

## Abstract.

Using a case study methodology this dissertation explores the use of therapist self-disclosure and the impact this may have on the therapeutic relationship. Starting out from a 'quiet' place I am becoming increasingly aware of meeting clients 'self' with my 'self' in order to offer an I/Thou (Buber, 1958) relationship. Bringing my self into the room with clients however, has posed the question on the possible impact this may have within therapy.

This dissertation takes on three main parts with therapist self-disclosure weaved throughout. The Rationale outlines my philosophy as a humanistic integrative therapist, exploring my current beliefs in self-formation and therapeutic change. The literature review provides a brief overview of the use of therapist's self-disclosure within psychotherapy and provides my analysis and critique. With my growing awareness of the possible impact and uses of therapist self-disclosure, my case study not only demonstrates the application of my rationale for practice but how my increased knowledge is integrated within my clinical practice.