Counselor Self Disclosure
Purposes

• Generate an open and facilitative atmosphere.
• Reduce the role distance between counselor and client.
• Increase the disclosure level of clients.
Guidelines

• 2 times per session or less
• Brief
• Similar in content and mood to the client's messages
Guidelines

• Make the depth of your self-disclosure parallel to your client

• Demographics early and personal disclosures later.

• Always articulate the benefit the client.
Appropriate disclosure on a first date?

- Married
- Children
- Herpes
- Divorced
- In debt
- Been in jail