

## **Abstract**

This dissertation is about the use of self-disclosure as an aid for the Humanistic and Integrative therapist in the therapeutic relationship.

I will begin with an introduction informing the reader of what to expect within this body of work and my reasons for choosing this topic.

The dissertation is split into three main sections. The first is my rationale to practice where I inform the reader of my humanistic philosophy and beliefs and the integration of other theories that underpin and support my work as a therapist. I will give my rationale for using these theories and conclude with how I believe change occurs.

The second section is the literature review where I will explore books and articles surrounding this subject and analysing two key texts discussing the use of self-disclosure.

The third section will be my case study surrounding one of my clients. It will be an in-depth evaluation of my therapeutic work with this client which will include examples of my use of self-disclosure.

It will finish with a conclusion drawing all three sections together.