

## **Abstract.**

The subject of the dissertation is about the practicalities and theory of the therapist using self disclosure in the counselling room. The contents of this dissertation include three sections: A rationale for practice, here I write about the philosophy and theory I apply to practice and how I think change occurs as well as describing where I work. Next is a literature review which explores the literature and research available about self disclosure focusing on key texts. Lastly is a case study that presents my work as a Humanistic and Integrative therapist and includes ethics, a description of context of practice as well as reflections on the process in the therapeutic relationship with working examples of therapist's self disclosure.