

Abstract

This dissertation is the study of sharing personal information within a counselling and psychotherapeutic relationship. It focuses on the factors that contribute to disclosure occurring and the consequences of disclosure.

I will be using a case study methodology to demonstrate my contribution to this.

Within the case study I will be demonstrating my use of self; my integration of the therapeutic interventions I make and how this affected the relationship. I am mindful that it is only from my perspective and I am unable to verify the true stance of the client.

I also indicate where I chose not to disclose information and my reasons for doing so.

The literature that I will review is to examine the therapeutic effect of self-disclosure and whether it can truly be beneficial or a risk to the therapeutic relationship, the safety of the client and the integrity of the therapist.

I will conclude my views on how I view self-disclosure once I have reviewed the literature.