

Table S1. The impact of the pandemic on personal and social life.

Sub-themes	Codes	Quotations
Early stage of the pandemic	Crisis	Emergency
		Sudden change of everyday life
		Escalating threat
		Vicarious trauma
		Existential anxiety
	Crash test	Vulnerability
		Uncertainty
		Fear of the unknown.
	Crash test	Fear of infection
		Emotional dysregulation
		Anger, anxiety
		worries, depressive symptoms
Middle stage of the pandemic	The pandemic of loneliness	Resignation
		Catastrophising
		Somatization (Sleep and Sexual disturbances)
		Introversion
		Social isolation
	Dispute	Fear of physical proximity
		Changing the way of relating
		Dilemmas & sense of responsibility
	Dispute	Intra-family conflicts
		Guilt
		Polarization
		Shaking part of the political, scientific, social and ethical beliefs
	Dispute	Lack of trust
		Anger because of the contradictory information

Late stage of the pandemic	Reframing	Comprehension and repositioning	So, somehow... as if I had to find myself again, what I am good with and how much I stand, with fear, with protection, with care. And with prudence... and logic on the other hand. Without uncritically accepting what is imposed. (Rea, 25).
		Focus on personal perception of the new reality	It took us a lot to reflect... how I stand, what I need to do, to talk, to explain to the children, some things, that they neither get too scared and panicked, but neither are they.... naivety towards all that is happening... So, the challenge was to find our Position... To understand what is happening, what is all that is happening, as much as we can understand it... and to find a stance that maintains a little balance, a little quality of life. (Rea, 13)
		Gradually balancing the social and family relationships	Later, when I realized that... it started to affect me, to create imprints on me, then I took a step back, and I think I'm still taking steps back, to being able to see... What exactly can I support and what not (Fotis, 21).
		Grieving the losses in relationships	Finding... I'll say a meeting place again, commonly accepted. "If you can't and you're afraid, I won't invite you to my house, because I'm not afraid, but I will invite you to meet in the park, I'll invite you to go for a walk, I'll suggest that we take a coffee in hand and walk and let's say... let's go play, have a picnic..." (Rea, 49) My relations with some of these people have not yet been restored... with most of them, I would say... It was... a discarding... of how a man thinks... So, that was a loss too. A Great loss. (Maria, 53)

Table S2. The impact of the pandemic on professional life.

	Sub-themes	Codes	Quotations
Early stage of the pandemic	Pause	Pause	We didn't know what we were dealing with...how to help and calm our fears. So, the fact that there was a short pause for everyone, at least for a month, helped me a lot, to understand what was happening... (Rosa, 22).
		turning into online therapy sessions	The way of conducting the sessions was completely changed... The priorities, the requests were completely changed... The pandemic and the fear of eventual infection replaced the previous requests (Fotis, 17).
	We are at the same boat	Feeling left alone	At the beginning of the pandemic, there was a decrease in requests for sessions, but as time went on, they increased (Vera, 23).
