

Abstract

The foundation of humanistic integrative therapy is based upon the therapeutic relationship, two human beings in a 'real' relationship (Gelso, 2002). Therapist self-disclosure is a longstanding issue for debate within the psychotherapeutic community. (Farber, 2006) There is an expectation within humanistic integrative therapy that to achieve a genuine relationship between therapist and client, some amount of therapist self-disclosure is necessary. But where is the line?

This study aims to research varying opinions on therapist self-disclosure and reach a conclusion through a detailed case study.