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)
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| 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
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| 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
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| 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
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| 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
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| 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
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