**Supplement 2**

**Table B**

*Helpful characteristics and effects of personal practice (PP)*

|  |  |
| --- | --- |
|  | ***n*** |
| **(1) Helpful characteristics of PP** | **255** |
| **Characteristics of the organization** | **234** |
| **Temporal structure**  | **110** |
| Quantity (*n* = 79): more (*n* = 58), less (*n* = 12), unified (*n* = 13); improved temporal integration into the overall training (*n* = 21); temporal organization (*n* = 14): time intervals (*n* = 7), blocks of time (*n*= 5), termination (*n* = 5); individual adjustment of the time (*n* = 8)  |
| **Setting**  | **87** |
| Additional PP in a single setting (*n* = 65); single and group setting together (*n* = 16); additional PP in a group setting (*n* = 3); individual adjustment of the setting (*n* = 3) |
| **Organization of the PP leader**  | **52** |
| Functional overlaps (*n* = 23); improved options for choice and change of PP leaders (*n* = 20); fixed vs. alternating leaders (*n* = 9) |
| **Group organization** | **42** |
| Group composition (*n* = 19); group size (*n* = 17); improved group choices (*n* = 5); closed groups (*n* = 3); others (*n* = 1) |
| **PP concept**  | **38** |
| Transparent standards (e.g. goals; *n* = 19); PP focus in own vs. across different theoretical frameworks (*n* = 3); problems of compulsory PP (*n* = 4)  |
| **Quality control**  | **16** |
| External supervisory authority (*n* = 6); quality assurance vs confidentiality (*n* = 6); evaluation (*n* = 4); quality assurance of the leaders (*n* = 2) |
|  **Others** | **2** |
| **Characteristics of the leader** | **58** |
| **Implementation Skills**  | **39** |
| Transparency (*n* = 6, e.g. goals); activity/confrontation (*n* = 9); flexibility (*n* = 9, e.g., individual/group requests); structure (*n* = 8); group management (*n* = 4); preparation (*n* = 3); critical faculties (*n* = 3); risk of supervision (*n* = 3); others (*n* = 3) |
| **Interpersonal Skills**  | **18** |
| Empathic and respectful relationship style (*n* = 11); promotion of feelings of safety/trust (*n* = 9); promotion of the group cohesion (*n* = 3) |
| **General competence** | **10** |
| **Sustainable PP relationship** | **26** |
| **Sustainable relationship with the PP leaders** | **16** |
| **Sustainable relationship with the group** | **15** |
| **Characteristics of the participants** | **24** |
| **Individual willingness to learn/Self-openness**  | **23** |
| **Others** | **1** |
| **(2) Effects of PP** | **173** |
| **Specific negative effects**  | **148** |
| Additional (*n* = 137): costs (*n* = 116), time expenditure (*n* = 22), (professional) self-doubt/uncertainty (*n* = 15), negative experiences with the leader (*n* = 13), limited benefit (*n* = 9), others (*n* = 1); presented (*n* = 23) |
| **Specific positive effects**  | **57** |
| Presented (*n* = 54); additional (*n* = 14): Promotion of emotional competence (*n* = 5); others (*n* = 10) |
| **Others** | **2** |
| **(3) PP topics** | **39** |
| **Characteristics of helpful topics** | **22** |
| More association with therapeutic work (*n* = 15); adequate working of the themes (*n* = 5); more resource orientation (*n* = 4) |
| **Specific topics** | **18** |
| Additional (*n* = 11): dealing with crisis and conflict situations (*n* = 4), others (*n* = 7); presented (*n* =10) |
| **(4) Applied techniques** | **33** |
| **Specific techniques** | **25** |
| Additional (*n* = 23): specific psychodynamic techniques (*n* = 14), biography techniques (*n* = 3), creative techniques (*n* = 3), other (*n* = 5); presented (*n* = 3) |
| **Characteristics of helpful techniques**  | **12** |
| Active, reflective and emotion focused techniques (*n* = 8); variety of methods (*n* = 4); others (*n* = 1) |
| **General helpfulness of PP** | **32** |

*Notes*. *n* = Number of participants, who provided information.