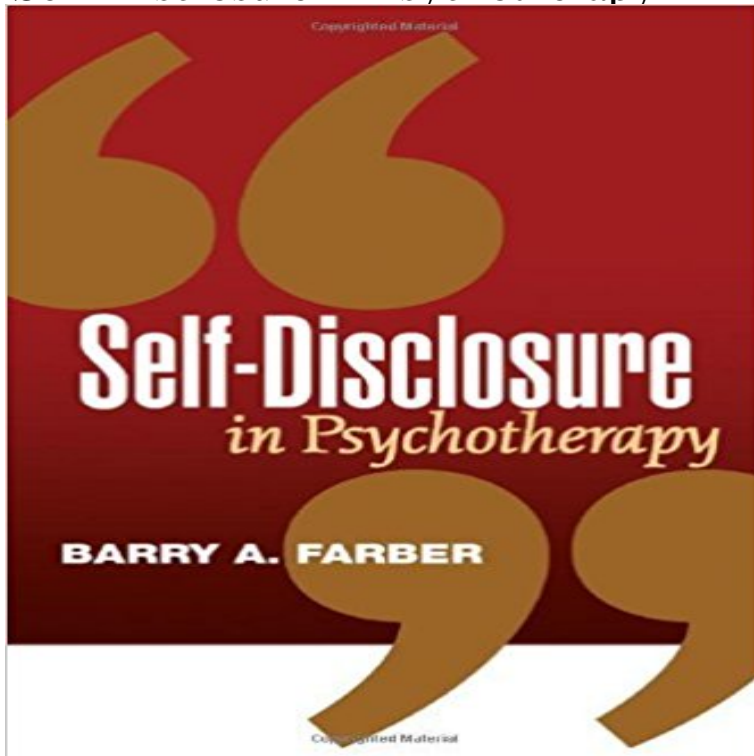


## Self-Disclosure in Psychotherapy



Drawing on empirical research as well as theory and clinical experience, Barry A. Farber provides a highly readable examination of self-disclosure by both therapists and patients. He explores when sharing personal experiences is beneficial and what kinds of disclosure may not be helpful; why either party may fail to reveal important information; and how to use what is disclosed (and what is omitted) to strengthen the therapeutic relationship and improve patient outcomes. He also discusses the reasons why disclosure in therapy is currently such a prominent issue. Rich with clinical material, the book offers valuable insights for therapists of any orientation. A special chapter addresses self-disclosure issues in supervision.

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