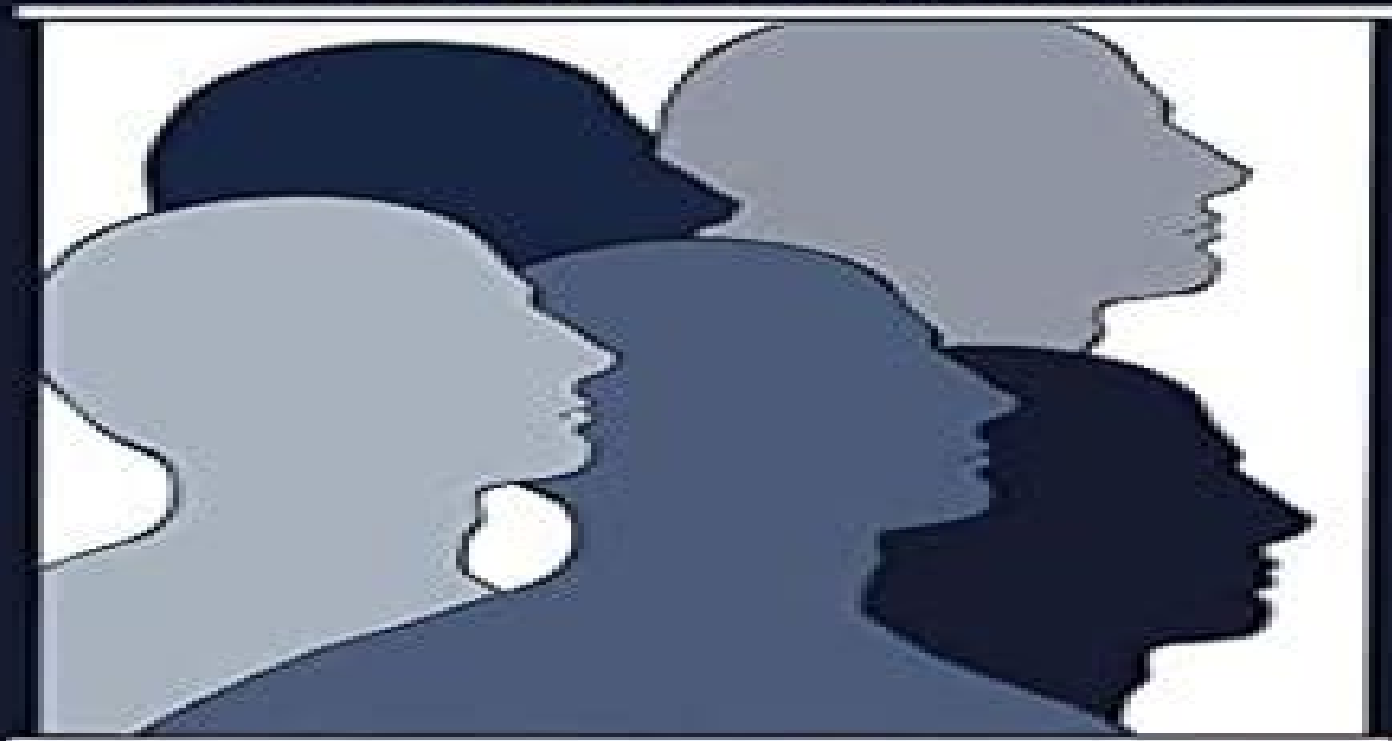


# **SELF-DISCLOSURE IN THE THERAPEUTIC RELATIONSHIP**



Edited by  
**GEORGE STRICKER and MARTIN FISHER**

# Self Disclosure In The Therapeutic Relationship

**Ophelia M. Blackwell**



## **Self Disclosure In The Therapeutic Relationship:**

*Self-Disclosure in the Therapeutic Relationship* M. Fisher, Sharon A. Shueman, 2013-11-11 The editors of the present volume were also privileged to collaborate on an earlier book *Intimacy* also published by Plenum Press In our preface to that volume we described the importance and essence of intimacy and its centrality in the domain of human relationships After reading the contributions to that volume a number of issues emerged and pressed for elaboration These questions concerned the nature and parameters of intimacy The natural extension of these concerns can be found in the current work *Self Disclosure in the Therapeutic Relationship* The editors after careful consideration of the theoretical philosophical and technical literature are impressed by the relationship between intimacy and appropriate self disclosure Self disclosure in this context refers to those behaviors that allow oneself to be sufficiently revealing so as to become available for an intimate relationship Levenson has referred to psychotherapy as the demystification of experience wherein intimacy emerges during the time that interpersonal vigilance diminishes through growing feelings of safety Interpersonal experience can be demystified and detoxified by disclosure openness and authentic relatedness This is not an easy process Before one can be open make contact or reach out with authenticity one must be available to oneself This means making contact with and accepting the dark fearful and of ten untouched areas within the person that are often hidden even from oneself The process of therapy enables those areas to gain consciousness be tolerated and be shared with trusted others **Psychotherapist Revealed** Andrea Bloomgarden, Rosemary B. Mennuti, 2010-06-10 In this edited volume the real dialogue begins Therapists speak openly and honestly about their self disclosure practices decisions and clinical dilemmas Bloomgarden and Mennuti bring together research training and tales from their clinical experience to illuminate lessons derived from their own journeys toward judicious balanced self disclosure practices In a readable fashion the stories highlight a variety of self disclosure and boundary issues that occur in the course of psychotherapy Numerous treatment modalities and clinical orientations are represented The collective wisdom offered through these stories which includes suggested guidelines and a standard of care for good practice will assist the reader in developing a better understanding of what it means to self disclose appropriately recognizing a flexible middle ground between too much and too little along with responsiveness to client need The Freudian based taboo that rigidly warns against all self disclosure is antiquated and a more reasonable balanced perspective is under way As a psychotherapeutic community