		Lack of guidance, support and information Change of the requests	At first it was very difficult to be able to manage my inner difficulty to be able to function therapeutically... I think, for quite a long period of some months... I worked on the one hand because I felt an ethical obligation to support people who were in need and were asking me for it... and at the same time, there was also an economic need to work. Because we live from our work. And at the same time I had to manage my difficulty... I think that in the first period I lost it, and very often I caught myself, expressing my own anxiety... (Maria, 16).
Early stage of the pandemic	Working as Integrative Psychotherapist	Countertransference: Difficulty in balancing the personal difficulty with the professional responsibility	The feeling that "I am here to face your own fear and your own anxiety, for something, which at the same time concerns me too, and I have my anxiety and my fear", created such a... special therapeutic condition... We are in the same boat! So, once upon a time there was a...how to say it, an agreement, a sympathy, in that "Yes, things are difficult"... as if we were sitting on the same side of the couch and ... we talk about it... Other times, I really needed to stand VERY well in my position, opposite, to Hold someone, who, probably... had sunk a little more than me... Which was both, difficult and helpful at the same time... Many times I felt to get support from my clients, in difficult times (Rea, 19).
		Dynamic process	For me, Integrative Psychotherapy showed all its potential. (Claire, 99) Because the pandemic was not a single problem. It caused different problems for each person. So, I think I was lucky enough to have tools, and to be able to work, whether it was relationships or systems... And behaviorally... and noticing the body, breathing, all of that... And of course, inner work... psychodynamic, what is happening inside me... How do I manage resistances, defenses, emotions... I mean, I worked on many levels, which I did anyway, but with the pandemic it was clear that it had to be done so. (Maria, 72)
	Working as Integrative Psychotherapist	Practicality Flexibility & Creativity	The integration of tools and techniques can often be personalized much more... And for the therapist herself, can be a more personal work model... But the same can be done for the client... And this, Certainly, in a crisis situation, as it is that of Covid, I feel that it is necessary, or at least, more necessary than in other cases... (Vera, 143)
		Working parallel in many levels	Because it works differently for each person, and each person responds to a different tool... So, it's like I really had to use the whole quiver... Even things that I didn't use to apply, now, I somehow rediscovered them, remembered them, used them, they found their place... (Rea, 73)
Early stage of the pandemic	Working as Integrative Psychotherapist	Trying new techniques and rediscovering the old ones	For example... one of the approaches, from the techniques that I've specialized in, Trauma Therapy, EMDR, is a therapy that uses bifocal stimuli, hand movements that the client follows with their eyes. This had not, until the coronavirus, been proved in online sessions. So, if I didn't have the integrative background, I wouldn't even be able to work... So practically... (Vera, 135)

