

## Abstract

'Therapy Today (Feb 2011), an article described a scenario which, when viewed through the lens of culpability and complaint would be guilty of self disclosure. However from responses expressed in the article, the therapeutic perspective brings a much more nuanced view and the biggest number of responses received. All the responses printed were from experienced therapists, supervisors, and authors from various orientations of work, all holding their subjective conflicting opinions.

Counsellor's self-disclosure is commonly viewed with caution due to the concern that it could interfere significantly with professionalism and the therapy process (Barnett 1988). Carkhuff (1969a) shares my view, it can be confusing for trained and novice counsellors to work out which aspect of self are legitimate to express and which are not.

Whether we self-disclose as therapists is not a choice, the choice is how much we self-disclose (Mann 2010) and as Kottler (1986 p52) has observed, in training 'there is always a theme of "stifle yourself" juxtaposed with encouragement to be authentic'.

Despite suggested prudence in use, surveys consistently indicate that most practitioners utilise the intervention some of the time with only six per cent responding that they never self-disclose to clients (Edwards and Murdock 1994).