Supplementary Material

Glossary

Domains of SA	Definition	Example
Emotional Experience (EE)	Includes descriptions of recognition of how the emotional experience in session with the client can be present or can influence. It can be seen by the psychotherapist, as a positive or negative aspect, general to all clients or specific to the client to whom the psychotherapist refers, and have a focus on the therapist, for the client or for the relationship	"I think that here my emotional experience is important (...)" "(...) I find it difficult to answer with this particular client, because I find it is important with everyone"
	Note: Quote EE0 – Non-recognition of the emotional experience when the therapist explicitly mentions not recognizing his own emotional experience.	"It is not a client whose life themes put me in situations where I feel there is an echo inside me (...)"
Emotional regulation (ER)	Includes descriptions of the psychotherapist regarding his need to regulate or control the emotional experience. It also includes descriptions that refer to the need to separate the client's emotional experience from the emotional experience of the therapist. Can be seen by the psychotherapist, as a positive or negative aspect, general to all clients or specific to the client to whom the psychotherapist refers, and have a focus on the therapist, for the client or for the relationship. Note: There's the possibility to confuse 'Emotional Experience' with 'Emotional Regulation' - EE refers to the recognition of this influence, while RE refers to any type of strategy / regulatory attitude that the therapist mentions as a consequence of this recognition.	"(...) and if I'm not very aware of my emotional experience, and able to regulate it, I'm won't be also capable to work (...)" "it is important to not confuse it with the therapeutic process" "sometimes we can have difficulties in turning off, right? I think I can do this separation very well"
Skills identification (SI)	Includes references from the psychotherapist to his skills. (Each competence listed is quoted once). Can be seen as functional / positive, or dysfunctional / negative; can be general to all clients or specific or specific to the client to whom the psychotherapist refers, and have a focus on the therapist, for the client or for the relationship Note: personal characteristics of the psychotherapist are often mentioned as competences, whether they are functional or dysfunctional	"I have a lot of this, I am very genuine, and sometimes very straight (...)" "This patient's story is so complex that I avoided confronting her many times, challenging her"
Prejudice and bias (PB)	Includes descriptions of recognition of the presence of prejudice and bias by the psychotherapist.	"All therapeutic processes… to me, to us, always bring something, don't they? So, there will always be biases"

	Can be seen by the psychotherapist, as a positive or negative aspect, general to all clients or specific to the client to whom the psychotherapist refers, and have a focus on the therapist, for the client or for the relationship.	"I think there is a bias that I usually have in relation to men, that I think they sometimes have a little more difficulty in adhering to therapy"
	Quote PB0 – Non-recognition of the prejudice and bias - when there is an expression of non-recognition. We quote this category when the therapist explicitly states the absence of prejudice and bias.	"I am one of the freest people from all these things, and therefore not"
Influence of personal values (IV)	Includes the psychotherapist's descriptions of the recognition of the influence of his own' personal values in their clinical practice Can be seen by the psychotherapist, as a positive or negative aspect, general to all clients or specific to the client to whom the psychotherapist refers, and have a focus on the therapist, for the client or for the relationship.	"Yes, I think my values are always present" "(...) and people who work with certain values, are able to touch me"
	Note: quote IV0 – Non-recognition of influence of personal values - when there is an expression of non-recognition of the influence of the personal values of the psychotherapist on the therapeutic process or on the client.	"I think my personal values have no influence"
	Note: Quote Discrimination of Values (DV) – when it is mentioned by the psychotherapist, regarding the influence of personal values, the need or practice of distinguishing values, between the therapist's personal and professional values, or between the therapist's values and the client's values. The descriptions where this discrimination of values is valued, are also quoted in this way, even though the psychotherapist does not explain his practice.	"It was always an issue that I always managed to put a brake on or separate. One thing is me as a person, another thing is me as a psychotherapist." "(...) I understand that one thing are my values, another thing are hers".
Processes of SA		
Valence	In addition to the expression of recognition, one of the central aspects mentioned in the narratives of psychotherapists, concerns to the valence that they attribute to a specific domain of SA in their practice. There's the possibility of recognizing the influence of a particular domain but discriminate it as positive or negative for the practice.	Positive Valence "Okay, for now I think that with this particular client, the fact that (I) am a person with a lot of training is important, because he is a suspicious person by nature and very critical." – about the competencies of the psychotherapist relevant to the process with the client. Negative Valence "(...) And I think I am feeling the same difficulty now, not letting my personal side interfere"- about the influence of the prejudices and biases of the psychotherapist in the therapeutic process.
Abstration	This theme includes descriptions of therapists that expresses the level of abstraction that the influence of each domain of SA can have in their practice. In their narratives, therapists	General "That is general, that is a general thing. All the good therapists should have that capacity." – about the competencies of