			<i>I had the possibility, on the one hand, to call on many approaches, depending on what stage each person was in, which we also did before the pandemic, but... now we were integrating many approaches, which the client might not have brought before then... (Claire, 103)</i>
Middle stage of the pandemic	Fatigue	Increased workload & Change of requests	<i>I think that the first period... I was just working... (Vera, 21)</i> <i>We were very alone... I felt very alone in this, as a therapist... (Rosa, 81).</i> <i>During the second epidemic wave, I felt the mental collapse. I mean, I was also terribly exhausted with the fact that we are being locked in again... The clients have all come with anxious and depressed symptoms... We were all at a terrible limit, but I was also like... as a psychologist, let's say, I was having a lot of trouble inside, because I was also feeling very tired of what was happening... And while cognitively, I could now understand and help with the irrational thoughts, with the obsessions, with all of that, I had the tools and now I believed that we would survive all this, psychologically, I was a wreck, because I was also exhausted. (Rosa, 26)</i>
		Psychological breakdown Sense of responsibility	<i>I had to be able to manage things perhaps faster than I could manage them, to help my clients as well. It was so... new to me as well, and it was a bit... it was quite stressful... I felt that I need to do a faster situation management, to be more efficient. (Vera, 27)</i>
	Broad use of technology	Sessions held on line or in compination with in vivo	<i>Initially, a new way of communication and meeting had to be found, since there could not be a face-to-face meeting... Where, at first, there was an interruption and a fragmentary communication, and along the way we had to find ways, through the internet platforms, like Skype, ZOOM or some others... At first, this brought awkward feelings, resistance, a lot of resistance from the clients... And "No, it's not the same and I can't do online therapy." .. until the permanence of the situation, bent this resistance, because the need was bigger, and somehow the profession was established through the internet... (Rea, 17)</i>
		On line trainings, On line supportive groups	
Middle stage of the pandemic	Integration of methods	Utilizing the entire quiver of tools	<i>The systemic context, "Where are you?", "Whom are you with?" ... Some people may have been forced to return home, due to the pandemic. This is a change in context, moving back home, especially in a hard environment, can trigger a lot of very reasonable anxieties (Nikos, 85).</i>
		Integration on Mind-body-emotions	<i>I can say that during the pandemic I went back to basics... because there were very structural, let's say... problems... that had to do with anxiety and obsessions and obsessive thoughts. (Rosa, 75)</i>
		Systemic interventions CBT, Psychoeducation PCA & Focus on Here and Now	<i>I will say maybe.... the phenomenology from Gestalt psychotherapy and the here and now... which came very strongly to the fore... Because there was no future perspective at all... That nothing is certain... the whole existential part... There was a great need to see it through the prism of existentialism, the existential all-encompassing approach.... What it means for everyone, what they experience, how everyone stands against it... The meaning... and beyond that. There was also a part of the Behavioral Cognitive Approach, about how I will manage, let's say my fear, how I will manage my partner's resistance to follow me... on a walk, on a ride... on how to reassure the child.... Artistic approaches also helped me a lot.... (Rea, 69)</i>
		Existential Psychotherapy Psychodynamic Approaches Gestalt Therapy Role playing Counceling Artistic interventions Visualisations EMDR	<i>The techniques that see the person holistically, techniques that have to do with body sensitivity and awareness and the disassociation of emotions and symptoms proved to be very important. (Fotis, 81)</i> <i>Drawing my fear, modeling it with plasticine, playing it, expressing it... "Me and the disease, me and death" ... my phobias... the open accounts, many times, with people who left and didn't have time... to see them again and say goodbye... There, many times this role playing technique and the empty chair helped to soften this, to be able to somehow... close it... (Rea, 71)</i> <i>The things that... helped me a lot were visualizations... which are used a lot in Trauma Therapy... Visualizations helped their body to calm down, and at the same time, they stopped the process of over-analysis... (Vera, 149)</i>
Late stage of the pandemic	The meaning of psychotherapy in the era of the pandemic		<i>The meaning of the work: Importance because the people did not know how to manage the situation and needed support. (Claire, 31)</i> <i>I understood how valuable my work is... It strengthened my faith in the profession I do. (Lisa, 27)</i> <i>The meaning of work became more existential... And our work took another dimension... And I think that was good. So, it made things a little more clear. What is important, what is not.... Come let's clear things up... both with myself and with the other.... Or the couples, the families I see... (Maria, 24)</i> <i>What I personally did was to take some time for myself... trying to stay a little bit on the requests... and not give answers beyond that. I don't have an answer and not to try to give a good answer to something that I don't even know what... it is. (Vera, 59)</i>
	Self-regulation	Stepping back	<i>I was trying to stay very much in touch with My personal work, I was trying very hard to stay in the Here and Now. (Claire, 41)</i>
		Self-care	

