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UDK 615.851-051:159.9.072.52

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TERAPEUTOVO SAMORAZOTKRIVANJE U TERAPIJSKOM PROCESU: PREDNOSTI I RIZICI

Terapijski proces se ne može zamisliti bez uspostavljanja terapijskog odnosa i sa njim povezanog saveza koji su i preduslov uspešnog odvijanja terapije i faktori koji u velikoj meri doprinose terapijskom ishodu. U toku terapije intervencije terapeuta mogu da podržavaju i produbljuju ovaj savez, ali i da ga ometaju, pa i oštećuju. U poslednje vreme sve se više govori o terapeutovom samorazotkrivanju kao terapijskoj akciji koja u velikoj meri utiče na terapijski odnos i posredno na efektivnost psihoterapije. Istovremeno, samorazotkrivanje terapeuta je i dalje veoma kontroverzna tema, gde ga neke terapijske škole odbacuju, pa i zabranjuju, dok ga druge tolerišu ili čak ohrabruju. Različita istraživanja vođena sa različitih teorijskih pozicija, većinom upućuju na pozitivne efekte samorazotkrivanja, mada ima i onih koja ukazuju na negativne posledice ovakve prakse. U ovom radu, mi ćemo se detaljnije pozabaviti pojmom terapeutovog samorazotkrivanja i pokušati da ga pojasnimo i razmotrimo potencijalne benefite, kao i kliničke i etičke rizike vezane za ovu vrstu terapijske intervencije.

Ključne reči: samorazotkrivanje, psihoterapijski odnos, psihoterapeut, psihoterapija

THERAPIST'S SELF-DISCLOSURE IN THE THERAPEUTIC PROCESS: BENEFITS AND RISKS

The therapeutic process can not be envisaged without establishing a therapeutic relationship and the related therapeutic alliance that are preconditions for successful treatment and factors which significantly contribute to the therapeutic outcome. In the course of the therapy, therapist's interventions can support and deepen the alliance, but can disrupt and even damage it as well. Lately, a lot of attention has been given to the therapist's self-disclosure as a therapeutic action which greatly influences the therapeutic relationship and, indirectly, the effectiveness of psychotherapy.

At the same time therapist's self-disclosure is still a very controversial topic that is rejected and even prohibited by some therapeutic schools, while tolerated or even encouraged by others. Different studies conducted from different theoretical positions largely point out to the positive effects of self-disclosure, although there are those who indicate possible negative consequences of such a practice. In this paper, we will comprehensively discuss the concept of therapist's self-disclosure and will attempt to point out and clarify potential benefits as well as clinical and ethical risks associated with this type of therapeutic intervention.

Keywords: self-disclosure, the psychotherapeutic relationship, psychotherapist, psychotherapy