

## **Abstract**

As the internet grows, the potential for client-initiated disclosure of psychotherapists' personal information grows. Psychotherapists' professional and personal boundaries are increasingly blurring. This is inescapable. The aim of this study is to explore this blurring.

Using narrative inquiry, this qualitative research study shares the stories of four humanistic psychotherapists in how they know themselves, and experience their sexual orientation being revealed by others and in society. Thematic analysis of these stories identifies the themes 'knowing ourselves', 'revealing ourselves' and 'an external perspective', for reflection and discussion. There is something about sexuality that is particularly potent. A tension, power and vulnerability as the boundary between what is hidden and what is seen is traversed.

This study highlights the importance of 'sitting upright' with hidden and shadow parts of the self, not in shame, but in strength, and with confidence and pride. This study also identifies that integrative psychotherapy training is largely invisible to sexuality, subtly promoting a heteronormative model of society, highlighting the need for the psychotherapeutic community to collectively 'sit upright' for the benefit of all marginalised groups in society.