

# **Self-Disclosure**

## **Theory, Research, and Therapy**

Edited by

**VALENTIN R. DEREGUCHI and ROSE H. BERKE**

# Self Disclosure Theory Research And Therapy

**Popoola, B.I., Adebawale, O.F.**



## **Self Disclosure Theory Research And Therapy:**

**Self-Disclosure** Valerian J. Derlaga, John H. Berg, 2013-11-11 Decisions about self disclosure whether to reveal one's thoughts feelings 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 contribution of self disclosure to psychotherapy, marital therapy, and counseling. *Self-Disclosure*

Valerian J. Derlaga, John H. Berg, 2013-08-16 Decisions about self disclosure whether to reveal one's thoughts feelings 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 contribution of self disclosure to psychotherapy, marital therapy, and counseling. *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 be 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** Valerian J. Derlaga, John H. Berg, 1987-07-31 Decisions about self disclosure whether to reveal one's thoughts, feelings 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 contribution of self disclosure to psychotherapy, marital therapy and counseling.

Psychological Perspectives on Lesbian, Gay, and Bisexual Experiences Linda Garnets, Douglas Kimmel, 2003-05-14 Designed for both the undergraduate and graduate classroom, this selection of important articles provides a comprehensive overview of current thought about the psychological issues affecting lesbians, bisexuals and gay men. The editors have revised and updated the introduction and included a new set of articles for the second edition, most of which have been published since the release of the first edition of *Psychological Perspectives*. The book is divided into eight sections that deal with the meaning of sexual orientation, the psychological dimensions of prejudice, discrimination and violence, identity development, diversity, relationships and families, adolescence, midlife and aging, mental health and the status of practice research and public policy bearing on homosexuality and bisexuality in American psychology.

**Group Therapy for Psychoses** Ivan Urlić, Manuel Gonzalez De Chavez, 2018-09-03 Group therapy for patients with psychotic experiences is one of the least known of the group therapies; it is also one of the most diverse. This collection presents a range of methods, models and settings for group therapy for psychoses as well as exploring the context for this type of treatment. *Group Therapy for Psychoses* offers an international perspective on the current range of practice in the field in multiple care situations, contexts and institutions, from acute units to therapeutic communities, rehabilitation groups, self-help and groups of those who hear voices. Presented in two parts, the first covers the history, evaluation and research methodologies of group therapy, while the second explores specific examples of groups and settings. The book tackles misconceptions about the treatment of psychoses and emphasises the healing effects of group therapy. It underscores the importance of training for selecting and conducting groups of patients suffering from psychoses and suggests possible formats, approaches and perspectives. The book's wide reflexive and practical collection of chapters together demonstrate how group therapies can effectively help patients with psychotic experiences to overcome their difficulties on their way to

recovery The book will be of great use to clinicians working with people suffering from psychosis including psychiatrists psychotherapists psychoanalysts psychologists physicians and social workers It will also appeal to group analysts family therapists and CBT practitioners as well as to all researchers in these fields

**Relationships, Well-Being and Behaviour** Harry Reis, 2018-05-15 In the World Library of Psychologists series international experts themselves present career long collections of what they judge to be their finest pieces extracts from books key articles salient research findings and their major practical theoretical contributions In this fascinating volume Harry Reis reflects on a career that has earned him an international reputation as an eminent scholar and pioneer in the field of relationship science through a selection of papers that illustrate the foundational theme of his research career the importance of relationships for human well being The book charts the development of research in social psychology and relationship science through three key themes from the relationship context of human behaviour through to the value of studying behaviour in its natural context and finally intimacy and responsiveness in close relationships Also featuring a newly written introduction by the author contextualizing the selections and offering an intimate overview of his career this collection of key publications offers a unique and compelling insight into decades of groundbreaking work making it an essential resource for all those engaged or interested in the psychology of relationships and well being

**Handbook of Relationship Initiation** Susan Sprecher, Amy Wenzel, John Harvey, 2018-09-05 The Handbook of Relationship Initiation is the first volume to focus specifically on the very beginning stage of relationships their origin In this Handbook leading scholars on relationships review the literature on various processes related to the initiation of relationships how people meet communicate for the first time and begin to define themselves as being in a relationship Topics include attraction mate selection influence of social networks on relationship initiation initiation over the internet hook ups among young adults and flirting and opening gambits In addition the dark side of relationship initiation is considered including unwanted relationship pursuit and barriers to relationship initiation including social anxiety This volume provides an overdue synthesis of the literature on this topic It is especially timely in view of the growing prevalence on relationship initiation online through matchmaking and other social networking sites which has increased awareness that science can be used to understand create and facilitate compatible matching This Handbook provides an essential resource for an interdisciplinary range of researchers and students who study relationships including social psychologists communication scientists and scholars of marriage and the family

