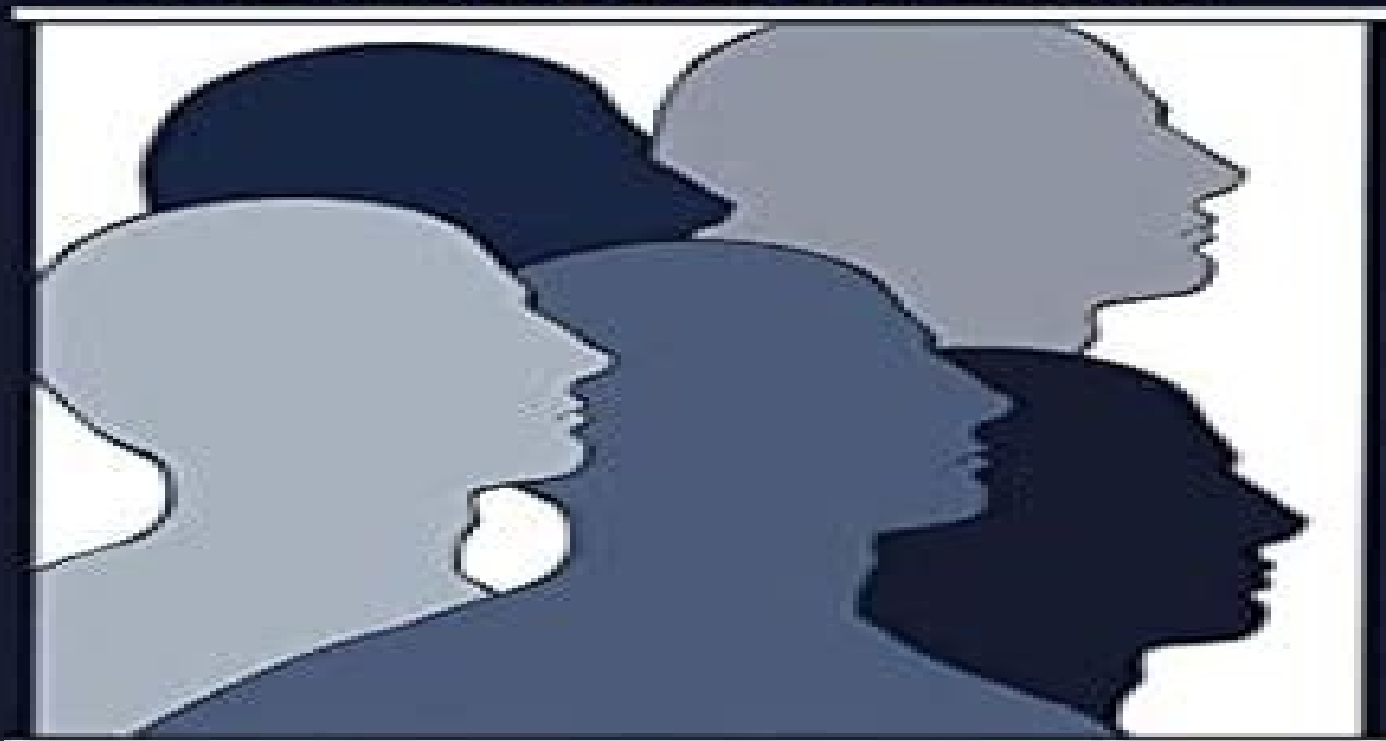


# **SELF-DISCLOSURE IN THE THERAPEUTIC RELATIONSHIP**



Edited by  
**GEORGE STRICKER and MARTIN FISHER**

# Self Disclosure In The Therapeutic Relationship

**Myron F. Weiner**



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

**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

**Self-Disclosure in the Therapeutic Relationship** M. Fisher, Sharon A. Shuman, 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

**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      **Therapist Self-disclosure and the Therapeutic Relationship**

Scott Thomas Winget,1991      Self-disclosure in Psychotherapy and Recovery Gary G. Forrest,2010 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      *A Discussion of Therapist Self-disclosure in the Therapeutic Relationship* Dale Pianko,1994      **Therapist Disclosure** Myron F. Weiner,1978      Occupational

