

Abstract

This dissertation is intended to examine my personal philosophy and the theoretical basis for my practice, to explore the often controversial topic of therapist self-disclosure, and to illustrate and self-reflect on my practice and, in particular my use of self-disclosure, through the exploration of a Case Study. A synopsis of this dissertation concludes that therapist self-disclosure can be a useful mechanism in aiding the therapeutic process, in particular by deepening relational contact and authenticity between client and therapist. Fundamentally, its use must be carefully judged, and may or may not be appropriate dependent on the nature of the self-disclosure, the relational status of the client, and the relevance of the disclosure to the client's process.