**Online Guidance and Counseling: Toward Effectively Applying Technology** Popoola, B.I., Adebawale, O.F., 2012-02-28 This book offers a collection of case studies and research from around the globe comparing and contrasting instructional design and guidance methods from developed and developing countries alike Provided by publisher

**Social Skills in Interpersonal Communication** Owen Hargie, Christine Saunders, David Dickson, 1994 Revised extended and updated this edition will continue as the core textbook for students of interpersonal communication as well as for professional groups such as

counsellors doctors nurses social workers and psychologists      **Balancing the Secrets of Private Disclosures** Sandra Petronio,1999-12 Examines the issues of disclosure privacy secrecy to further understanding of how people balance their public private needs Of interest to scholars researchers in interpersonal comm personal relationships social psych related areas      **Intimate Couple** Jon Carlson,Len Sperry,2013-06-17 As important as intimacy is in our personal and professional lives intimacy as a theoretical and clinical factor still remains a phenomenon Contributors to this work examine the many definitions of intimacy putting forth a provocative discussion of the multi faceted topic and offering the best possible clinical methods of creating intimacy and addressing its challenges      *Interpreting Experience* Ruthellen Josselson,Amia Lieblich,1995-03-21 The focus of this book is on the role of narrative analysis in the social sciences and in increasing our understanding of human lives and experiences Contributors address such questions as Should in depth interviews become occasions in which to ask for life stories so as to enhance a study of social phenomena Can a richer approach to psychological understanding be reached by studying how experience conscious and unconscious is organized interpreted and reshaped throughout the life cycle How can biographical work be used to shed light on the social construction of individual lives In addition the book covers the use of narrative analysis in career biography in examining turning points in people s lives in the effe      **Counselling Skills: Theory, Research and Practice 3e** John McLeod,Julia McLeod,2022-02-09 An ideal companion for any therapy programme Dr Marcella Finnerty IICP College President Dublin Ireland This text really is a must have for all involved in working with others to empower and enable through a collaborative process Prof Andrew Reeves Professor in Counselling Professions and Mental Health University of Chester and BACP Senior Accredited Counsellor Psychotherapist UK For students of counselling and psychotherapy this is an invaluable resource that you will keep returning to during and beyond training Nicola Blunden Director of Studies Person Centred Pluralist Counselling Metanoia Institute UK Essential reading for any student trainee or experienced professional in the field Hanne Weie Oddli PhD Clinical psychologist and Associate professor at the Department of Psychology University of Oslo Norway Counselling Skills Theory Research and Practice provides comprehensive coverage of all aspects of the development of interpersonal helping skills used by counsellors psychotherapists life coaches mental health workers and practitioners in allied fields of practice Distinctive features of its approach to this topic include Attention to the cultural and historical aspects of counselling skills Tailored support for evidence based practice Grounding in training models such as self practice and deliberate practice This new edition contains a wide range of learning tasks and reflection points to enable readers to work individually or with learning partners to deepen self awareness theoretical understanding and practical skills Specific chapters focus on Theoretical frameworks for making sense of counselling skills Listening empathy and shared understanding Nonverbal and embodied presence Dealing with difficult situations in counselling This book is a must have for students and trainees who are in the process of acquiring and developing counselling psychotherapeutic and helping skills as well as a staple resource for

experienced practitioners wishing to review and consolidate their skills Julia McLeod is Lecturer in Counselling at Abertay University Dundee UK She has been a counselling trainer and tutor with students from many different backgrounds as well as having extensive experience as a therapist and supervisor John McLeod is Emeritus Professor of Counselling at Abertay University Dundee and Visiting Professor at the Institute for Integrative Counselling and Psychotherapy in Dublin Ireland A leading figure in the field of counselling and psychotherapy research his recent work has focused on the development of a flexible pluralistic approach to therapy

**The Handbook of Communication Skills** Owen Hargie, 2006-10-16 The Handbook of Communication Skills is recognised as one of the core texts in the field of communication This thoroughly revised and updated third edition arrives at a time of considerable growing interest in this area with recent research showing the importance of communication skills for success in many walks of life The book's core principle that interpersonal communication can be conceptualized as a form of skilled activity is examined in detail and a comprehensive transactional model of skilled communication is presented which takes into account current conceptual and research perspectives This book provides a comprehensive analysis of research theory and practice in the key skill areas of communication such as non verbal communication persuasion leadership assertiveness self disclosure listening and negotiation Each chapter is written by a recognised authority in that particular specialism among them world leaders in their particular fields In the ten years since the last edition a large volume of research has been published and the text has been comprehensively updated by reviewing this wealth of data In addition a new chapter on persuasion has been added one of the areas of most rapid growth in social psychology and communication The Handbook of Communication Skills represents the most significant single contribution to the literature in this domain It will be of continued interest to researchers and students in psychology and communication as well as in a variety of other contexts from vocational courses in health business and education to many others such as nursing and social work whose day to day work is dependent on effective interpersonal skills

