

Guideline for the use of Self Disclosure

Overview

Self-disclosure can be a powerful tool in building a therapeutic alliance. These guidelines provide a basis for considering the use of personal information in working with consumers and within staff teams. They apply across service delivery, training and supervision settings.

The Role of Self Disclosure in Practice

- The use of self disclosure in practice must be considered through the lens of the Neami Code of Ethics.
- It is the responsibility of all staff to support each other not to transgress professional boundaries.
- The use of conscious judgement is essential when disclosing personal information to consumers.
- Protection of self and others should be considered when disclosing personal information.
- An open and honest conversation with the Line Manager about personal values, attitudes, prejudices and beliefs and about the use of self disclosure should be discussed in supervision.
- It is the responsibility of all staff to limit curiosity when a colleague is sharing their experience of recovery and to ensure that the person is not encouraged to disclose beyond their comfort level.

Reflective Questions

The following questions may be useful when reflecting on self disclosure either individually or in supervision. The primary question is: Am I doing this for the consumer or myself? Use the questions below to decide if self disclosure is warranted.

Self	Consumer/Colleague
<ul style="list-style-type: none"> • Do I need some supervision or some other form of support? • Am I in a not so good place at the moment? • Do I have unresolved issues that I may need to attend to? • Are my values/beliefs getting in the way of my work? • Am I disclosing to influence the direction the consumer is taking in their recovery journey? • Would I be comfortable if my personal details were to become public? • Am I keeping true to my limits and not overdisclosing? • Does this disclosure shed light on the recovery process? • What practical things can I do to create a safe environment for myself and others. 	<ul style="list-style-type: none"> • What impact will my disclosure have on the consumer/colleague – short and long term? • How does this relate to their values/ goals? • What skills/ capacity will this help to build? • What consideration has been given to risk of self • or others in relation to disclosure to the consumer?