

The Therapeutic Use Of Self Counselling Practice Research And Supervision Routledge Mental Health Classic Editions

Occupational therapy is a health care specialty with a deep focus on client-centered and holistic rehabilitation to improve the individual's occupational performance, quality of life and well-being through participation in meaningful and purposeful activities. This new book presents the importance of the therapeutic and creative use of activity in different populations, which is one of the core components of occupational therapy. Rehabilitation, rehabilitation delivery and outcomes are affected by recent changes in the meaning of health and social values. This resulted in an increasing necessity for therapeutic therapy, as well as creative use of activity in occupational therapy. This book focuses on recent advances in occupational therapy and reviews current practical guidelines. It introduces updated knowledge and skills for children, adults and the communities, including physical, mental, social, sensory, behavioral, environmental and community-based interventions to prevent, promote and improve activity use. The book will be relevant to occupational therapists, speech and language therapists, physical therapists, psychiatrists, psychologists, social workers and all the members of interdisciplinary rehabilitation team care workers.

This book examines the 'therapeutic use of self', and the intertwining of the therapist's professional self and their personal self. Combining practical illustrations and case studies with theory and research, the book explores a number of questions, such as: · What are our personal values and attitudes and how do these manifest in our work with clients? · How do we interact with and impact others, and in what ways might this help or hinder our therapeutic work? · What might we represent to the client as a result of our particular social background, and how might this impact on the power dynamics within client relationships? Learning features include Practical Applications, Research boxes, Case Examples, Critical Reflections, Discussion Questions and Further Reading. This is a must-read for any students studying professional practice, counselling process, ethics, skills, working online/remotely, the therapeutic relationship, and more.

The Therapeutic Use of Self is a ground-breaking examination of the individual therapist's contribution to process and outcome in counselling. Using many powerful case examples and extensive research findings from the author's own work, this book presents the counsellor's evaluation of their own practice as the main vehicle for the development of insight and awareness in to individual 'therapeutic' characteristics. It addresses many of the taboos and infrequently discussed aspects of therapy, such as: * the value of therapist failure * breaking the rules of counselling * working beyond the accepted boundaries of counselling. The Therapeutic Use of Self, will act as a spur to individual counsellors to acknowledge, develop and value their own unique contribution to the counselling profession.

Brings the issue of the therapeutic relationship in family systems therapy into focus, by examining the relationships between the client family as a system, and the use of self in therapy.

Therapist-generated metaphoric interventions have been used for many years to enhance psychodynamic, Ericksonian, and family systems approaches to therapy.

"Most therapists, regardless of theoretical approach, intuitively recognize that their sense of self intimately influences their work. Using this elemental truth as a launching pad, Rowan and Jacobs articulate the different avenues through which the self informs therapy, and how each can be used to improve therapeutic effectiveness. Along the way the authors provide a masterful exposition of transference, countertransference, and projective identification, throwing much needed light on topics that have long been mired in controversy and confusion. The book is a priceless resource for experienced therapists and those just beginning the journey." - Professor Sheldon Cashadan, author of Object Relations Therapy and The Witch Must Die: The Hidden Meaning of Fairy Tales "Outstandingly in the current literature, this book meets the conditions for integrative psychotherapy to fulfil its undoubted potential as the therapy pathway of the future. Much has to change in our field. First, people have to become better informed and more respectful of other traditions than their own, engaging with all kinds of taboo topics. Next, vigorous but contained dispute has to take place without having a bland synthesis as its goal. Finally, the current situation in which 'integration' runs in one direction only - humanistic and transpersonal therapists learning from psychoanalysis - has to be altered. Rowan and Jacobs, each a master in his own field, have done a wonderful collaborative job. The book's focus on what different ways of being a therapist really mean in practice guarantees its relevance for therapists of all schools (or none) and at every level." - Andrew Samuels, Professor of Analytical Psychology, University of Essex and Visiting Professor of Psychoanalytic Studies, Goldsmith's College, University of London "There is no question in psychotherapy more important than the degree to which the practitioner should be natural and spontaneous. Would it be sensible to leave one's ordinary, everyday personality behind when entering the consulting room and adopt a stance based on learned techniques? This is the question addressed by Rowan & Jacobs in The Therapist's Use of Self, approaching it from various angles and discussing the relevant ideas of different schools of thought. The authors are very well-informed and write with admirable clarity, directness and wisdom and have made an impressive contribution to a problem to which there is no easy solution". - Dr. Peter Lomas, author of Doing Good? Psychotherapy Out of Its Depth. This book deals with what is perhaps the central question in therapy - who is the therapist? And how does that actually come across and manifest itself in the therapeutic relationship? A good deal of the thinking about this in psychoanalysis has come under the heading of countertransference. Much of the thinking in the humanistic approaches has come under such headings as empathy, genuineness, nonpossessive warmth, presence, personhood. These two streams of thinking about the therapist's own self provide much material for the bulk of the book - but other aspects of the therapist also enter the picture, including the way a therapist is trained, and uses supervision, in order to make fuller use of her or his own reactions, responses and experience in working with any one client. The book is aimed primarily at counsellors and psychotherapists, or trainees in these disciplines. It has been written in a way that is accessible to students at all levels, but it is also of particular value to existing practitioners with an interest in the problems of integration.

