
Abstract

Investigation of psychological tendencies related to client preferences for counselor self-disclosure

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During psychotherapy, clients want to know more about their counselors; however, counselors tend to refrain from disclosing details about themselves to their clients. Although psychological interventions that consider the client's preference are desired, psychological tendencies influencing a client's level of appreciation of the counselor's self-disclosure remain unclear. In this study, researchers conducted a questionnaire survey of 261 adult participants. They investigated the elements contributing to this preference through factor analysis and examined related psychological tendencies. The results indicated that participants with high trust and expectations of psychological help tend to desire a counselor's self-disclosure to mitigate the participants' difficulties or to enable the participants to engage with counselors in a dialogue of equals. In addition, the study determined that participants with high levels of denial, or strong fear and resistance toward psychological help, fear being excessively influenced by their counselors' self-disclosure.

Keywords: psychotherapy, counselor self-disclosure, client preference
