

Abstract

My dissertation focuses on how psychotherapist self-disclosure can either help or hinder the therapeutic relationship by disclosing or not by disclosing. The purpose for this topic is for me to feel ethically comfortable knowing that how I practice is not damaging to my client.

This dissertation is made up of three parts with the therapist self-disclose weaved in throughout. My case study will incorporate my rationale which underpins my way of practicing as a humanistic and integrative psychotherapist.

The literature review provides an overview of the history of therapist self-disclosure and how this now links in with present day approaches, noticing the gaps within the literature as well as my thoughts and experiences.