Designed specifically for the needs of trainees and newly-qualified therapists, Relational Integrative Psychotherapy outlines a form of therapy that prioritizes the client and allows for diverse techniques to be integrated within a strong therapeutic relationship. Provides an evidence-based introduction to the processes and theory of relational integrative psychotherapy in practice Presents innovative ideas that draw from a variety of traditions, including cognitive, existential-phenomenological, gestalt, psychoanalytic, systems theory, and transactional analysis Includes case studies, footnotes, 'theory into practice' boxes, and discussion of competing and complementary theoretical frameworks Written by an internationally acclaimed speaker and author who is also an active practitioner of relational integrative psychotherapy

Routledge International Handbook of Play, Therapeutic Play and Play Therapy is the first book of its kind to provide an overview of key aspects of play and play therapy, considering play on a continuum from generic aspects through to more specific applied and therapeutic techniques and as a stand-alone discipline. Presented in four parts, the book provides a unique overview of, and ascribes equal value to, the fields of play, therapeutic play, play in therapy and play therapy. Chapters by academics, play practitioners, counsellors, arts therapists and play therapists from countries as diverse as Japan, Cameroon, India, the Czech Republic, Israel, USA, Ireland, Turkey, Greece and the UK explore areas of each topic, drawing links and alliances between each. The book includes complex case studies with children, adolescents and adults in therapy with arts and play therapists, research with children on play, work in schools, outdoor play and play therapy, animal-assisted play therapy, work with street children and play in therapeutic communities around the world. Routledge International Handbook of Play, Therapeutic Play and Play Therapy demonstrates the centrality of play in human development, reminds us of the creative power of play and offers new and innovative applications of research and practical technique. It will be of great interest to academics and students of play, play therapy, child development, education and the therapeutic arts. It will also be a key text for play and creative arts therapists, both in practice and in training, play practitioners, social workers, teachers and anyone working with children.

Activity Analysis, Creativity and Playfulness in Pediatric Occupational Therapy: Making Play Just Right is a unique resource on pediatric activity and therapy analysis for occupational therapists and students. This text provides useful information on planning creative and playful activities within therapy sessions. This resource contains case studies, activity worksheets and a DVD.

The Therapeutic Use of Self-Counseling Practice, Research and Supervision Routledge

In perceiving all rap and hip-hop music as violent, misogynistic, and sexually charged, are we denying the way in which it is attentive to the lived experiences, both positive and negative, of many therapy clients? This question is explored in great depth in this anthology, the first to examine the use of this musical genre in the therapeutic context. The contributors are all experienced therapists who examine the multiple ways that rap and hip-hop can be used in therapy by listening and discussing, performing, creating, or improvising. The text is divided into three sections that explore the historical and theoretical perspectives of rap and hip-hop in therapy, describe the first-hand experiences of using the music with at-risk youth, and discuss the ways in which contributors have used rap and hip-hop with clients with specific diagnoses, respectively. Within these sections, the contributors provide rationale for the use of rap and hip-hop in therapy and encourage therapists to validate the experiences for those for whom rap music is a significant mode of expression. Editors Susan Hadley and George Yancy go beyond promoting culturally competent therapy to creating a paradigm shift in the field, one that speaks to the problematic ways in which rap and hip-hop have been dismissed as expressive of meaningless violence and of little social value. More than providing tools to incorporate rap into therapy, this text enhances the therapist's cultural and professional repertoire.

