

Abstract

This dissertation employs a case study methodology with a focus on therapists self-disclosure.

I will outline my humanistic and integrative approach presenting my philosophy, how this informs my rationale to practise and theories I use to facilitate change. A literature review follows where I will examine therapist self-disclosure and its impact on the therapeutic relationship. I then offer a case study that demonstrates the use of self-disclosure in my clinical practise. I will end with a conclusion reflecting on my personal learning.

I propose that there is evidence in the literature and research that supports the value of self-disclosure as an important therapeutic intervention.