Supplemental Material. Table: Outline of the content of the group BPT sessions.

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| Sessions: Number and focus/topic | Session content |  |
| 1. General introduction, fostering of group cohesion, and bodily perception | * Round of introductions with motivation, expectations and concerns regarding BPT * Reflections on bodily perceptions and current body image * Exercises: Breath perception; Body Scan (extended version); Being in contact with my body (hands on/off) | |
| 1. Bodily resources and grounding | * Introductory exercise: Breath perception * Balance between distress and resources, bodily stress reaction * Exercises: Body Scan, upright position; Grounding and anchoring; Movement exercise, including mirroring | |
| 1. Closeness and distance regulation | * Introductory exercise: Body scan (short version) and anchoring * Relevance of having own space and the choice between own and shared space * Exercises: Breathing techniques; Breathing space and fostering impulse to create own space; Exploring my own space | |
| 1. Social interactions and bodily impulses | * Introductory exercise: Body scan (short version); Breathing techniques; Creating own space * Awareness of bodily perception and the nature of impulses * Exercises: Imagination of ‘safe place’; Perception and awareness of body dimension; Awareness towards different body parts, own energy level, and own boundaries | |
| 1. Embodied emotions | * Introductory exercise: Body scan (short version) and anchoring * Connection between emotions, thoughts, actions, bodily sensations * Exercises: Embodiment: body sculptures of emotions; Following own bodily impulses and creating my own bodily space | |
| 1. Summary and transfer | * Introductory exercise: Body scan (short version) * Free choice of exercises to be repeated * Exercise to collate all experiences made during the past sessions * Summary and open questions | |