	describe a general influence of a given domain for all clients they follow, or that a particular domain may influence in a general way all therapists. On the other hand, it can describe that the influence of a given domain in its practice is exclusive or more accentuated when referring to the specific client to whom the psychotherapist refers.	the psychotherapist most relevant to the process with the client. Specific "I think that it is very important for the particularly client that I chose. I think I didn't choose the easiest one." – about the relevance of the emotional experience to the process with the client.
Focus	Includes the descriptions of the psychotherapists referring to the focus of each domain of SA, i.e. the therapist can recognize that certain domain influences its practice and distinguish the focus of that influence - to whom it is addressed. The descriptions of the interviews allowed us to find out, in terms of focus, an attribution to the therapist, to the client, and/ or to the therapeutic relationship.	Focus on the therapist "And, therefore, I feel the need not only to be able to ... digest my frustration and put it in a productive way in the therapeutic process. (...) somehow this also works as a guide for me (...). " – about the relevance of emotional experience in the process with the client. Focus on the client "And my being, at that moment, despite what matters there is the patient and not me. But my being at that moment helps the patient to be better with himself and he needs it." Focus on the relationship "It can be considered positive since it is easy to consider her situations and posture. In order to facilitate our relationship, yes." – about the influence of the therapist's personal values in the process with the client.
Subjective indicators of SA		
self-awareness indicator (SAI)	Includes speeches where the psychotherapist recognizes the importance of raising awareness about the mentioned aspects, which may be more general or include concrete strategies with a view to increase the SA. It includes the therapist's descriptions of doubt or questioning about his performance. It also includes more specific aspects such as the importance of the client feedback or the benefits associated with supervision.	"(...) there must be some bias from me, personal, right? (...) That I deconstruct, and that only in the supervision sometimes the biases are clearer for me (...) that I use to later dwell on a subject" "Being able to hear dissatisfactions, without also feeling that they are a personal criticism or personalizing (...) to have this space to talk about what satisfies or dissatisfies, also seems important to me"
Indicator of absence of self-awareness (IASA)	Includes speeches where the psychotherapist expresses the absence of awareness in relation to the mentioned aspects, the revelation that he is reflecting on the subject for the first time, or the expression of difficulties in the answer.	"For me, it is even difficult to answer this question of personal values (...)" "My emotional experience…Ok this question is complicated! (...) You have to let me think a little bit because the question is very complex."

Table 1. final coding system for quantitative analysis of interview data.

Domains of SA	Valence		Abstraction		Focus		
	Positive	**Negative**	**General**	**Specific**	**Therapist**	**Client**	**Relationship**
EE[a]	EE1	EE2	EE3	EE4	EE5	EE6	EE7
ER	ER1	ER2	ER3	ER4	ER5	ER6	ER7
SI	SI1	SI2	SI3	SI4	SI5	SI6	SI7
PB[b]	PB1	PB2	PB3	PB4	PB5	PB6	PB7
IV[c]	IV1	IV2	IV3	IV4	IV5	IV6	IV7

Emotional experience (EE); Emotional regulation (ER); Skills identification (SI); Prejudices and biases (PB); Identification of values (IV).

[a]EE0 – non-recognition of emotional experience; [b]PE0 – non-recognition of prejudice and bias; [c]IV0 – non-recognition of the influence of personal values and Discrimination of Values (DV)

First interview Guide

First of all, I would like to clarify that this interview should be conducted based on a particular client, chosen by you, regarding your own therapeutical process.
Despite being based on this particular case, the client's confidentiality will always be maintained and won't be questioned any detail of the client or any impressions of the case.
Thus, the following questions (with the exception of the first) refer to you as a psychotherapist in this process.

0 – As a psychotherapist, in general when thinking about your several therapies, what are the dimensions of the process that are most relevant to you?
1 – In relation to this particular client, how do you consider your emotional experience relevant, in session with the client?
2 – What skills do you, as a psychotherapist, consider most relevant to the therapeutic process with this particular client?
3 – Is there any kind of prejudice or bias that you consider to be most relevant in the therapeutic process with this particular client?
4 – What is the influence of your personal values on this therapeutic process?

Second interview Guide

This interview refers to the same client you answered in the first interview. This time, we will focus on the session with the client that you recorded and listened to. I ask you to focus only on the recorded session that you listened, once again ensuring the client's confidentiality, so the questions are referring to you as a therapist.

0 – First of all, would you like to know if any aspect surprised you when you listened the recorded session?
1 – How did you find relevant, in this particular session, your emotional in the session with the client?
2 – What are your skills as a psychotherapist that you consider to have been most relevant in this particular session?
3 – Do you consider that existed any type of prejudices or biases from your part more relevant in this session?
4 – How do you think your personal values influenced this session with the client?