Presenting the new edition of the text that delivers the most widely-used and developed conceptual model in occupational therapy. Beautifully redesigned and fully revised, the Third Edition of A Model of Human Occupation (MOHO) delivers the latest in human occupation research and application to practice. New to this edition: a reader-friendly format with second color and additional illustrations and anecdotes; more case examples for integrating the model into practice; a discussion of the therapy process and how change occurs; language linked to UT and ICDH-2 terminology; a research chapter; and numerous research references highlighting the growing body of evidence supporting MOHO.

The therapeutic relationship is considered to be the most significant factor in achieving positive therapeutic change. As such, it is essential that trainee and practising therapists are able to facilitate a strong working alliance with each of their clients. This book will help them do just that, by offering a practical and evidence-based guide to all aspects of the therapeutic relationship in counselling and psychotherapy. Cross-modal in its approach, this book examines the issues impacting on the therapeutic relationship true to all models of practice. Content covered includes: - The history of the therapeutic relationship - The place of the therapeutic relationship in a range of therapy settings, including IAPT - Concepts and practical skills essential for establishing and maintaining a successful working alliance - The application of the therapeutic relationship to a variety of professional roles in health and social care - Practice issues including potential challenges to the therapeutic relationship, working with diversity and personal and professional development - Research and new developments Using examples, points for reflection and chapter aims and summaries to help consolidate learning, the authors break down the complex and often daunting topic of the therapeutic relationship, making this essential reading for trainee and practising therapists, as well as those working in a wider range of health, social care and helping relationships.

The long-awaited revision of the only book on game play available for mental health professionals Not only is play a pleasurable, naturally occurring behavior found in humans, it is also a driving force in our development. As opposed to the unstructured play often utilized in psychotherapy, game playing invokes more goal-directed behavior, carries the benefits of interpersonal interaction, and can perform a significant role in the adaptation to one's environment. This landmark, updated edition of Game Play explores the advantages of using games in clinical- and school-based therapeutic interventions with children and adolescents. This unique book shows how playing games can promote socialization, encourage the development of identity and self-esteem, and help individuals master anxiety while setting the stage for deeper therapeutic intervention in subsequent sessions. Game Play Therapeutic Use of Childhood Games Second Edition Features: * New chapters on games in family therapy and games for specific disorders * Techniques and strategies for using game play to enhance communication, guidance, and relationships with clients * The different types of therapeutic games, elaborating on their various clinical applications

"Insight" and "Change." The problematic relationship between these two concepts, to which the reality of psychoanalytic patients who fully understand maladaptive patterns without being able to change them attests, has dogged psychoanalysis for a century. Building on the integrative object relations model set forth in *Transcending the Self* (1999), Frank Summers turns to Winnicott's notion of "potential space" in order to elaborate a fresh clinical approach for transforming insight into new ways of being and relating. For Summers, understanding occurs within transference space, but the latter must be translated into potential space if insight is to give rise to change in the world outside the consulting room. Within potential space, Summers holds, the analyst's task shifts from understanding the present to aiding and abetting the patient in creating a new future. This means that the analyst must draw on her hard-won understanding of the patient to construct a vision of who the patient can become. Lasting therapeutic change grows out of the analyst's and patient's collaboration in developing new possibilities of being that draw on the patient's affective predispositions and buried aspects of self. In the second half of the book, Summers applies this model of therapeutic action to common clinical syndromes revolving around depression, narcissistic injuries, somatic symptoms, and internalized bad objects. Here we find vivid documentation of specific clinical strategies in which the therapeutic use of potential space gives rise to new ways of being and relating which, in turn, anchor the creation of a new sense of self.