including psychologists social workers art therapists counselors dance movement therapists who are all represented in this book it is time to talk openly about a balanced judicious and therapeutically appropriate approach to self disclosure and boundaries Bravely that is exactly what the authors in this book have done A Discussion of Therapist Self-disclosure in the Therapeutic Relationship Dale Pianko, 1994 **Therapist Disclosure** Myron F. Weiner, 1983 **Therapist Self-Disclosure** Graham S. Danzer, 2018-09-03 *Therapist Self Disclosure* gives clinicians professional and practical guidance on how and when to self disclose in therapy Chapters weave together

theory research case studies and applications to examine types of self disclosure timing factors and dynamics of the therapeutic relationship ethics in practice and cultural demographic and vulnerability factors Chapter authors then examine self disclosure with specific client populations including clients who are LGBTQ Christian multicultural suffering from eating disorders or trauma in forensic settings at risk for suicide with an intellectual disability or are in recovery for substance abuse This book will very helpful to graduate students early career practitioners and more seasoned professionals who have wrestled with decisions about whether to self disclose under various clinical circumstances      **Self-disclosure in**

**Psychotherapy** Barry Alan Farber,2006-07-17 Concise clear and featuring numerous clinical examples this is the first book to include empirical studies of supervisor supervisee disclosure plus extensive research on patient therapist disclosure Other unique topics include disclosure issues in child therapy      *Self-Disclosure* Valerian J. Derlaga,John H. Berg,2013-11-11

Decisions about self disclosure whether to reveal one s thoughts feel ings or past experiences to another person or the level of intimacy of such disclosure are part of the everyday life of most persons The nature of the decisions that a person makes will have an impact on his or her life They will determine the kinds of relationships the person has with others how others perceive him or her and the degree of self knowledge and awareness that the person possesses The study of self disclosure has interested specialists from many disciplines including personality and social psychologists clinical and counseling psychologists and communications researchers Our book brings together the work of experts from these various disciplines with the hope that knowledge about work being done on self disclosure in related disciplines will be increased A strong emphasis in each of the chapters is theory development and the integration of ideas about self disclosure The book s chapters explore three major areas including the interrelationship of self disclosure and personality as well as the role of self disclosure in the development maintenance and deterioration of personal relationships and the con tribution of self disclosure to psychotherapy marital therapy and counseling      **Therapist Self-disclosure and the Therapeutic Relationship** Scott

