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## ABSTRACT

Qualitative research on the subjective experience of therapist self-disclosure

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Therapist self-disclosure can be broadly defined as statements that reveal something personal about the therapist (Hill & Knox, 2002). The therapist's subjective experience with self-disclosure considerably affects its therapeutic meaning. This study investigated therapists' experiences regarding their self-disclosure, and considered the process that evoked the self-disclosure and stimulated their opening to vulnerability. From seven therapists of over five years clinical experiences we collected thirty-three episodes about their self-disclosure experiences. The data was analyzed qualitatively. The result showed that therapist self-disclosures shook their own feeling, and accompanied with their motivation to help, there was anxiety for using self-disclosure and vulnerability. In addition, those considerations depended on their past experiences of self-disclosure. Those findings imply that using self-disclosure is a difficult experience for most therapists. This study suggests the importance of education and training for therapists concerning self-disclosure.

**Key Words:** self-disclosure, qualitative analysis, therapist's experience

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