Clinical Applications of the Therapeutic Powers of Play provides a way to link abstract theory with practice-based knowledge and vice versa, navigating the complexities of clinical reasoning associated with age-sensitive, and most often non-verbal psychotherapies. The book invites readers into the world of child psychotherapy and into the play therapy room. It equips them to explore, discover and identify the therapeutic powers of play in action, within traditional and nature-based therapeutic environments. Using embodiment-projective-role, it navigates the developmental stages linking play and the achievement of physical, emotional, and social identity. With captivating stories of hope and repair, the book deconstructs the therapy process to better understand how play facilitates communication, fosters emotional wellness, increases personal strengths, and enhances social relationships. This comprehensive text will help the therapist navigate through the world of child and adolescent psychotherapy and explain the therapeutic powers of play through relevant clinical case studies.

With a wealth of practical and effective tools, this book provides a unique model that is fully illustrated by instructional online downloadable content. The model allows therapists to tailor their approach to the specific needs of the child. Practitioners are encouraged to be engaged and flexible during sessions, adapting their levels of directiveness and consciousness according to the child's responses. Through detailed written and visual case studies, the authors clearly explain the model, how to use it and the positive therapeutic effects it can have on the child. The book also provides additional support to play therapy practitioners and play therapy supervisors with the inclusion of useful forms that aid therapy planning, conceptualization and evaluation. This extensive and accessible handbook is an incomparable resource for beginning and seasoned play therapists, play therapy supervisors and instructors. It will also be of interest to child and educational psychologists and health professionals.

Eagerly awaited by many counsellors and psychotherapists, this new edition includes an updated preface, new content on recent research and new developments and debates around relational depth, and new case studies. This groundbreaking text goes to the very heart of the therapeutic meeting between therapist and client. Focusing on the concept of 'relational depth', the authors describe a form of encounter in which therapist and client experience profound feelings of contact and engagement with each other, and in which the client has an opportunity to explore whatever is experienced as most fundamental to her or his existence. The book has helped thousands of trainees and practitioners understand how to facilitate a relationally-deep encounter, identify the personal 'blocks' that may be encountered along the way, and consider new therapeutic concepts – such as 'holistic listening' – that help them to meet their clients at this level. This classic text remains a source of fresh thinking and stimulating ideas about the therapeutic encounter which is relevant to trainees and practitioners of all orientations.

This book offers a clear, easily adaptable model for understanding and working with cultural differences in therapy. "The Use of Self in Therapy, Third Edition challenges the well-known concepts of transference and countertransference by positing that the presence of the therapist introduces a potential healing element that is usually not sufficiently appreciated, understood, or utilized. For psychologists, social workers, counselors, and students, this new edition features updated chapters and new chapters that discuss the use of multiculturalism in practice and the differential use of self by therapists following personal trauma. In the years since the previous edition, the rapid development of the Internet has brought with it changes that impact on therapy and the self of the therapist"--

Now in its fifth edition, the internationally acclaimed Foundations for Practice in Occupational Therapy continues to provide a practical reference tool which is both an indispensable guide to undergraduates and a practical reference tool for clinicians in the application of models and theories to practice. Underlining the importance and clinical relevance of theory to practice, the text provides an excellent introduction to the theoretical basis of occupational therapy. Contributions are given by both academics and expert clinicians. All chapters have been revised and updated, new ones have been written and some pre-existing chapters have new authors. A refined structure uses highlight boxes to indicate the key themes and issues of each chapter and useful reflective questions to help the reader review the issues raised in the chapter. Discusses evidence-based practices and established theories but also includes contemporary developments Range of expert contributors provide an international perspective of practice Case studies highlighting the application of theory to practice Details of the latest developments and debates in the field 2 chapters on the PEOP model and community-based rehabilitation Highlight boxes throughout indicating key themes/issues Reflective questions at the end of each chapter

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.

Integrating recent research and developments in the field, this revised second edition introduces an easy-to-master strategy for developing and writing culturally sensitive case conceptualizations and treatment plans. Concrete guidelines and updated case material are provided for developing conceptualizations for the five most common therapy models: Cognitive-Behavioral Therapy (CBT), Psychodynamic, Biopsychosocial, Adlerian, and Acceptance and Commitment Therapy. The chapters also include specific exercises and activities for mastering case conceptualization and related competencies and skills. Also new to this edition is a chapter on couple and family case conceptualizations, and an emphasis throughout on trauma. Practitioners, as well as graduate students in counseling and in clinical psychology, will

gain the essential skills and knowledge they need to master case conceptualizations.

