

Appendix B. Theoretical and practical content of the workshops

	Workshop 1 Introduction of basic skills	Workshop 2 Withdrawal ruptures	Workshop 3 Confrontation ruptures
Introduction (10min)	Social gathering and introduction of the study	Exchange of experiences and further feedback	Exchange of experiences and further feedback
Theory (50min)	- Alliance [26] - Interpersonal competencies [20] - Concept of ruptures [53] - Repair-strategies (55) • Validation • Exploration • Making a process comment - Exemplary video and discussion	- Withdrawal ruptures [53] • Interpersonal markers • Intrapersonal markers - Repair-strategy [53] • Negotiating tasks and goals - Exemplary video and discussion	- Confrontation ruptures [53] • Interpersonal markers • Intrapersonal markers - Repair-strategy [34] • Finding interpersonal pattern - Exemplary video and discussion
Break (20min)			
Practice (150min)	- Awareness-exercise (5min) - Practice of basic skills • Didactic method is depending on the intervention group	- Awareness-exercise (5min) - Practice of dealing with withdrawal ruptures • Didactic method is depending on the intervention group	- Awareness-exercise (5min) - Practice of dealing with confrontation ruptures • Didactic method is depending on the intervention group
Check-Out (10min)	- Feedback - Organizational matters	- Feedback - Organizational matters	- Feedback - Organizational matters

Notes. Introduced repair-strategies in the respective workshops are not meant to be constraint to the rupture type taught in the same workshop