**Supporting Information:** **Items generated from interviews, presented to focus groups**

 1. CBT is too simple for complex problems

 2. CBT does not address underlying issues

 3. CBT makes me a less-warm therapist

 4. I fear I will put ideas of suicidality in the patients’ head

 5. I’m not getting anywhere with this patient

 6. The patient knows best about their problems

 7. If the patient is expressing doubt, this means I’m doing something wrong

 8. The patient isn’t trying hard enough

 9. The patient doesn’t want to get better

 10. The patient must feel better by the end of the session

 11. The patient doesn’t understand the work we are doing

 12. If I interrupt the patient, they will think I am a terrible therapist

 13. The patient isn’t very engaged with me

 14. I must always be Socratic even if I don’t agree with it

 15. If CBT does not work for the patient, then there’s something wrong with the way I have administered it

 16. I worry patients will drop out of therapy if I push them and I might end up with no patients

 17. I must get my formulations right

 18. I feel someone else can deliver therapy better than me

 19. I must know what I’m doing otherwise that makes me a rubbish therapist

 20. I must not upset the patient

 21. I fear behavioural experiments being unsuccessful

 22. I must ensure patients progress

 23. I must deliver the treatment right otherwise the patient is not going to recover

 24. I was concerned about an intervention making a client feel worse

 25. I feel patients’ trauma is too distressing for me

 26. If patients don’t learn something in sessions, I’m not doing it right

 27. Patient’s problems are too complex for me

 28. The patient dislikes me or thinks I am no good

 29. The patient feels worried about what I might think of them

 30. The patient feels I don’t care

 31. The patient finds it difficult working with me

 32. I feel deskilled as a therapist

 33. I feel my lack of understanding about a patient’s culture affects our therapeutic relationship

 34. I feel I don’t like my patient and that makes me a terrible therapist

 35. I feel CBT goes against the therapeutic relationship

 36. I have to stick exactly to the CBT model otherwise I’m unprofessional

 37. I feel I should never ask the patient about their past because CBT is only interested in the ‘here and now’

 38. I avoid doing particular CBT tasks because I don’t understand them enough

 39. Asking the client to discuss traumatic memories may retraumatize them

 40. Using summarising techniques feels like I’m being patronising towards the patient

 41. I feel my own personal beliefs get in the way of me engaging in certain interventions