“Right on target. Innovative, nothing comes near it in occupational therapy. A sophisticated meld of occupational therapy and psychology. It is very innovative for occupational therapy and other fields. I am thoroughly impressed.” “I have found no occupational therapy book more interesting to me than this one. I always have to go outside of the field to find such rich and interesting material.” —Sharan Schwartzberg, EdD, OTR, FAOTA, Tufts University, Boston, Massachusetts -

Introduces a new conceptual practice model that defines the communication skills, values, reasoning processes, and interpersonal behaviors required to form a unique and effective relationship between client and therapist. - Identifies six easy-to-apply modes of communication to guide the therapeutic dialogue—Advocating • Collaborating • Empathizing • Encouraging • Instructing • Problem solving. - Highlights intentional relationship models through case studies that reveal the interpersonal skills of 12 therapists from around the world. - Uses self-reflection exercises and assessments to allow readers to test their knowledge and reflect upon chapter content as it relates directly to clinical practice experience.

From leading cognitive-behavioral therapy (CBT) experts, this book describes ways to tailor empirically supported relationship factors that can strengthen collaboration, empiricism, and Socratic dialogue and improve outcomes. In an accessible style, it provides practical clinical recommendations accompanied by rich case examples and self-reflection exercises. The book shows how to use a strong case conceptualization to decide when to target relationship issues, what specific strategies to use (for example, expressing empathy or requesting client feedback), and how to navigate the therapist's own emotional responses in session. Special topics include enhancing the therapeutic relationship with couples, families, groups, and children and adolescents. Reproducible worksheets can be downloaded and printed in a convenient 8 1/2" x 11" size.

Dr. Anne Cronin Mosey, author of *Activities Therapy*, *Occupational Therapy: Configuration of a Profession*, and other esteemed texts in the field of occupational therapy has produced a comprehensive and synthetic review of the diverse body of knowledge that forms the basis of psychosocial assessment and intervention and the various available intervention strategies. In addition to providing the practitioner with a sound conceptual basis for psychosocial evaluation and intervention, *Psychosocial Components of Occupational Therapy* is ideally suited for use as a primary text in courses related to performance components, occupational performances, social/cultural factors, human growth and development, therapeutic tools, group process/activity groups, the evaluation and intervention process, and occupational therapy for psychosocial dysfunction. It can also be used as a secondary text for courses providing an orientation to occupational therapy, for courses on occupational therapy and sensory integration, and for courses in occupational therapy with the elderly, the developmentally disabled, and the physically disabled.

This book is the first to use psychoanalysis as a basis for exploring how occupational therapists do their work, and it incorporates a new conceptual model to guide practice. The authors emphasize the role of the unconscious in all that people do and are, and argue that activities (or occupations) are simultaneously real (i.e. tangible) and symbolic. Ideal for academic and clinical occupational therapists, this book will also appeal to psychotherapists.

The *Person of the Therapist Training Model* presents a model that prepares therapists to make active and purposeful use of who they are, personally and professionally, in all aspects of the therapeutic process—relationship, assessment and intervention. The authors take a process that seems vague and elusive, the self-of-the-therapist work, and provide a step-by-step description of how to conceptualize, structure, and implement a training program designed to facilitate the creation of effective therapists, who are skilled at using their whole selves in their encounters with clients. This book looks to make conscious and planned use of a therapist's race, gender, culture, values, life experience, and in particular, personal vulnerabilities and struggles in how he or she relates and works with clients. This evidence-supported resource is ideal for clinicians, supervisors, and training programs.

Helping therapists navigate the complexities of emotional interactions with clients, this book provides practical clinical guidelines. Master clinician Karen J. Maroda adds an important dimension to the psychodynamic literature by exploring the role of both clients' and therapists' emotional experiences in the process of therapy. Vivid case examples illustrate specific techniques for becoming more attuned to one's own experience of a client; offering direct feedback and self-disclosure in the service of treatment goals; and managing intense feelings and conflict in the relationship. Maroda clearly distinguishes between therapeutic and nontherapeutic ways to work with emotion in this candid and instructive guide.

