

| Original Multi Type                                | Our classification | MULTI Item  |
|--|--------------------|---|
| 1. Psychodynamic                                   | 1. Psychodynamic   | 02. My therapist made connections between my current situation and my past.   |
| 8. Process Exper                                   | 1. Psychodynamic   | 03. My therapist focused on identifying parts of my personality that were in conflict, like one part that wanted to be close that did not.  |
| 3. Behavioral                                      | 1. Psychodynamic   | 04. My therapist asked me to visualize specific scenes or situations in detail.   |
| 3. Behavioral 4. Cognitive 5. DBT                  | 1. Psychodynamic   | 05. My therapist encouraged me to identify specific situations or events that tended to precede my problematic behavior.  |
| 3. Behavioral 4. Cognitive                         | 1. Psychodynamic   | 06. My therapist often focused on my recent experiences.  |
| 1. Common Factors                                  | 1. Psychodynamic   | 07. My therapist worked to give me hope or encouragement.   |
| 1. Common Factors                                  | 1. Psychodynamic   | 08. My therapist seemed convinced of the effectiveness of the methods he/she is using to help me.   |
| 7. Pers.Centered                                   | 1. Psychodynamic   | 10. My therapist repeated back to me (paraphrased) the meaning of what I was saying.  |
| 8. Process Exper                                   | 1. Psychodynamic   | 11. My therapist encouraged me to identify or label feelings that I had in or outside of the session.   |
| 1. Psychodynamic 7. Pers.Centered 8. Process Exper | 1. Psychodynamic   | 12. My therapist encouraged me to talk about feelings I had previously avoided or never expressed.  |
| 1. Psychodynamic 8. Process Exper                  | 1. Psychodynamic   | 13. My therapist pointed out times when my behavior seemed inconsistent with what I was saying, like when I:<br>a. Suddenly shifted my moods or topics. b. Was silent a long time<br>c. Laughed, smiled, looked away, or was uncomfortable. d. Avoided talking about specific topics or people. |
| 1. Psychodynamic 7. Pers.Centered                  | 1. Psychodynamic   | 14. My therapist encouraged me to talk about whatever came to my mind.  |
| 1. Common Factors                                  | 1. Psychodynamic   | 18. My therapist was warm, sympathetic, and accepting.  |
| 1. Psychodynamic 6. Interpers.                     | 1. Psychodynamic   | 19. My therapist pointed out recurring themes or problems in my relationships.  |
| 1. Psychodynamic                                   | 1. Psychodynamic   | 20. My therapist talked about the function or purpose that my problem might have, like how it:<br>a. Lets me avoid responsibility. b. Keeps others away from me.  |
| 4. Cognitive                                       | 1. Psychodynamic   | 21. My therapist encouraged me to explore explanations for events or behaviors other than those that first came to my mind.   |
| 1. Psychodynamic                                   | 1. Psychodynamic   | 22. My therapist made connections between the way I act or feel toward my therapist and the way that I act or feel in my other relationships.   |
| 1. Psychodynamic                                   | 1. Psychodynamic   | 24. My therapist and I discussed my dreams, fantasies, or wishes.   |
| 3. Behavioral 4. Cognitive                         | 1. Psychodynamic   | 25. My therapist encouraged me to consider the positive and negative consequences of acting in a new way.   |
| 1. Common Factors                                  | 1. Psychodynamic   | 26. My therapist made the session a place where I could get better or solve my problems.  |
| 3. Behavioral 4. Cognitive                         | 1. Psychodynamic   | 27. My therapist tried to help me identify the consequences (positive or negative) of my behavior.  |
| 1. Common Factors                                  | 1. Psychodynamic   | 28. My therapist and I worked together as a team.   |
|  | 1. Psychodynamic*  | 30. My therapist shared personal information with me.   |
| 1. Common Factors                                  | 1. Psychodynamic   | 31. My therapist listened carefully to what I was saying.   |
| 1. Psychodynamic                                   | 1. Psychodynamic   | 32. My therapist often explained what he/she was trying to do.  |
| 8. Process Exper                                   | 1. Psychodynamic   | 34. My therapist focused on how disagreements between certain parts of my personality have caused my problems.  |
| 3. Behavioral 5. DBT                               | 1. Psychodynamic   | 36. My therapist focused on the ways I cope with my problems.   |
| 1. Psychodynamic                                   | 1. Psychodynamic   | 38. My therapist explored my feelings about therapy.  |
| 4. Cognitive 8. Process Exper                      | 1. Psychodynamic   | 39. My therapist encouraged me to view my problem from a different perspective.   |
| 1. Psychodynamic 4. Cognitive 7. Pers.Centered     | 1. Psychodynamic   | 40. My therapist encouraged me to explore the personal meaning of an event or a feeling.  |
| 1. Psychodynamic                                   | 1. Psychodynamic   | 41. My therapist often focused on my childhood experiences.   |
| 1. Common Factors                                  | 1. Psychodynamic   | 42. My therapist focused on improving my ability to solve my own problems.  |
| 1. Psychodynamic                                   | 1. Psychodynamic   | 45. My therapist tried to help me better understand how I relate to others, how this style of relating developed, and how it has changed over time.   |
| 7. Pers.Centered                                   | 1. Psychodynamic   | 46. My therapist seemed interested in trying to understand what I was experiencing.   |