**Mental Health: Psycho-Social Perspective** Aradhana Shukla, Anubhuti Dubey, 2021-01-01 This volume comprises the mental health of children and adolescents in various perspective An attempt has been made to make a wide coverage of the concept causes determinants and various mental health issues We hope that this volume will help the researchers and mental health professionals to know more

**Gay and Lesbian Professionals in the Closet** Teresa Decrescenzo, 2020-03-24 The closet takes its toll on its dwellers through their experiences of isolation fear paranoia potentially increased internalized homophobia and dissonance between role and identity yet many people in the helping professions do not feel that it is desirable or even appropriate to disclose their sexual orientation to those receiving help Gay and Lesbian Professionals in the Closet explores the different positions people take on this provocative issue the arguments they use to support their positions and why the issue may not be as clear cut as it sometimes seems While complex sociopsychological factors cultural values and influences and legal issues keep many gays lesbians and bisexuals in the closet closeted practice may have its

advantages A closeted practitioner whether case manager counselor psychotherapist physician or minister can bring understanding and insight to practice with homosexual clients and their families as well as lend substantial support to openly gay and lesbian helping professionals Yet as *Gay and Lesbian Professionals in the Closet* reveals being closeted can compromise your integrity as well as that of your clients and the benefits of being out will likely outweigh those of being closeted Being out will help readers counteract stereotypes of gays and lesbians allow you to serve as a role model improve the quality of care offered by traditionally homophobic or homo ignorant institutions and employees contribute to the establishment of affirming services and environments for both yourself and your clients stop segregating your sexual life from the rest of your life attain credibility with your clients not feed repression through silence As *Gay and Lesbian Professionals in the Closet* will show readers it is always important to consider patients needs and each work setting before coming out but gay lesbian and bisexual social service providers should make decisions on a case by case basis not avoid being out altogether Being open in the workplace will remind caregivers clients and coworkers of the exemplary citizenship and service gays lesbians and bisexuals are capable of offering Think again whether the closet carries protective cover from discrimination or tacit endorsement of homophobia

[Close Relationships](#) Patricia Noller, Judith A. Feeney, 2013-05-13 *Close Relationships Functions Forms and Processes* provides an overview of current theory and research in the area of close relationships written by internationally renowned scholars whose work is at the cutting edge of research in the field The volume consists of three sections introductory issues types of relationships and relationship processes In the first section there is an exploration of the functions and benefits of close relationships the diversity of methodologies used to study them and the changing social context in which close relationships are embedded A second section examines the various types of close relationships including family bonds and friendships The third section focuses on key relationship processes including attachment intimacy sexuality and conflict This book is designed to be an essential resource for senior undergraduate and postgraduate students researchers and practitioners and will be suitable as a resource in advanced courses dealing with the social psychology of close relationships

**Psychiatric Nursing Certification Review Guide for the Generalist and Advanced Practice Psychiatric and Mental Health Nurse** Victoria Mosack, 2010-02-05 Developed especially for practicing nurses preparing for the certification examination offered by the American Nurses Credentialing Center ANCC the *Psychiatric Nursing Certification Review Guide for the Generalist and Advanced Practice Psychiatric and Mental Health Nurse* provides a succinct yet comprehensive review of the core material This book has been organized to give the reviewer test taking strategies and techniques and sample test questions which are intended to serve as an introduction to the testing arena In addition a bibliography is included for those who need a more in depth discussion of the subject matter in each chapter The Third Edition has been completely revised and updated to reflect current guidelines and information from the latest version of the DSM IV TR The medications and use of medications has also been updated to reflect proper usage and

doses 2011 290 pages     The Social Psychology of HIV Infection John B. Pryor, Glenn D. Reeder, 2015-06-19 In the early 1980s we witnessed the birth of one of the most complex and perplexing social problems faced by modern society the epidemic of infection with human immunodeficiency virus HIV which causes acquired immunodeficiency syndrome AIDS Originally published in 1993 this title looks at the social psychology surrounding HIV and AIDS The organization of the volume centres upon two themes The Theoretical Roots of Prevention and The Dilemma of the PWA person with AIDS The goal of this volume is not to evaluate previous attempts to answer these social problems but to provide theoretical analyses of some of the basic sociopsychological processes that underlie the problems Over 20 years on this is a snapshot of research into HIV and AIDS and attitudes of the time looking at social problems that are very much still with us

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