Electronic Supplementary Material to the article:

“Group Cohesion in Group-Based Personal Practice”

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**Table ESM**

|  |  |  |  |
| --- | --- | --- | --- |
|  | *n (%)* | | *χ2 (p)*1 |
|  | CBT | PDT |  |
| Topics |  |  |  |
| Goals and agreements | 115 (53.2) | 36 (37.1) | 6.34 (.012) |
| Individual topics | **162 (75)** | **97 (100)** | 27.58 (< .001) |
| Biography Work | **184 (85.2)** | **88 (90.7)** | 22.32 (< .001) |
| Recognize individual patterns | **146 (67.6)** | **86 (88.7)** | < 0.01 (.990) |
| Self-concept | 115 (53.2) | 86 (88.7) | 35.02 (< .001) |
| Therapeutic self-concept | 88 (40.7) | 56 (57.7) | 7.11 (.008) |
| Self- vs. other perception | 103 (47.7) | 65 (67) | 9.29 (.002) |
| Self-care | 125 (57.9) | 78 (80.4) | 13.95 (< .001) |
| Therapeutic relationship | 76 (35.2) | 69 (71.1) | 33.36 (< .001) |
| Therapeutic skills | 77 (35.7) | 47 (48.5) | 4.07 (.044) |
| Difficult therapy situations | 73 (33.8) | 43 (44.3) | 2.75 (.097) |
| Group cohesion | 79 (36.6) | 52 (53.6) | 7.29 (.007) |
| Processes of psychotherapy | 49 (22.7) | 51 (52.6) | 26.15 (< .001) |
| Satisfaction | 103 (47.7) | 61 (62.9) | 5.61 (.018) |
| Techniques |  |  |  |
| General goals and content | 91 (42.1) | 20 (20.6) | 12.61 (< .001) |
| Own goals and content | 97 (44.9) | 44 (45.4) | 0 (1) |
| Self-practice | **135 (62.5)** | **65 (67)** | 0.06 (.813) |
| Role play | 88 (40.7) | 11 (11.3) | 22.14 (< .001) |
| Feedback | **162 (75)** | **53 (54.6)** | 11.97 (.001) |
| Imagination exercises | 104 (48.2) | 17 (17.5) | 25.2 (< .001) |
| Techniques for mindfulness | 77 (35.7) | 19 (19.6) | 7.38 (.007) |
| Body oriented exercises | 50 (23.2) | 25 (25.8) | 0.13 (.719) |
| Case discussion | 61 (28.2) | 37 (38.1) | 2.61 (.106) |
| Homework | 71 (32.9) | 3 (3.1) | 31.25 (< .001) |
| Providing information | 50 (23.2) | 33 (34) | 3.52 (.061) |
| Audio/videotapes | 11 (5.1) | 4 (4.1) | 0.01 (.932) |
| Self-reflection | **140 (64.8)** | **70 (72.2)** | 1.32 (.250) |
| Therapeutic reflection | 106 (49.1) | 53 (54.6) | 0.62 (.430) |
| Modification of personal patterns | 108 (50) | 46 (47.4) | 0.09 (.765) |
| Modification of therapeutic patterns | 70 (32.4) | 41 (42.3) | 2.43 (.119) |

*Note.* Participants indicated that the according topics or techniques were used “sometimes” or “often”. CBT = cognitive behavior therapy. Most often used topics or techniques are in bold. PDT = Psychodynamic Therapy. 1 For all reported *Chi2-*values: *df* = 1, *N* = 313.