

# Therapist Self-Disclosure

“Therapist Self Disclosure” is an introductory ethics course for practitioners who seek to navigate how to utilize self-disclosure to achieve client engagement without boundary violations in treatment environments. With the mainstreaming of peer counseling, cognitive behavioral and humanistic treatments, therapist self-disclosure is encouraged as a means to improving patient rapport & communication. Therapists need to differentiate among the nuanced differences between self-disclosure, self-involving statements, deliberate & confrontative disclosures from disclosures amounting to harmful boundary violations to avoid becoming ensnared in questionable ethical practices.

This webinar focuses on several factors like: (1) role played by self-disclosure in relationships, (2) the history of therapist self-disclosure, (3) what is therapist self-disclosure?, (4) how theoretical treatments and the type of client in treatment impact therapist self-disclosure, (5) when are therapists most often willing to self-disclose, (6) ethics of self-disclosure and boundary violations, (7) conclusions and practical clinical checklist to prevent inappropriate therapist self-disclosure. Given these complexities, knowledge about therapist self-disclosure is crucial.

This course will utilize “clinical” situations from film and television to highlight protective measures relating to therapist self-disclosure. Excerpts from TV shows and movies, such as, “Mindhunter,” “In Treatment,” “Ordinary People,” “Good Will Hunting,” “The Sopranos,” “The Breakfast Club,” and others will be utilized.

## Target Audience

Psychologists  
Therapists  
Social Workers  
Psychiatrists  
Counselors  
Nurses  
Course level: Intermediate

## Learning Objectives

At the end of this seminar, participants will be able to:

1. Define self-disclosure, self-involving statements, positive and negative self-disclosures, deliberate confrontative, and harmful disclosures.
2. Identify the history of therapist self-disclosure as a psychotherapy treatment technique.
3. Determine how to respond to clients who express political extremist views, religious biases, and sexual preference requirements of a therapist.
4. Identify how therapeutic treatment models impact decisions about making therapist self-disclosure.
5. Apply therapist self-disclosure guidelines in order to build effective communication and client rapport.

## Seminar Schedule

Typically begins at 1PM and ends at 4:15 Eastern time. There is one 15 minute break. However, check the webinar schedule.

## Outline

Begin at 1 PM ET

What is self-disclosure?

History of therapist self-disclosure.

What is therapist self-disclosure?

Break 2:30-2:45 PM ET

How does therapeutic treatment models impact the therapist decision to self-disclose?

When are therapists prone to self-disclose?

Ethics and Boundary Violations

Conclusions

End 4:15 PM ET

Our seminars are available in two formats. The first is a live, interactive webinar. You can ask questions of our presenters, either by typing them or speaking into a microphone. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

## Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 3 CE's for attending once they have completed these requirements.

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## The Presenter

Lawrence J. Raifman, Ph.D., J.D. earned his Ph.D and J.D. in clinical psychology and J.D. in law from the University of Arizona in 1981. He spent the early years of his career working as a legal associate at Piper and Marbury before becoming Director, Department of Psychology at Clifton T. Perkins Hospital Center, and the Maryland state hospital for the criminally insane. There, as Director and Co-Director of the Pre-trial forensic evaluation program, Dr. Raifman co-led a program that evaluated hundreds of defendants on issues of competence to stand trial, criminal responsibility, etc. He later became Director of Forensic Services at the Springfield State Hospital Center, a regional state hospital in Maryland. Dr. Raifman has maintained a private practice in clinical and forensic psychology throughout his career. For more than twenty years, Dr. Raifman has been an adjunct clinical assistant professor in the Department of Psychology at Johns Hopkins University. There, he has taught courses in forensic psychology. Over the years, Dr. Raifman has provided clinical supervision and training for many psychologists, and designed forensic evaluation programs. In his private practice, he has worked with families, children, teenagers, and adults, and forensic matters. He has testified in court many times as a forensic expert.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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