Thomas Winget,1991      *Occupational Therapy and Mental Health* Jennifer Creek,Lesley Lougher,2008-01-01 Psychiatrie sant mentale      Disclosure and Concealment in Psychotherapy Sarah Knox,Clara Hill,2018-10-11 Although clients disclose many of their concerns to therapists they often choose to conceal some of their concerns as well Equally therapists occasionally reveal something of themselves to clients via therapist self disclosure but typically keep the focus on clients Such disclosure whether by clients or therapists is seldom easy and is instead often fraught with questions as to what how much and why to disclose as well as concerns regarding the consequences of disclosure Clearly disclosure or the lack thereof is an important phenomenon of the therapy endeavour The chapters included in this book examine various aspects of the disclosure and concealment phenomena whether from client or therapist perspective Contributions examine the relationship of therapist self disclosure to alliance and outcome the phenomenon of therapist self disclosure in psychodynamic therapy client concealment and disclosure of secrets in therapy young adults disclosures in psychotherapy and on Facebook and lying

in psychotherapy Each offers intriguing insights into the disclosure or lack of disclosure in psychotherapy from the therapist or client perspective This book was originally published as a special issue of Counselling Psychology Quarterly *The Importance of Therapist Self-disclosure in the Therapeutic Relationship as Perceived by Gay Male Patients in Treatment with Gay Male Therapists* Henry W. Kronner,2005 **The Therapeutic Relationship in Psychoanalysis, Counselling**

**Psychology and Psychotherapy** Petrůska Clarkson,1995 It is often the therapeutic relationship between client and therapist which is more important than the theoretical orientation This book deals with the uses and abuses of the therapeutic relationship in counselling psychology psychotherapy and related fields It provides a framework for integration pluralism or deepening singularity with reference to five kinds of therapeutic relationship potentially available in every kind of counselling or psychodynamic work The original paper and framework upon which this book is based has been widely acclaimed within psychotherapeutic humanistic and psychoanalytic circles internationally It has been found useful by adherents of a single orientation as well as by practitioners who draw from several approaches In addition it has formed the basis for several courses in counselling and psychotherapy which have been recognised by national and international accrediting organisations Dealing with an issue of increasing complexity the book will be of great value and significance to psychotherapists psychoanalysts clinical and counselling psychologists and other professionals working in the field of helping human relationships such as doctors social workers teachers and counsellors Informed lay people particularly those who are involved in the helping professions may also find it of interest and benefit The Therapeutic Relationship Ira David Welsh,Ira David Welch,2003-09-30 Special attention is given to diversity multicultural concerns and counseling competencies This unique text holds particular appeal for those preparing to enter fields including psychotherapy social work school guidance programs health nursing and pastoral counseling It will also interest those at pre practicum and practicum stages as well as officials in training centers where students are placed for on the job experience Jacket **Self-Disclosure in**

**Psychotherapy and Recovery** Gary G. Forrest,2009-12-22 Self Disclosure in Psychotherapy and Recovery includes a unique mosaic of theoretical and practical clinical information rich case studies research findings and a wealth of evidence based practice guidelines related to therapist and client self disclosure in the psychotherapeutic encounter Experienced clinicians neophyte therapists and counselors in training will find this book provides a wealth of insight and useful information that will significantly benefit their therapeutic work Gary G Forrest elucidates a diversity of self disclosure topics that pertain to a wide range of issues impacting every facet of the process and outcome of psychotherapy relationships Self Disclosure in Psychotherapy and Recovery represents a seminal contribution to the counseling and psychotherapy literature specific to chemical dependency counseling addictions focused therapy and the self help based recovery model This book will be an essential resource for individuals pursuing graduate training and advanced education or supervision in the various behavioral health professions **The Therapeutic Relationship in Behavioural Psychotherapy** Cas Schaap,1993-12-14 Divided

into three sections beginning with a description of the importance of common and nonspecific factors in psychotherapy Part two details a model of managing the therapeutic relationship derived from clinical practice This model is based on an extensive literature survey of specific strategies to influence clients Lastly it offers a review regarding process research and instruments measuring factors of the quality of the therapeutic relationship