Table S3. Promoting positive adaptation.

	Sub-themes	Codes	Quotations
Personal assets	Activating personal strengths	Acceptance	<i>The correct assessment of my capabilities for that period... I set a priority on how many people I can support for this period... without reducing... the quality, due to load. (Fotis, 63)</i> <i>I think what I did and it helped me a lot was... what we talked about before, being in the Here and Now. I mean, now I'm safe... (Vera, 121)</i> <i>By accepting the situation as it is. Neither to try to beautify it, nor to be in denial that something bad could happen to me too... (Vera, 49)</i>
		Self-awareness & Self-compassion	<i>I remember having great anxiety, which was very clear though, that it was my love, that gave me strength... That here, now, I need to protect my family, myself, as a mother and a wife, and a person... I had a role that was very clear. (Maria, 18)</i>
		Motivation to protect the loved ones	<i>No matter how much you prepare, a crisis is a crisis... And that's where abilities come out... what is deep inside you... regardless of how much you've been prepared... At that time you are working with your reserves, you are not working with what is on your surface. It's... deep inside. (Maria, 90)</i> <i>To be flexible, to listen to me on what I need... and to allow myself to lower the rhythms. When I see myself reaching its limits, I try to understand what hurts me, bothers me, stresses me, and try to remove this stimulus. If my work is something I can't stand, reduce it, at least some hours, if it's not possible to reduce it, to take easier cases... (Rosa, 73).</i>
		Self-efficacy	<i>Flexibility, adaptability... That I can think of things that until yesterday I wouldn't have thought of, let's say, having a therapeutic session on an bench, at the Thermi dam, let's say... (Rea, 50)</i> <i>What I think what has helped is, how good I felt with the knowledge and skills I had, as a therapist... It wasn't something that I was questioning, how much I know it or not. I was very sure of what I could do and that's why I did it, despite my own difficulty... (Maria, 90)</i> <i>I deal with many things with humour and this is something that helps me (Nikos, 69)</i>
		Flexibility & Humor	
Personal assets	Cognitive assessment	Cognitive restructuring and emotional processing of experience	<i>What I can make sense of for myself and arrange within myself, I can do it also for others. I can do it for my kids, I can do it for my clients, I can do it for my relatives.... (Rea, 53).</i> <i>First of all it was a realistic assessment that: "Things are very difficult and let's roll up our sleeves..." And for me it was very specific the things that made it difficult... So, the realism that... "This is a war and we have to fight and let's endure". (Maria, 18)</i>
			<i>Rationalizing, reading... I mean, what is this coronavirus? What offends? In what way does it do it? Although I'm not a doctor, I've been trying my best to understand how this whole thing works... (Vera, 123)</i> <i>And let me tell you that it was also an element of... my family. Because my parents left Cyprus in 1974, when the Turks had invaded Cyprus, but people started again from scratch, but it was... It was in their nature... (Lisa, 47)</i>
	The family history	Realistic expectations	<i>And another part that always gives me strength, is my family history. I know from my parents, how much they have fought... Immigration, refugee, it is an intergenerational one.... Which I think is probably also for all Greeks, but I have lived this in my skin... This is the model, if you will, that "OK, we are fighting in Life"... So, this inspires me. So, these are the messages I stand by in life, and it gives me strength too. (Maria, 42)</i>
		Signification	<i>I love the people in my house very much... I also love the people I work with and I value them... and I would NOT leave them... so this is a very big strength for me (Maria, 18)</i> <i>The will that we will make it, I will make it, I won't... get carried away, and everything will be lost... Because that's how they presented it. So, that thought gave me the balance. And many times, it was even heavier, it was heavier. (Lisa, 43).</i>
	Positive Emotions	Gratitude, Flow,	
		Love, Hope, Faith in God, Courage & Motivation to protect the family	<i>There is this relationship (with humor and optimism) in order to maintain balance, in a dark time, a time with so much death and so much loss and so much pain, I really need a counterbalance... And I turn to these qualities and cultivate them, as much as I can... Well, it's like it was cultivated even more during the crisis and the pandemic... and maybe that's another positive, I didn't realize just before... (Rea, 65)</i> <i>At the same time it was a huge blessing to feel that I am at home, in a security, with people I love, to be able to protect my children, to have a livelihood, to have our health... (Maria, 42)</i> <i>And a deep belief that "All this is done for Good"... that "We are united to fight it". (Maria, 40) And a belief in God... I believe that... all this is happening for some reason... And let's show trust, let's do what we can, not passively and fatalistically, not at all... (Maria, 42).</i>
Social resources	Supportive networks	Supporting a common aim	<i>But there were also feelings... of empowerment and... "Let's all support a common aim..." and that "If we need to make an additional sacrifice we will make it..." (Fotis, 33)</i> <i>Daily communication, with colleagues... We shared things, we supported each other, we enacted the weekly.... drinks... instead of going out after work or on a Saturday, we'd all have a drink together or something online... (Fotis, 49)</i>
		Supportive networks	
	Supervision and Personal Therapy	Peer groups	<i>I think supervision helped me... I got fewer clients than I would have, under normal circumstances and I got easier incidents... Personal psychotherapy... because no matter how much you worked with yourself, when you're faced with something like this, I think that all the things that you think you've worked on are mobilized and resurface, as if you've never worked on them... (Rosa, 28)</i>
		Exchanging info and experiences	

