**Supporting Information:** **Items generated from interviews, presented to focus groups**

1. CBT is too simple for complex problems

2. CBT does not address underlying issues

3. CBT makes me a less-warm therapist

4. I fear I will put ideas of suicidality in the patients’ head

5. I’m not getting anywhere with this patient

6. The patient knows best about their problems

7. If the patient is expressing doubt, this means I’m doing something wrong

8. The patient isn’t trying hard enough

9. The patient doesn’t want to get better

10. The patient must feel better by the end of the session

11. The patient doesn’t understand the work we are doing

12. If I interrupt the patient, they will think I am a terrible therapist

13. The patient isn’t very engaged with me

14. I must always be Socratic even if I don’t agree with it

15. If CBT does not work for the patient, then there’s something wrong with the way I have administered it

16. I worry patients will drop out of therapy if I push them and I might end up with no patients

17. I must get my formulations right

18. I feel someone else can deliver therapy better than me

19. I must know what I’m doing otherwise that makes me a rubbish therapist

20. I must not upset the patient

21. I fear behavioural experiments being unsuccessful

22. I must ensure patients progress

23. I must deliver the treatment right otherwise the patient is not going to recover

24. I was concerned about an intervention making a client feel worse

25. I feel patients’ trauma is too distressing for me

26. If patients don’t learn something in sessions, I’m not doing it right

27. Patient’s problems are too complex for me

28. The patient dislikes me or thinks I am no good

29. The patient feels worried about what I might think of them

30. The patient feels I don’t care

31. The patient finds it difficult working with me

32. I feel deskilled as a therapist

33. I feel my lack of understanding about a patient’s culture affects our therapeutic relationship

34. I feel I don’t like my patient and that makes me a terrible therapist

35. I feel CBT goes against the therapeutic relationship

36. I have to stick exactly to the CBT model otherwise I’m unprofessional

37. I feel I should never ask the patient about their past because CBT is only interested in the ‘here and now’

38. I avoid doing particular CBT tasks because I don’t understand them enough

39. Asking the client to discuss traumatic memories may retraumatize them

40. Using summarising techniques feels like I’m being patronising towards the patient

41. I feel my own personal beliefs get in the way of me engaging in certain interventions