*Client Non-disclosure in Treatment for Eating Disorders and Its Relationship with Current Symptoms* Naomi Spokes, 2012 Background Opinion is divided with regards to the extent to which client disclosure in therapy advantages clients Furthermore inconsistent research findings suggest the ease with which an individual discloses is a function of multiple influences Objectives To explore the relationship between client non disclosure in therapy and current eating disorder ED symptoms in individuals who had received treatment for an EO A second aim was to investigate factors facilitating and inhibiting client self disclosure in particular client shame the therapeutic alliance and therapist self disclosure Method Participants n 120 completed an online survey comprising questionnaires and open ended questions assessing ED symptoms shame proneness non disclosure in therapy perceived therapist disclosure and the therapeutic alliance Results Shame and the therapeutic alliance were significantly related to current ED symptoms  $r = .46$  and  $r = .19$  respectively and total client non disclosure  $r = .41$  and  $r = .43$  respectively Total client non disclosure was significantly related to current ED symptoms  $r = .31$  and fully mediated the relationship between the therapeutic alliance and current ED symptoms Client non disclosure did not mediate the relationship between shame and current ED symptoms Only therapist disclosure of negative feelings towards a client was significantly related to client non disclosure  $r = .28$  This relationship was partially mediated by the therapeutic alliance Thematic analysis of open ended questions revealed substantial variability across participants regarding the perceived helpfulness of therapist disclosure and the overall factors perceived to facilitate and inhibit client self disclosure Conclusions The hypothesised model whereby client non disclosure mediated the relationship between the therapeutic alliance and current ED symptoms was supported Furthermore the therapeutic alliance partially mediated the relationship between therapist disclosure of negative feelings towards a client and client non disclosure Results suggest the strength of the therapeutic relationship influenced by therapist disclosure has important implications for a client's willingness to disclose and current ED symptoms

The Therapeutic Relationship Cecil Holden Patterson, 1985

Dual Relationships And Psychotherapy Arnold A. Lazarus, 2002-06-21 This book provides detailed guidelines on how to navigate the complexities of intended and unintended crossings of the boundaries of the therapeutic relationship It demonstrates how non sexual dual relationships may result in therapeutic effectiveness The authors challenge some of the basic principles of clinical codes of ethical conduct that have been established for psychiatrists psychologists and other mental health workers Midwest

**Journal of Psychology and the Behavioral Sciences**, 1993

*The Dynamic Shift in Therapeutic Relationships Through Counselor Self-disclosure with Military Client* Ophelia M. Blackwell, 2017 This qualitative case study is designed to explore how two participants described their role with their use of counselor self

disclosure in establishing and maintaining therapeutic alliance with military clients Utilizing purposeful and criterion based sampling participants for this study were counselors who worked with the military populations had independent practices and believed that counselor self disclosure was beneficial in building strong therapeutic alliances with military clients Informed by Symbolic Interactionism the participants understanding of self disclosure and its role in establishing and maintaining therapeutic alliance with military clients were explored through semi structured in depth open ended interviews Counselor self disclosure CSD is a technique that helps to establish strong therapeutic alliances and break down barriers that may exist between the military population and their counselors Some military members experience mental health disorders following deployments However these military members experience barriers when seeking treatment and they commonly terminate treatment prematurely Findings indicate that when counselors use self disclosure it inspires participants to open up and model their counselor s behavior Moreover military clients become aware of their own symptoms that were previously invisible to them and find ways to relate and trust the counselor Conversely findings also indicate that CSD can be used improperly or even when used properly could have undesired effects such as causing ruptures in the therapeutic relationship due to a lack of clients openness or perceiving CSD unprofessional and an inauthentic way to elicit therapeutic alliance This study has implications for counselor educators and practitioners to consider training about relationally oriented cultural practices that help to prevent ruptures in therapeutic alliances with military clients Another implication is about how CSD could be used in the preparation of students in counselor education training programs and how more inquiry could be conducted to document systematic data about the influence of CSD on therapeutic alliance Finally the study has implications about how CSD can facilitate support for military clients and critically understanding how CSD can aid in supporting retention or loss of treatment for military clients

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