Therapy and Mental Health Jennifer Creek,Lesley Lougher,2011-11-29 This book is a comprehensive textbook for occupational therapy students and occupational therapists working in the field of mental health It presents different theories and approaches outlines the occupational therapy process discusses the context of practice and describes a wide range of techniques used by occupational therapists These include physical activity cognitive approaches group work creative activities play and life skills The book covers all areas of practice in the field including mental health promotion acute psychiatry community work severe and enduring mental illness working with older people child and adolescent mental health forensic occupational therapy substance misuse and working with people on the margins of society The theory chapters are written by occupational therapists who are recognised experts in their fields and the applied chapters are written by practitioners An innovation in this edition is the inclusion of commentaries by service users on some of the chapters This fourth edition has been extensively revised and updated The new structure reflects changes in service delivery and includes sections on philosophy and theory base the occupational therapy process ensuring quality the context of occupational therapy

occupations client groups Important new areas that are covered include mental health promotion evidence based practice community development and continuing professional development Addresses the needs of the undergraduate course covers all the student needs for this subject area in one volume Links between theory and practice are reinforced throughout Written by a team of experienced OT teachers and practitioners Comprehensive covers theory skills and applications as well as management The clear structure with the division of chapters into six distinct sections makes it easy to learn and revise from as well as easy to refer to for quick reference in the clinical situation Provides key reading and reference lists to encourage and facilitate more in depth study on any aspect It is written in a style that is easy to read and understand yet there is enough depth to take students through to their final year of education Chapters on the application of occupational therapy are written by practising clinicians so they are up to date and realistic For qualified occupational therapists the book includes a review of current theories and approaches to practice with references so that they can follow up topics of particular interest Suitable for BSc and BSc Hons occupational therapy courses

**Psychiatric Nursing** Mary Ann Boyd, 2008 The AJN Book of the Year award winning textbook Psychiatric Nursing Contemporary Practice is now in its thoroughly revised updated Fourth Edition Based on the biopsychosocial model of psychiatric nursing this text provides thorough coverage of mental health promotion assessment and interventions in adults families children adolescents and older adults Features include psychoeducation checklists therapeutic dialogues NCLEX notes vignettes of famous people with mental disorders and illustrations showing the interrelationship of the biologic psychologic and social domains of mental health and illness This edition reintroduces the important chapter on sleep disorders and includes a new chapter on forensic psychiatry A bound in CD ROM and companion Website offer numerous student and instructor resources including Clinical Simulations and questions about movies involving mental disorders

**Beyond the Therapeutic Relationship** Frederic J. Leger, 2014-07-16 Seeking to transfer knowledge across ideological boundaries within a theoretically valid scientific framework Beyond the Therapeutic Relationship draws upon and relates existing research from psychotherapy and the allied fields of human behavior Author Frederic J Leger has successfully cut across multifarious therapies to create an integrated high order theory that unites psychotherapy's disparate forces In the process he addresses the theoretical underpinnings of the field of psychotherapy the paradigm of the therapeutic relationship and its centrality to therapeutic change the difficulties of creating a scientific discipline from the study of the psyche and the factionalization of psychology into different competing schools By exploring universal variables and how they fit into a causal nexus Beyond the Therapeutic Relationship identifies transtheoretical processes of change that cut across diverse therapies It also offers heuristic research direction and guidance in eclectic and integrative practice as it broadens the perspective on the psychotherapeutic encounter Combining physiological social and psychological research into a transtheoretical psychodynamic theory this important text discusses why the need for paradigmatic direction is urgent bringing nonverbal variables to the therapist's working awareness or focus

how a small range of conceptual possibilities limits knowledge of human behavior the lack of efficacy in psychotherapy the psychobiological significance of intensive experiential exploration formation of the self through language and discourse integrative eclecticism within transtheoretical and common factors integration Psychologists psychiatrists mental health therapists and academics and students in psychology psychiatry and educational psychology now have a text that cuts across the multitude of therapeutic approaches to provide a theory that is empirically supported and grounded in the author's 25 years of clinical practice As you will see *Beyond the Therapeutic Relationship* discusses the current position of the field of psychotherapy where it needs to go specific strategies for getting there as well as alternative interventions beyond empathy and the therapeutic relationship