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| 7. Pers.Centered 8. Process Exper | 1. Psychodynamic                                   | 47. My therapist encouraged me to focus on my moment-to-moment experience.  |
| 6. Interpers.                     | 1. Psychodynamic                                   | 50. My therapist focused on a specific concern in my relationships, like:<br>a. Disagreements or conflicts. b. Major changes. c. Loss of a loved one. d. Loneliness.  |
| 1. Common Factors                 | 1. Psychodynamic                                   | 52. My therapist reviewed the gains I had made while in therapy.  |
| 1. Psychodynamic                  | 1. Psychodynamic                                   | 53. My therapist reviewed the difficulties that I was currently experiencing.   |
| 6. Interpers.                     | 1. Psychodynamic                                   | 54. My therapist encouraged me to examine my relationships with others, like:<br>a. Positive and negative aspects of my relationships. b. What I want and others want from me. c. The way I act in rel  |
| 5. DBT                            | 1. Psychodynamic                                   | 58. My therapist encouraged me to think about or be aware of things in my life without judging them.  |
| 6. Interpers.                     | 1. Psychodynamic                                   | 59. My therapist made it clear that my problem was a treatable medical condition.   |
| 6. Interpers.                     | 1. Psychodynamic                                   | 60. My therapist tried to help me better understand how my problems were due to difficulties in my social relationships.  |
| 4. Cognitive                      | 2. Suggestion For therapy                          | 37. My therapist encouraged me to look for evidence in support of or against one of my beliefs or assumptions.  |
| 4. Cognitive                      | 2. Suggestion for therapy                          | 43. My therapist encouraged me to list the advantages and disadvantages of a belief or general rule that I follow.  |
| 3. Behavioral 8. Process Exper    | 2. Suggestion for therapy                          | 44. My therapist had me role-play (act out or rehearse) certain scenes or situations.   |
| 4. Cognitive                      | 2. Suggestion for therapy                          | 49. My therapist encouraged me to question my beliefs or to discover flaws in my reasoning.   |
| 5. DBT                            | 2. Suggestion for therapy & 3. Suggestion for Life | 57. My therapist encouraged me to identify situations in which my feelings were invalidated, like:<br>a. Times when a significant other told me my feelings were incorrect. b. Situations in which I had strong feelings that   |
| 3. Behavioral                     | 2. Suggestion for therapy & 3. Suggestion for Life | 16. My therapist encouraged me to think about, view, or touch things that I am afraid of.   |
| 3. Behavioral 4. Cognitive        | 3. Suggestion for Life                             | 01. My therapist set an agenda or established specific goals for the therapy session.   |
| 3. Behavioral 5. DBT              | 3. Suggestion for Life                             | 09. My therapist and I discussed a plan for me to try to control (increase or decrease) specific behaviors, like<br>a. Smoking. b. Eating. c. Exercising. d. Checking something repeatedly. e. Saying or thinking certain things. f. Hurti                                  |
| 3. Behavioral 5. DBT              | 3. Suggestion for Life                             | 15. My therapist taught me specific new skills or behaviors, like how to:<br>a. Relax my muscles. b. Control my emotions. c. Be assertive with others. d. Act in social situations.   |
| 3. Behavioral 4. Cognitive        | 3. Suggestion for Life                             | 17. My therapist reviewed or assigned homework exercises, like:<br>a. Writing down certain thoughts or feelings outside the session. b. Practicing certain behaviors.   |
| 7. Pers.Centered 8. Process Exper | 3. Suggestion for Life                             | 23. My therapist encouraged me to see the choices I have in my life.  |
| 3. Behavioral                     | 3. Suggestion for Life                             | 29. My therapist gave me advice or suggested practical solutions for my problem.  |
| 3. Behavioral 4. Cognitive 5. DBT | 3. Suggestion for Life                             | 35. My therapist encouraged me to change specific behaviors.  |
| 4. Cognitive                      | 3. Suggestion for Life                             | 48. My therapist tried to help me better understand how my problem was due to certain beliefs or rules that I follow.   |
| 6. Interpers.                     | 3. Suggestion for Life                             | 51. My therapist encouraged me to explore ways in which I could make changes in my relationships, like ways to:<br>a. Resolve a conflict in a relationship. b. Fulfill a need. c. Establish new relationships or contact old friends.d. Avoid pr<br>previous relationships. |
| 6. Interpers.                     | 3. Suggestion for Life                             | 55. My therapist encouraged me to think about ways in which I might prepare for major upcoming changes in my relatio<br>a. Learning new skills. b. Finding new friends.   |
| 3. Behavioral 4. Cognitive        | 4. Other   | 33. My therapist led the discussion most of the time.   |
| 5. DBT                            | 4. Other   | 56. My therapist both accepted me for who I am and encouraged me to change.   |

*Note.* Subscale items: Behavioral: 1, 4, 5, 6, 9, 15, 16, 17, 25, 27, 29, 33, 35, 36, 44; Common Factors: 7, 8, 18, 26, 28, 31, 42; Cognitive: 1, 5, 6, 17, 21, 25, 27, 33, 35, 36, 37, 3  
15, 35, 36, 56, 57, 58; Interpersonal: 19, 50, 51, 54, 55, 59, 60; Person Centered: 10, 12, 14, 23, 40, 46, 47; Psychodynamic: 2, 12, 13, 14, 19, 20, 22, 24, 38, 40, 41, 45; Process-I

\*Our basis for this classification is the lack of empirical verification that such therapist activity is necessarily harmful, and some empirical evidence that it can be helpful (Waldron et al. 2018).