Social resources	Ongoing Supervision and Personal Therapy	<i>I'll speak as a mental health professional and say that another big part of my psychological resilience is due to the personal psychotherapy, the work I've done with myself over the years. As well as the systematic supervision I have been receiving for 23 years. If some of these were not present in my own background, clearly, I would not have been able to have the mental resilience, balance or stability that I had... as long as I had it and whenever I had it. So I think that personal therapy for psychotherapists and supervision with a proper professionalist is a must, in order to be able to cope with all these challenges, which as time goes by become more and more intense. (6) (Rea, 87)</i>
	Appreciating relationships	<i>Clearly, there wasn't the degree and the frequency... that was before, however, to a large extent, contact was maintained with 2-3 families, as we say, this bubble that we created, more as a need of the children, with friends, or classmates and neighbors, that could exist a stability to it. In other words, there was no complete isolation. (Rea, 39).</i>
	Discovering adaptive ways of socialization	<i>Okay, what we did was we watched Master Chef, all coordinated, with a camera on, so it was like we were in the same living room... (Vera, 109)</i> <i>Sometimes I held meetings in open spaces. Like a park bench... walking on the beach... We found alternative ways to meet and conduct therapy. (Rea, 17)</i>
	Technology Information	<i>What I did in addition, is that towards the end of the pandemic... I decided... to be trained in Brief Intensive Dynamic Psychotherapy, which I had already started attending some seminars... This was very important for me to do the training. It gave me an escape from the pressure, it reignited my thirst for knowledge and also I was learning something that seemed very efficient and effective and it was connected with everything else I had.... (Maria, 72)</i> <i>I stopped reading so much about the pandemic, this compulsion that had put on us, "Today we have so many new cases and so many are in the ICU... So, we were involved in a process of hearing this every day... No, to deny reality, I'm not saying that, but I also stopped deliberately, watching so much news... I think that's why I also changed and it helped me a lot then. (Rosa, 28)</i> <i>To be informed by correct sources of information, because all the rest was... if not aggravating, it bordered on the absurd. So, I avoided it. (Fotis, 37)</i>
Enhancing self-care	Physical activity	<i>Like exercising in other places... reading some books, you say you will read but never do, that kind of thing... Or having more time to do other things... like playing a video game... I thought "it's good to remember some other things I used to play and have fun with". (Nikos, 75)</i> <i>I didn't lack exercise, before I went to the gym, now I had physical exercise on the Mountain! (Lisa, 51)</i> <i>And it was also a need to stick to a schedule, to think, to feel that you are in a daily life, which does not pass simply and imperceptibly, but... has a routine, something like that. So, that's how I dealt with it... By planning I think. (Fotis, 61)</i>
	Healthy dietary choices & Good sleep	<i>That saved me. It was a period of my life when I started vegetarianism and I was following a special program. So, I had all the time to prepare my meals, go to the market... I took my dog out twice a day for a walk, so that made it easier... I did exercise inside the house... In general, I did things that help the body, to raise serotonin on its own, like I said, I was taking care of my diet, my sleep and exercise... Well, my dog also helped me a lot... So, everyday life was pretty good. (Vera, 77)</i>
	Emphasis on well-being	<i>Taking time for the self</i> <i>Psychosomatics help me a lot. If I want to ignore something, the body comes... and wakes me up. (Vera, 59)</i> <i>What helped a lot was... because we don't live in the urban area but in the suburbs, there was more opportunity to move, walk, bike, go to... all the way to the mountain or the nearby river and be closer to nature, and this gives the possibility of exercise (Rea, 32)</i>
	Contact with nature and animals	<i>The strengths were... first and foremost, it was a body alert. To learn to listen to my body better... And not to criticize it... A second important part, which emerged, is the prioritization of what I need to do. (Fotis, 75)</i> <i>When I see myself reaching its limits, I try to understand what it is that hurts me, bothers me, stresses me and try to remove this stimulus. If my work is something that I can't stand, to reduce it, at least some hours, if it's not possible to reduce it, to take easier... incidents, which are not necessarily so heavy... (Rosa, 73)</i>
	Mindfulness practice & Meditation	<i>What helped me to respond to it, was a peer group, which we introduced, four colleagues, precisely so that we could manage all this... My supervision... And a mindfulness group that I started in the middle of a pandemic online as well, and... gymnastics... walks... pieces of personal life (Rea, 20)</i>

Table S4. Cultivating Resilience.