**Clinician Perceptions of Self-disclosure and the Therapeutic Alliance** Lauren Lanzon, 2012

**Essential Skills in Family Therapy, Second Edition** JoEllen Patterson, Lee Williams, Todd M. Edwards, Claudia Grauf-Grounds, Larry Chamow, 2009-07-21

Readable and concise yet immensely informative this bestselling text prepares students and new therapists to work confidently and effectively in real world clinical practice with families The authors offer wise and compassionate guidance on everything from intake and assessment to treatment planning the nuts and bolts of specific interventions the nuances of establishing therapeutic relationships and how to troubleshoot when treatment gets stuck They help the novice clinician navigate typical dilemmas and concerns and spell out the basics of therapist self care Vivid case examples sample forms and quick reference tables enhance the utility of the text New to This Edition Updated throughout to reflect current clinical findings and practices Many new or revised case examples Now more integrative shows how to flexibly draw on multiple theories and techniques New topics including Dealing with Clients We Dislike See also the authors *Essential Assessment Skills for Couple and Family Therapists* which shows how to weave assessment into all phases of therapy and *Clinician's Guide to Research Methods in Family Therapy*

*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      Arnold and Boggs's Interpersonal Relationships - E-Book Claire Mallette, Olive Yonge, Elizabeth C. Arnold, Kathleen Underman Boggs, 2021-11-15 Now more than ever effective communication skills are key for successful patient care and positive outcomes Arnold and Boggs's Interpersonal Relationships Professional Communication Skills for Canadian Nurses helps you develop essential skills for communicating effectively with patients families and colleagues in order to achieve treatment goals in health care Using clear practical guidelines it shows how to enhance the nurse patient relationship through proven communication strategies as well as principles drawn from nursing psychology and related theoretical frameworks With a uniquely Canadian approach and a variety of case studies interactive exercises and evidence informed practice studies this text ensures you learn how to apply theory to real life practice      **A Textbook of Community Nursing** Sue Chilton, Heather Bain, 2024-12-23 This third edition is a comprehensive and evidence based introduction to this essential area of practice Fully updated to take into account the wide range of nursing roles in the community it provides an integrated approach to care with a focus on physical and mental wellbeing It covers a wide range of topics including research and community nursing public health professional approaches to care risk management safeguarding therapeutic relationships care across the lifespan community nursing assessment mental health carers and families spirituality leading person centred care and digital healthcare Incorporating current theory policy and guidelines for practice and underpinned by a strong evidence base each chapter features learning objectives and activities Case studies and examples from practice serve to illustrate the practical application of theory throughout This is an essential text for all pre registration nursing students students on post registration specialist community nursing courses and qualified nurses entering community practice for the first time      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      **Basic Concepts of Psychiatric-mental Health Nursing** Louise Rebraca Shives, 2007 This seventh edition

includes new chapters and maintains popular features from previous editions such as self awareness prompts while adding research boxes and student worksheets at the end of each chapter

**Psychiatric and Mental Health Nursing** Ruth Elder, Katie Evans, Debra Nizette, 2013

The new edition of Psychiatric and Mental Health Nursing focuses on practice in mental health and psychiatric care integrating theory and the realities of practice Mental wellness is featured as a concept and the consideration of a range of psychosocial factors helps students contextualise mental illness and psychiatric disorders The holistic approach helps the student and the beginning practitioner understand the complex causation of mental illness its diagnosis effective interventions and treatments and the client s experience of mental illness



## Reviewing **Self Disclosure In The Therapeutic Relationship**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Self Disclosure In The Therapeutic Relationship**," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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### Self Disclosure In The Therapeutic Relationship Introduction

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web although the book does has a nice introduction to peruvian cuisine and the classic ingredients it does not describe the main ajies that are used such as aji amarillo aji panca aji mirasol rocoto and aji limo they all have distinctive flavors and can be used fresh dried and in paste the book does not really go into that

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