"*Mental Health Practice: a guide to compassionate care*" examines the relationship between mental health professionals and people using services during the recovery process. The disabling distress experienced by many people with mental health problems is viewed from a holistic, person-centred perspective with the road to recovery being seen as the result of true collaboration between professionals and service users. The first in-depth exploration of the intentional use of self in mental health care and its significance in the recovery journey, extensively updated New content on action research, eco-psychology and organisational culture Story boxes illustrating key themes in compassionate care Self-enquiry boxes engaging readers in reflective practice A primer on humanistic psychology and its relevance to mental health care

Understand your psyche in a clear and comprehensive way, and resolve deep-seated emotional issues. *Self-Therapy* makes the power of a cutting-edge psychotherapy approach accessible to everyone. Internal Family Systems Therapy (IFS) has been spreading rapidly across the country in the past decade. It is incredibly effective on a wide variety of life issues, such as self-esteem, procrastination, depression, and relationship issues. IFS is also user-friendly; it helps you to comprehend the complexity of your psyche. Dr. Earley shows how IFS is a complete method for psychological healing that you can use on your own. *Self-Therapy* is also helpful for therapists because it presents the IFS model in such detail that it is a manual for the method. This is the 2nd Edition of this book.

One of the most powerful factors in therapy is that it involves the intensive relationship between two (or more) human beings. The issues of transparency and self-disclosure therefore become important concerns for therapists; how can they use themselves effectively in their work without transgressing on professional regulations? These issues and concerns are addressed in this new edition of *The Use of Self in Therapy* by experienced therapists, who share their own wisdom, research, and experiences in valuable ways. Disregarding methodology or approach, the authors demonstrate how to train and develop the self and person of the therapist as a powerful adjunct to successful therapy. They enable practitioners to become more effective in helping their clients to realize and regain their own powers of healing and healthy recovery. This 3rd edition also examines the impact of increasing professional regulation, as well as the impact of the internet and social media on the conduct of therapy. Also new to this edition are discussions of how therapists can use themselves in cultures that are less individually-oriented. This book is a

valuable addition to any therapist's library and therapy supervisor's teaching arsenal.

'I found the book to be fascinating and so thought provoking that it made me consider more carefully the text and prose to really understand what the author said. It is skilfully written, very readable and has implications for a wide range of people such as the undergraduate, practitioner, lecturer and researcher' - Accident and Emergency Nursing Gaining self-awareness is a vital aspect of professional development for all who work in the caring professions. In nursing especially, the ability to evaluate oneself affects all areas of practice, including direct patient care, working relationships with colleagues and maintaining one's own well-being in the often pressured environment of health care. This is an innovative text which explores the ways in which self-awareness can be used as a practical tool for continuing professional development and practice improvement. Divided into three parts, the book examines the role of the nurse as therapeutic practitioner, reflective learner and reflexive researcher. For all those wishing to develop their skills as autonomous, reflective, accountable practitioners, this book will be an inspiring read. It will be of immense use to those who teach and supervise nurses at all levels.

This groundbreaking book addresses a critical aspect of the occupational therapy practice—the art and science of building effective therapeutic relationships with clients. A distinguished clinician, scientist, and educator, Renée Taylor, PhD, has defined a conceptual practice model, the Intentional Relationship Model, to identify how the client and the therapist each contribute to the unique interpersonal dynamic that becomes the therapeutic relationship. She emphasizes how therapists must act deliberately, thoughtfully, and with vigilant anticipation of the challenges and breakthroughs that have the potential to influence the course of the relationship.

Despite the relevance of eating disorders in the past years, the pure core of these mental disorders remains unknown. In this regard, it is not a surprise that the biopsychosocial model is the best way to go forward in order to understand and to improve the different approaches, biological (mainly neurobiological), psychological, and social, in managing these disorders. Eating disorders are frequent pathologies, many times severe and often devastating for patients and their families. Biological, psychological, and social factors are always involved in these disorders, and knowledge about the influence of these factors helps us to better understand eating disorders. This book includes different studies about main topics of eating disorders and is useful for psychologists, doctors and others interested in this disorder.

This book deals with what is perhaps the central question in therapy - who is the therapist? And how does that actually come across and manifest itself in the therapeutic relationship? A good deal of the thinking about this in psychoanalysis has come under the heading of countertransference. Much of the thinking in the humanistic approaches has come under such headings as empathy, genuineness, nonpossessive warmth, presence, personhood.

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.

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