

## Supplemental Information

### Method

**Inclusion/exclusion criteria.** We aimed to have relatively broad inclusion criteria—allowing comorbidities (e.g., borderline personality disorder; non-primary substance use problems) but excluding characteristics that might preclude participation in a verbally-based psychotherapy (e.g., psychosis) or imply a different clinical focus is indicated (e.g., severe suicidality)—in line with comparable, recently conducted PTSD trials(1, 2).

**Therapy training.** Didactics included a section on trauma exposure and sequelae among LGBTQ individuals, minority stress and its potential on trauma and developing/experiencing PTSD, and flexibly integrating LGBTQ identity into core TFPP case conceptualization and intervention. This included thorough discussion of case examples with accompanying video therapy footage.

**TFPP adherence scale.** Core adherence items on the TFPP adherence scale (each rated 0-6, in which 6 is the most adherent) include: (1) therapist allowing patient to determine initial topics of the session and maintaining a nondirective stance; (2) relating information to potential dynamisms underlying PTSD symptoms and anxiety; (3) addressing themes of anger/aggression and attachment/fear of abandonment; (4) use of interventions promoting exploration and not closing off exploration; (5) exploring catastrophic fantasies underlying PTSD symptoms and anxiety; (6) identifying and understanding patient experiences of PTSD symptoms (e.g., dissociation) or anxiety in-session; and (7) exploration/interpretation of the transference related to PTSD or anxiety symptom experiences or their precipitants. The full adherence measure for TFPP can be provided upon request to authors John Keefe or Barbara Milrod.

1. Markowitz JC, Petkova E, Neria Y, Van Meter PE, Zhao Y, Hembree E, Lovell K, Biyanova T, Marshall RD. Is Exposure Necessary? A Randomized Clinical Trial of Interpersonal Psychotherapy for PTSD. *The American journal of psychiatry*. 2015;172:430-440.
2. Foa EB, McLean CP, Zang Y, Rosenfield D, Yadin E, Yarvis JS, Mintz J, Young-McCaughan S, Borah EV, Dondanville KA, Fina BA, Hall-Clark BN, Lichner T, Litz BT, Roache J, Wright EC, Peterson AL, Consortium ftSS. Effect of Prolonged Exposure Therapy Delivered Over 2 Weeks vs 8 Weeks vs Present-Centered Therapy on PTSD Symptom Severity in Military Personnel: A Randomized Clinical Trial. *JAMA*. 2018;319:354-364.

### Supplemental Figure 1.

CONSORT diagram for patient flow through study.

