify meaning or feelings

2. Why is this change important to you?

Use 1-2 reflections to clarify meaning/feelings

3. How will your life be better if you make this change?

Use 1-2 reflections to clarify meaning/feelings

4. How might you go about it, in order to succeed?

Use 1-2 reflections to clarify meaning/feelings

Would you like to go ahead and make a plan about?



* Revised from Cole, Gutnick, Davis, & Reims: “Brief Action Planning Flow Chart,” 2016

Break-Out (20-30 minutes)

Return to Full Workshop



Observations? Questions?

Models of Implementation: 20+ Years

- Developed (\approx 2002) as a self-management support tool (in CCM) for teams in FQHCs for healthcare transformation (w/IHI)
- Healthcare teams
 - care managers, nurses, physicians, SW, psychologists, OT, PT, etc
- **Versatile** and **Pragmatic**
 - Useful across wide-range of clinical expertise and disciplines for patients at varying levels of readiness for change

Models of Implementation: 20+ Years

- Health and Life Coaching (ILCT)
- Criminology
- Psychiatry ACT teams

Models of Implementation: >10 Academic/University Health Systems

- Northport VA/Stony Brook – Health Psychology, Prev Med & Internal Med Residents
- UC San Diego - Preventive & Lifestyle Medicine Residents
- University of North Carolina - Addiction Medicine Fellows
- Zucker SOM at Hofstra/Northwell – medical students
- UCLA – medical students
- Emory/Grady – Psychiatry ACT teams
- George Washington SOM – medical students

Acronyms

- FQHC = Federally Qualified Health Centers
- IHI = Institute for Healthcare Improvement
- CCM = Chronic Care Model
- ILCT = Institute for Life Coach Training
- ACT = Assertive Community Treatment

NEXT STEPS: Advanced Skills

BAP-MI: Self-Directed Online

Enduring Material Currently Available

<https://baprofessionalnetwork.org/online-courses/bap-mi-course/>

BAP-MI: Self-Directed Online + Practicums

(6-8 hours/Zoom)

Available September 2025

www.BAPPN.org

FOR CE Certificate for Attendance at all 4 Practicums

Use this [Link](#)

<https://www.micenterforchange.com/Brief-Action-Planning-6-hrs-certificate>



Email Us

questions/comments/feedback

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Summary and Conclusion

Thank you!