
Ethics: Self-Disclosure in Therapy

Presenter: Benjamin E. Caldwell, PsyD, LMFT | 1.5 hours CE

References

- Audet, C. T. (2011). Client perspectives of therapist self disclosure: Violating boundaries or removing barriers? *Counselling Psychology Quarterly*.
<https://doi.org/10.1080/09515070.2011.589602>
- Burkard, A. W., Knox, S., Groen, M., Perez, M., & Hess, S. A. (2006). European American therapist self disclosure in cross-cultural counseling. *Journal of Counseling Psychology*, 53, 15–25.
- Cartwright, A. D., Mountain, J., Lindo, N. A., & Bore, S. K. (2018). Inescapable self-disclosure: The lived experiences of pregnant counselors working with sexual offenders. *Journal of Mental Health Counseling*, 40(1), 75-91.
- D’Aniello, C., & Nguyen, H. N. (2017). Considerations for intentional use of self-disclosure for family therapists. *Journal of Family Psychotherapy*, 28(1), 23-37. <https://doi.org/10.1080/08975353.2017.1283147>
- Danzer, G. (2018). Therapeutic self-disclosure of religious affiliation: A critical analysis of theory, research, reality, and practice. *Psychology of Religion and Spirituality*, 10(4), 398–403. <https://doi.org/10.1037/rel0000197>
- Day-Vines, N. L., Ammah, B. B., Steen, S., & Arnold, K. M. (2018). Getting comfortable with discomfort: Preparing counselor trainees to broach racial, ethnic, and cultural factors with clients during counseling. *International Journal for the Advancement of Counseling*, 40(2), 89-104.
- Doherty, W. J. (2002). How therapists harm marriages and what we can do about it. *Journal of Couple & Relationship Therapy*, 1(2), 1-17,
https://doi.org/10.1300/J398v01n02_01
- Geller, J.D. (2003). Self-disclosure in psychoanalytic–existential therapy. *Journal of Clinical Psychology*, 59, 541-554. <https://doi.org/10.1002/jclp.10158>
- Hill, C. E., Knox, S., & Pinto-Coelho, K. G. (2018). Therapist self-disclosure and immediacy: A qualitative meta-analysis. *Psychotherapy*, 55(4), 445.
- Ivey, G. (2009). The problems of intentional therapist self-disclosure in psychoanalytic therapy: A critical response to Zelda Knight. *South African Journal of Psychology*, 39, 86–92.
- Jolley, H. K. (2019). I’m human too: Person-centred counsellors’ lived experiences of therapist self-disclosure. *European Journal for Qualitative Research in Psychotherapy*, 9, 12-26. Retrieved from
<http://ejqrp.org/index.php/ejgrp/article/view/54>

-
- Knight, C. (2012). Social Workers' Attitudes Towards and Engagement in Self-Disclosure. *Clin Soc Work J* (2012) 40:297–306. <https://doi.org/10.1007/s10615-012-0408-z>
- Knox, S., Callender, K. A., Mak, T. W., Skaistis, S., & Knowlton, G. (2020). How graduate-student or recent graduate psychotherapists experience and manage errors in psychotherapy. *Counselling Psychology Quarterly*, 1-24.
- Knox, S., & Hill, C.E. (2003), Therapist self-disclosure: Research-based suggestions for practitioners. *Journal of Clinical Psychology*, 59, 529-539. <https://doi.org/10.1002/jclp.10157>
- Magaldi, D., & Trub, L. (2018) (What) do you believe?: Therapist spiritual/religious/non-religious self-disclosure, *Psychotherapy Research*, 28(3), 484-498, <https://doi.org/10.1080/10503307.2016.1233365>
- Mahalik, J., Van Ormer, E., & Simi, N. (2000). Ethical issues in using self-disclosure in feminist therapy. In M. M. Brabeck (Ed.), *Practicing feminist ethics in psychology* (pp. 189–201). Washington, DC: American Psychological Association.
- McCormic, R. W., Pomerantz, A. M., Ro, E., & Segrist, D. J. (2019). The “me too” decision: An analog study of therapist self-disclosure of psychological problems. *Journal of Clinical Psychology*, 75, 794– 800. <https://doi.org/10.1002/jclp.22736>
- NAADAC (2021). *NAADAC/NCC AP Code of Ethics*. Available online at <https://www.naadac.org/code-of-ethics>
- Rogers, C. (1961). *On becoming a person*. London: Constable.
- Sheperis, D. S., Sheperis, C. J., Davis, R. J., & Mohr, D. (2017). The Interpersonal Risk Awareness Survey: Understanding the risk of self-disclosure. *The Journal of Humanistic Counseling*, 56(1), 18-31.
- Solomonov, N, & Barber, J. P. (2019). Conducting psychotherapy in the Trump era: Therapists' perspectives on political self-disclosure, the therapeutic alliance, and politics in the therapy room. *Journal of Clinical Psychology*, 75, 1508– 1518. <https://doi.org/10.1002/jclp.22801>
- Sunderani, S., & Moodley, R. (2020). Therapists' perceptions of their use of self-disclosure (and nondisclosure) during cross-cultural exchanges. *British Journal of Guidance & Counselling*, 48(6), 741-756.
- Ziv-Beiman, S., Keinan, G., Livneh, E., Malone, P. S., & Shahar, G. (2017). Immediate therapist self-disclosure bolsters the effect of brief integrative psychotherapy on psychiatric symptoms and the perceptions of therapists: A randomized clinical trial. *Psychotherapy Research*, 27(5), 558-570, <https://doi.org/10.1080/10503307.2016.1138334>
- Žvelc, M. (2008). Working with mistakes in psychotherapy-A relational model. *European Journal for Qualitative Research in Psychotherapy*, (3), 1-9.