Sub-themes	Codes	Quotations
Self-regulation	Adaptability - Openess in the experience	Everything that comes changes the way we see ourselves, changes the way we deal with the situations around us. So, it's easy for me to accept that what's happening to me now and the way I've adapted... the choices I've made... my reality in here and now... is right for me in here and now. And I don't mind that it's different from then and there. (Rosa, 63)
	Accepting the Flow of life	...presence, stay in presence... in the Here and Now... I'll use the word, take a breath before... Take a Breath, before you panic... Take a breath, Let's Take a breath together... (Claire, 55)
	Personal growth	...to be able to know what I feel, all that I feel... because things happen and I am in contact with the environment... To be able to bear all this within me, both emotionally and physically and mentally... to hold myself in a balance... And to keep me in one piece... OK, yes, I have anxiety, but I also have this, I have that, I have fear, I have anger and love and I am ALL . And to find the source of strength. (Maria, 35)
	Self-acceptance	There was such a drive, that "Everything will be fine", strength, let's say, "Do your best, read, work..." This is inside me.... But a little, with a belief that everything will be fine for sure... (Maria, 64)
	Enhancing of self-esteem	Now I'm... a little more realistic, that things might not work out, but it's a joy to be able to do that process, what they say, the road... That's what joy is. I am sure. And for the fact how much I supported my family, I feel that and I'm happy for myself... and for all of us, because we all did it together. I didn't do it alone. (Maria, 65)
Environmental mastery	Rediscovering nature	The pandemic was a pause that gave me the opportunity for introspection, readjustment, changes and realizations (Claire, 21)
	Opportunity for personal changes	The Covid pandemic... this invisible disease, I think it was just that: How can another person's actions have an impact on me, how can my actions have an impact on another human being... That could maybe also considered a positive part. Through the pandemic, we have seen that this mentality of "I should be fine", or "My house should be fine", ultimately does not work... (Vera, 13, 17)
	Interconnectiveness	One, let's say in professional life, one... positive outcome was that, while before I was working online, it was something that, as I said before, brought resistance, clients didn't choose it, now it's something that's taken for granted. It has been approved. So, I can work... I lived in Thessaloniki with people from all over the world... And this is considered normal and it happens... Another positive outcome is that many seminars that were held on campus and I had to travel to foreign countries to participate in them, now they are done online. So I can watch them from my home... (Rea, 59)
	Sense of responsibility towards oneself and the others	Before the corona virus, when we were moving around... when I was moving around in crowded places, I had noticed that people did not pay attention... how to pass between people. They might have been old, pushed around, pushed aside... there wasn't a polite way of contacting them. I think the coronavirus came the first time and put a noble way of contact. "Ah, let me be careful! Ah, not to get too close to you!" (Claire, 91)
	Generosity	So, that was something... finding WHERE I can meet you, IF I want to meet you AND IF you want to meet me. As far as it is OK for you and as far as it is OK for me, sort of. It was all so new and so... experimental, that we discovered our creativity, I think. This was a good opportunity. And our flexibility. (Rea, 49)
	Polite way of contact	
	Radical compassion	
Reframing	Finding a new balance	What was very clear to me is that there is no reason, at that stage, to stretch myself and the children more, on things that in another period would be absolutely red lines. It came to a tolerance... It's also something that I've adopted since then... I've softened a lot on what I thought were red lines, the way I handled them... It helped me to be a softer person, both with myself and... with my husband. I consider this, (laughing) a good thing that remained. (Maria, 60)
	Softening behaviours	In general in life, I say: "No matter what happens, a stressful situation will come, it will change you... definitely, it will trouble you... it will affect you... It will change your surroundings... it will change your personal relationships... it will change your relationship with your family... You will actually change..." But it doesn't matter if you will change... You are not right now... the same person you have been at an earlier time in your life. That's what you need Now, that's the way you can deal with things Now, and that's the right way for you in here and now. (Rosa, 63)
	Enhancing self-confidence	My sense of security does not lie in what comes from the outside and what they impose on me from the outside... My sense of security also lies in what I consider capable, suitable, safe for me... Both at the level of health, and at the level of work, and at a social level. And political even, if you want... So, it was very important to me not only to be obedient... but also to be responsible at the same time to my principles, judgment... my knowledge, too... (Rea, 27)
	Internal locus of evaluation of the experience and oneself	To be whole. I am not just my fear: I am afraid of something, there is a crisis or a challenge, so I have to endure something. So, there, I need to have with me all the parts that have nothing to do with this particular part, which are other parts of me. To be here whole. (Maria, 37)
	Autonomy	
	Coherence	