

Self-Disclosure among Bibliotherapists

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One of the central questions of this study sought to examine how bibliotherapists perceive and experience self-disclosure in the bibliotherapy's unique characteristics.

Study data showed that the subjects experienced two main types of self-disclosure due to the special characteristics of bibliotherapy: "deliberate" and "absentminded" self-disclosure. Deliberate self-disclosure has been described in many instances as explicit reaction to the patient himself, who gave a different interpretation to the text than that of the bibliotherapist, and thus as a moment of counter-transference. Alternatively, an absentminded self-disclosure was described mostly as a subjective sentiment of the therapist. In these instances, the subjects experienced self-disclosure, although only the fictional aspects of the text. The fictional aspects represented, in a metaphorical sense, the counter-transferences of the therapist. Additionally, the data showed that in writing fictional text for the therapeutic process, the therapist feels a subjective exposure. On the other hand, in writing a personal text, there's an experience of exposure in effect. The findings showed that training bibliotherapists are not always aware of self-disclosure issues. Additional, they find difficulty in raising questions about self-disclosure during training sessions. Supervisors should contend with self-disclosure issues through drawing the trainees' attention to these issues, clarifying them, and explaining the relationship between transference-counter and transference.

In summary, self-disclosure among therapists has been previously studied at length, however absent from this literature is self-disclosure with bibliotherapists. Therefore, the present study serves as a first study with the objective of contributing to the understanding of self-disclosure among bibliotherapists.

Keywords: Bibliotherapy, self-disclosure, reading process, writing process, selection process of the therapeutic text, supervision.

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