

### **Abstract:**

The use of therapist self-disclosure in clinical work has been hotly debated for nearly a hundred years. Even today, many questions feel unanswered- What is it and why use it? What does it bring to the relationship and what might it take away?

In an attempt to encourage further debate, exploration and where possible, posit answers, I have approached the topic from a relational angle.

As a trainee Humanistic and Integrative psychotherapist I am fascinated by 'relationship', by being with another in all that I am and for us both to truly see and meet each other. I believe that it is in the baring of ourselves to ourselves and to others that true contact is achieved and with that contact, the opportunity to change and grow. I am my greatest resource.

A literature review examines the opinions and research surrounding the subject, providing me with an opportunity to reflect upon their findings and how I might go about applying use of the intervention in my clinical work.

A case study reveals the application of self-disclosure in my work with a client, with particular attention paid to the impact on our relationship.

Despite the differing approaches to psychotherapy I have discovered through research and my own clinical practice that appropriate self-disclosure, delivered in a way that serves the client and their relational needs does indeed deepen the therapeutic relationship and therefore accords with my Humanistic and Integrative philosophy.