

## Abstract

I wish to approach the subject of therapist self-disclosure, from the perspective of it being an intervention to facilitate the deepening of contact between therapist and client. The use of self-disclosure has been fiercely debated over the last few decades and there still remains a division over how it should be incorporated into clinical practice, as well as a true definition over what it actually entails. As a Humanistic Integrative psychotherapist I approach my clinical work from a relational stance and believe that to bare your true self to another within relationship, is to truly know yourself. It is because of this belief and that to model the real-self elicits a similar response in others, that I have attempted to explore the use of self-disclosure in a way that will help inform my clinical practice.

A rationale for practice will strive to outline my humanistic and integrative philosophy, inclusive of theories I draw upon to inform my practice and how I believe these help facilitate change within a client.

A literature review will explore the ambiguous definitions of self-disclosure, as well as its historical perceptions within the therapist community. It will include an analysis on key texts and conclude with my own sentiments on the topic, based on my findings.

A case study will provide an assessment of my clinical work and an evaluation of my application of self-disclosure, paying particular interest to how it may have deepened the therapeutic contact.

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